

Pairs Training, AO

May I share with you reader what I started doing for training before the lockdown caused chaos.

Scheduled from week of 19/5/2021, sessions twice a week as a prelim. preparation for the AO due to start 12/6/2021.

AO pairs are three bowls each over 18 ends.

Here is a snapshot of the PAIRS training focus:

Oh and ensure you bring 8 bowls every session as it is all about repetition, repetition, repetition;

Within the training session(s) we will play mini / modified games and in some instances with simulated heads being up / down / without back bowls, etc.

And if you are serious about elevating your bowling these apply:

Measuring performance then keep stats. at these training nights so it is automatic come the AO,

Energise one another in training, abound with positivity reject negativity.

Train with intensity or as Kate said “ practice like you’ve never won’ so you can ‘perform like you’ve never lost.’

Alan Jeans told a story, an aphorism, to Danny...don't practice more, practice better,

Socialise afterward, not during training, remember this is the AO you are setting yourself for, the pinnacle of bowls events in this country, or anywhere for that matter.

Game Plan training starts tonight

Before I start with practical applications I pose this issue for all of you pairs, even 4s, teams:

Wonder if the lead & skip are in agreement as I know two pairs teams with a conflict of view.

Should the preferred playing length be at the strength of length in favour of the lead or the skip?

Is the right person skipping?

Is the right person leading?

Debrief all performances or else why bother?

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Simple rules worth thought:

Always have two in a head.

Keep losses to two as this game is fraught with danger of multiple lost shots.

Take the opportunity to play their shot.

Use one another's delivery strengths.

Never give an opponent two chances with the same delivery / hand.

Divide the game into ends, say five, to enable you to meet and confer on progress.

'Deliberate Practice'

Lead focus- 8 attempts for each below

Know (be able to tell me) your exact length strength you will perform at. Jack roll to that length / position.

Bowl #1 expectation: describe it first now execute (MW, ML ???)

Bowl #3 requirement of skip- simulate head (s) below where applicable.

Examples of requirement (attempts):

A bowl behind,

Second shot,

A bowl within ML added to the head,

Attack now being down and head vulnerable, not leave it till later.

Simulating game (sense) plan (attempts):

No opposition bowls at the head to contend with,

First bowl within MW,

If successful 2nd delivery a ML behind,

Now what is sought for third delivery:

If first bowl unsuccessful, 2nd bowl at worse within a ML,

Still unsuccessful and no back bowl and no bowl within a ML, next decision???

Now opposition bowls are at the head to contend with,

Opponent has resting toucher with first bowl.

Defense - bowls in the head,

Attack - back bowl via use of a swinging / slight weighted delivery.

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Skip focus

With first delivery - eight attempts at each,

If lead holding, but no back bowl, what is the attacking approach?

If lead holding, with only one bowl in head, what is the attacking approach?

If lead down and no back bowl, what is the approach?

If lead down, but has a back bowl, what is the approach?

With second delivery - eight attempts at each:

If we are holding, what is the attacking approach?

If still down and no back bowl, what is the approach?

If down, but we have a back bowl, what is the approach?

Final delivery - eight attempts at each:

Draw to add, reduce to second shot,

Draw to ML of ditch,

Draw to ML of 2m. mark,

Drive head or jack,

Swinging delivery and slight weighted deliveries.

Now, you / I can see the skill application to the strategy with your three team bowls;

Pairs Team Competition focus

(Oppose another pair for this series of exercises - Four ends per exercise is enough).

Perceived pressure:

Modified a game where opponent delivered three bowls and our lead has three bowls placed all short;

For skip to see the head and compete with the next three deliveries their game plan;

Your lead rolls jack and has first delivery (set the pace) only, but opposing lead has next three deliveries which leaves skips with their set of deliveries;

Opposition lead delivers their first three bowls and your lead only plays their last bowl and the skips then compete to complete a game plan.

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Weighted delivery

Normal competition, but take the opportunity to use a weighted delivery, where it is sensible, in either the lead or skips deliveries.

Discipline / persistence focus

Skill useful for both players in pairs (and 4s) team

Here is the head – eight (8) attempts for each objective; record performances.



Performance objective #1

Push FH onto shot bowl for jack to move a maximum of a metre where we have bowls.

Performance objective #2

BH draw a resting toucher

Performance objective #3

BH push out shot bowl

Performance objective #4

BH wrest out shot bowl and stay

Performance objective #5

BH wrest out shot bowl and stay to hold shot, or, be within ML as second shot if missing wres.t

Excellence in draw bowling Set up

Objective #1

Place a bowl a metre short of a jack - as you outdraw that bowl place your successful bowl(s) on the bank returning with the remaining bowls to continue the objective until all four bowls 'won'.

Objective #2

Same again though the measure is placing the bowl a ML in front of jack till you succeed with all four deliveries.

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Objective #3

Now place bowl a MW from jack and continue to draw shot with each of the 4 bowls;

Objective #4

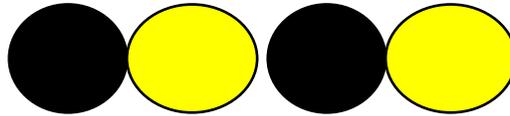
Well done now place that bowl one bowl width from the jack and strive to achieve;

If doing this individually away from our session, you set your own standards on time and your own level of persistence.

Weight appraisal

Start with this exercise;

Requiring different weighted deliveries to bowl over each of the four different circular mats or CDs placed halfway up the green on one side, up one hand and back on other hand, delivering to a jack on a 2m mark located at either end.



Pairs Team role focus

DIAGRAM below as a right FH

Here are six options to train together for in the pairs team roles.

(As you use two sets of bowls have eight attempts at all six options).

Closest bowl is a mat width from jack & other bowl ML and you are down two on the head.



Lead

- Draw toucher
- Draw to be second shot
- Need a bowl behind no more than a metre and do this playing into the head (part of the game plan)

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Skip

- Push or wrest out shot bowl and stay to hold shot
- Trail the jack as it changes the head too
- Drive to hit the bowls in the head

Did you record your performance for every exercise?
Well done you who did, given what you now know is your success rate at any option and what score, or delivery, you have to improve on.

Most of the above pairs team training can be applied to fours, maybe triples too.

Importantly, with so much content in the training program this can extend for weeks to cover the entire content.

Mix and match the position focus stuff, the competition stuff, the discipline stuff, etc. to provide the variety necessary to take into events.

As we all know those of us from Victoria had to withdraw from the AO due to the pandemic locking us down.

The BV Open is held in November so all this content can be continued for the foreseeable future if, as is the case now in October, the event gets a slim chance of being held, fingers crossed.

Lachlan Tighe, 2021