

*Menu- training sessions*  
*Second position Training Sessions,*

# TRAINING SESSION Second position

## A combination of practical & discussion programs

### **PURPOSE of the PRACTICAL session(s):**

to know your team role, your measure of performance, your responsibility, your skills

**WARM UP bowls,**  
**minutes)**

**(10**

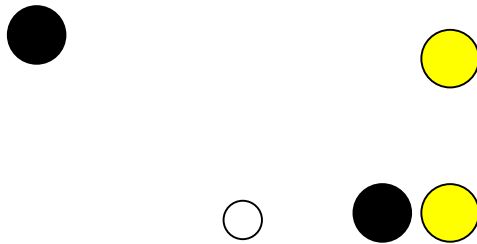
follow with bowls warm up caterpillar for 2 to 4 ends

### **TACTICAL & MENTAL / Communications Skill in drills**

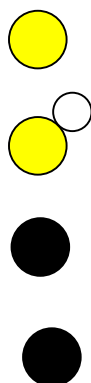
#### **SECOND**

**BLACK** has next delivery – try both hand options to see outcome

**yellow** has next delivery – try both hand options to see outcome



**Simulated heads for second reaction – play as yellow, later attempt as if black**



What would you do here above if wanting to play as the second? And now react to a different call from the skip. Be black then yellow to see differences.

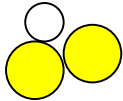
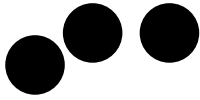
**Plan** – now see what we can do for the above diagram

**FOREHAND** draw second onto back bowl; draw shot; draw right spot; drive

**BACKHAND** draw second onto back bowl; wrest onto shot bowl;

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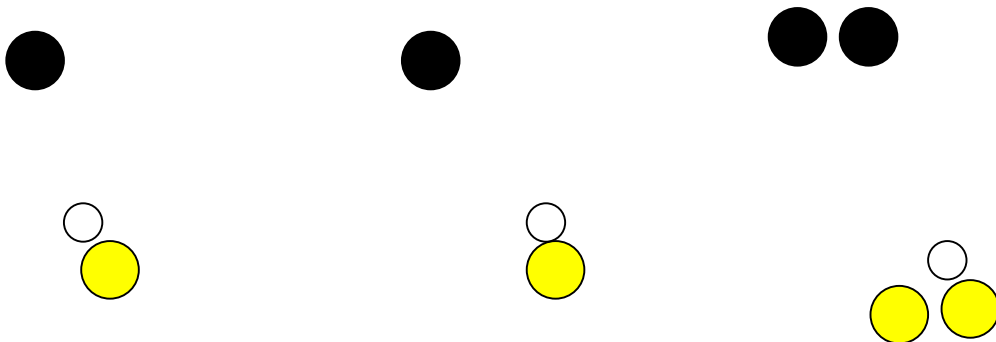
**Discipline for seconds** - draw for second shot or to cover back bowls



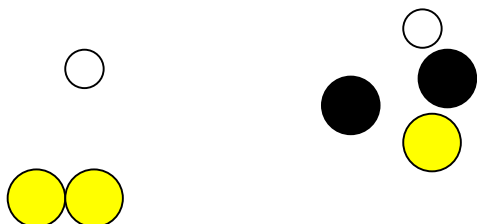
**Discipline for seconds** - draw for second shot or to cover back bowls  
Try being black; later attempt to be yellow



**Discipline for seconds** - draw for second shot or to cover back bowls



Tactical options –attempt as black & then yellow at both of the diagram options



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**Lachlan Tighe, Edited 2019**