

‘Elbows’ 2011

Training Session: Games Sense applications

TRAINING SESSION PURPOSE: Game Sense applications, 2011

PURPOSE of the session

...knowing your game plan and your pertinent delivery skill to influence your decisions
take comfort that the training preparation was as apt as any event

LESSONS learnt from previous performance (training or competition)

...if you don't work hard enough, others make the choices for you

....Mental toughness is positive as 'trying not to' doesn't work

- Have the ability to hold to your decision/ objective despite the perceived pressure
- Make your decision and don't flinch
- Don't play not to make mistakes
- Accept the level of performance as part of the emotional roller coaster
- Not to decide IS to decide, unfortunately

WARM UP physical toning exercises, (10 minutes)

follow with bowls warm up caterpillar for 2 to 4 ends

SKILL Rating , (20 minutes)

Measuring performance score out of 10 attempts: number of deliveries within ‘Mat Length’ (ML)

Type of delivery (10 attempts at deliveries)	Max. Length F/Hand	Max. Length B/Hand
Block entry		
Add a yard		
yard on shot		

TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

Tactics – learning the skill using drills and games simulation

(for all diagrams assume the mat is at the bottom of the diagram)

We pick up our knowledge of tactics by experimenting and then applying in games, and observing other elite or experienced players.

At times there will be conflicting messages because other bowlers play a lot, pick up a lot from that bowls environment and then apply it into their various games.

This session endeavours, like all my sessions, to let you apply all options in training and in simulated games so you know post training which works for you from this experience.

“Bear’s” program one

Drill – use your 4 bowls and draw a bowl to each colour below starting from the rear



Do that backhand and then forehand

To return to the original end draw all your 4 bowls back within ML of the ditch

Game- compete against another player

And see who gets most within ML

And returning who draws most to the ditch

Game- now you both have to draw on the Same hand which might mean bowls in the way

Game- first player nominates which colour

You are both drawing to within ML

“Bear’s” program two

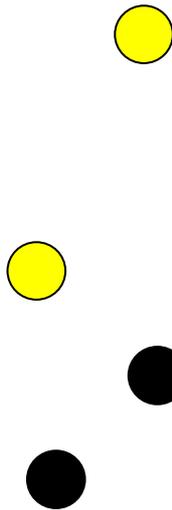
Attitude: all about practising habits

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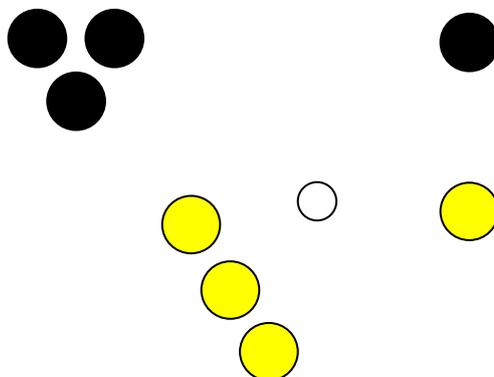
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Drill – use your 4 bowls and draw a bowl to each colour below starting from the rear



The diagram is set on a r/h backhand
 Where two colours are now a metre wide
 When I mention f/h widen colours out metre
 Intention is to find bowls are now getting in
 Your way to achieve a ML outcome
 Do that backhand and then forehand
 To return to the original end draw all your 4 bowls
 back within ML of the ditch
Game- compete against another player
 And see who gets most within ML
 And returning who draws most to the ditch
Game- now you both have to draw on the
 Same hand which might mean bowls in the way
Game- first player nominates which colour
 You are both drawing to within ML

**Lach's head program,
 for both Yellow & Black, 10 attempts at all diagrams**



Forehand tactical considerations (right hand)

1. draw another shot
2. draw to cover back black bowl
3. draw a metre short to block opposition entry for a draw shot
4. hide jack between two yellows on left of diagram
5. trail jack behind second yellow bowl on left
6. draw and stay as a resting toucher
7. push back black bowl into the ditch and stay on green yourself
8. push right yellow bowl over behind the jack as protection

Backhand tactical considerations

1. draw another shot
2. draw to cover back two black bowls
3. draw narrow and a metre short to block opposition entry for a draw shot
4. drive out two black bowls on left of diagram
5. draw and stay as a resting toucher
6. push back black bowls into the ditch and stay on green yourself
7. push left yellow bowl over behind the jack as protection

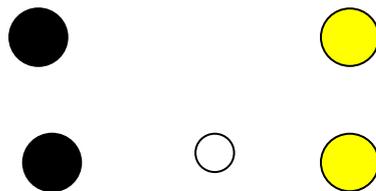
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Games both players on a rink have 2 deliveries but the first bowler (whichever colour) has to nominate to the opponent which of the 15 considerations he is using, then the contest is on as a one end game, meaning the next 3 deliveries are totally based on player choice; reset the head and start again;

Games where there are a number of players requiring use of many rinks, the format is the same as above, however once the one end game finishes losers stay on that rink and winners go to the rink on their right and they bowl first and nominate one of the 15 considerations and start the 4 bowl game; Again reset the head after a one end game

Lach's game plan program

The head has bowls jack high and are pre-set, with one bowl for you, and one bowl for the opposition; the intention is for you to draw a metre behind your own bowl (as shown in the diagram) as either player has to score 3 shots to win, or 2 to draw

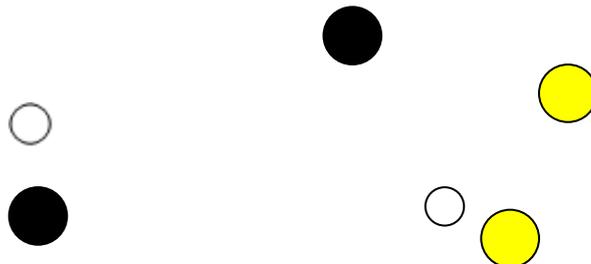


However, you and your opposition only have 2 bowls each to deliver; the first delivery both of you are to draw within a metre behind your original, a line will be marked on the green to show you that metre limit, and if you succeed in finishing within the limit you are permitted to now attempt the trail; however if no success with first delivery that bowler must draw behind again; The game can be changed by allowing each player 3 deliveries and see the outcome with that additional bowl;

Danny's Team program

There are two heads here left and right and we had 6 players spread over 6 rinks the day we were introduced to his program- focus was on team contributions, team orientation

Left diagram program- the jack was a MW from shot bowl; the 6 players combined had to **DRAW** shot 10 times but every player had to achieve this once so any one player could only get a total of 5 scores for the team as the other 5 players had to get a shot each;



Right diagram program- the 6 players combined had to backhand **TRAIL** jack for 2 shots 10 times and again every player had to achieve this once so any one player could only get a total of 5 scores for the team as the other 5 players had to get a shot each; idea can be altered to a forehand as an added option for the program

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Danny'sanywhere mat... program

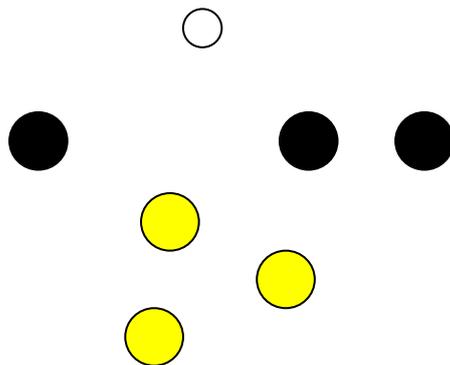
Singles or pairs format for this is valuable program; the first bowler places the mat anywhere and rolls the jack and obviously goes first with each delivery; they and opposition deliver first bowl to jack NOW for second delivery first bowler can relocate the mat anywhere prior to delivery of next bowl for he and opposition; and again pre delivery three they may change the mat location anywhere on the rink; and again pre delivery four can again change the mat location to suit themselves; Winner of end has the prerogative to do likewise for the next end; After 2 ends swap opposition where there are a number of you training;

Susie's 'Jacko' program

Singles or pairs format for this is program and have all players at the mat end; the bowlers deliver their bowls (to finish within official minimum playing lengths) and the team who went first then have to roll the jack to the bowls out there on the green so as to win shot(s); If the jack does not finish on the green to remain live, the opposition has the chance to roll the jack to their advantage to score shot; again if they cannot keep the jack live, the jack goes back to the original team to try again to win the game by use of the jack as the final delivery; What will be highlighted is the value of the jack rolling and tactical choices, discussed as a team, to decide where to deliver the bowls in readiness for the jack coming into play)

Lach's Singles last bowl program

Numerous attempts to draw, yard on delivery, push bowls, plug holes, on either hand for either colour bowl



Game one delivery each- two ends where black goes first, then two ends where yellow goes first

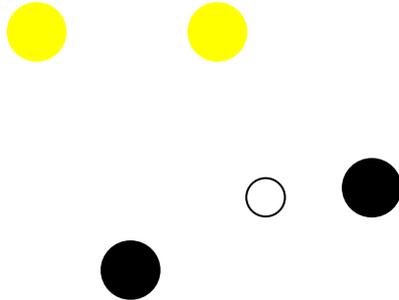
Game two deliveries each- two ends where black goes first, then two ends where yellow goes first – make a comparison to how you play with the extra bowl and the extra opposition

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Lach's Singles decision 3rd bowl program

Experiment with varied 4-10 attempts at the head below firstly on a forehand then a backhand for one colour; now do similar assuming you are the other colour



Games 2 deliveries each competitor and play 2 ends for each of 4 modified games

- 1 where you are black playing first and first delivery on a forehand
- 2 where you are black playing first and first delivery on a backhand
- 3 where you are yellow playing first and first delivery on a backhand
- 4 where you are yellow playing first and first delivery on a forehand

Lach's Delhi 2010 Games program

All these bowls in diagram are a MW apart and practice 4-10 attempts being yellow and black options
The game will allow you and opponent only 2 deliveries

Backhand draw second, add another, cover back, push into shot bowl
Forehand draw second, add another, cover back, protect shot bowl, drive

Games 2 ends where you are black,
swap and be 2 ends as yellow



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Pappa'full house

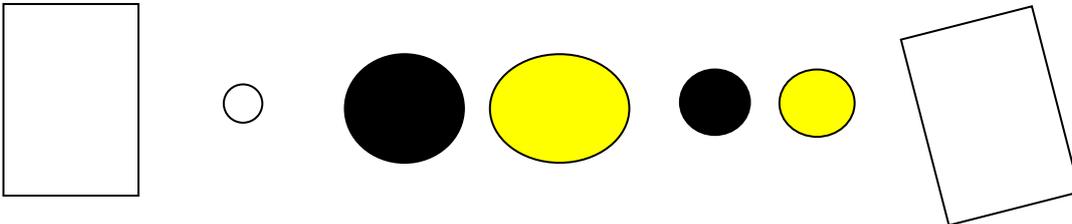
Two players with 4 deliveries; each player has to deliver 4 nominated deliveries and they have to tell the opponent which one they are choosing each time
Sample – b/h draw, drive, f/h draw & yard over delivery

Pappa's Pizza Game...one with the lot...

Think this is the same as above but all deliveries to be on one hand

EQUIPMENT

Bowls, jacks, round mats as targets, mats, mats for drive/ yard over, CDs



KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH

TRAINING SESSION REVIEW