

## **Solitary training #5**

### **Leads: intensity & discipline**

#### **TRAINING SESSION - Leads in teams**

### **PURPOSE of the session \_ Intensity of training for leads in teams**

This December 2017 session I devised in response to club head coach(es) seeking my support to conduct a session geared for leads. Worth adding this to the website menu TRAINING SESSIONS specifically titled 'solitary training- leads' as it was done with four players but easily can be a solitary session where an individual has an elevated level of intense application. Time allocated about an hour.

### **LESSONS**

....What the eye sees, the brain transmits, the body executes.

- Seeing is believing when you make the same mistake.
- See all deliveries & line through your fingertips as part of the outstretched hand.
- See the line and wrap it in your brain for recall.
- See all deliveries and judge distances from your end.
- Turning away from your poor delivery disallows your eyes / brain from 'computing.'

### **WARM UP physical toning exercises \_ (10 minutes max.)**

Deliveries into nearest ditch, maybe eight attempts and follow with warm up caterpillar for two ends.

### **Initial exercise: 1**

Place a bowl 1.5 metres beyond minimum length up rink (left image) and mat at 2m. mark.

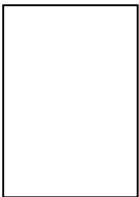
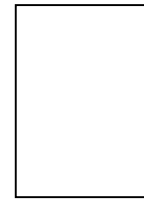
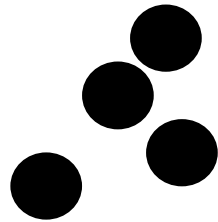
Player has two jacks and has to succeed with one being a legitimate short roll, i.e past the minimum line and not go beyond the placed bowl. If unsuccessful retrieve the jacks and attempt (again) till successful.

Success = draw four caterpillar bowls BH minimum length as per middle image without having to move from the mat to attempt this caterpillar and once delivered four bowls now move over to right image.

Mat placed minimum length from closest bowl and simply draw FH onto each of the placed bowls about a metre apart with the 4 bowls you have at the mat.

Pick up bowls for exercise two.

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**Exercise: 2**

Place a bowl at medium length up rink (left image) and mat at 2m.-mark.

Player has two jacks and has to succeed with one being a legitimate medium length roll, i.e no more than a metre either side of the placed bowl. If unsuccessful retrieve the jacks and attempt (again) till successful.

Success = draw four caterpillar bowls BH at medium length as per middle image without having to move from the mat to attempt this caterpillar and once delivered four bowls now move over to right image.

Mat placed minimum length from closest bowl and simply wrest out each of the placed bowls about a metre apart with the four bowls you have at the mat.

Pick up bowls for exercise three

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#### **Exercise: 3**

Place a bowl a metre short of maximum length up rink (left image) and mat at 2m.-mark.

Player has two jacks and has to succeed with one being a legitimate full length roll, i.e past the placed bowl. If unsuccessful retrieve the jacks and attempt (again) till successful; long walk here.

Success = draw four caterpillar bowls BH as per middle image without having to move from the mat to attempt this caterpillar and once delivered four bowls now move over to right image.

Mat placed minimum length from closest bowl and deliver FH running shot onto first placed bowl and if successful can now attempt to run into next bowl(s) about a metre apart with the bowls you have at the mat.

Pick up bowls for exercise four.

#### **Exercise: 4 (part repeat of 3)**

Place a bowl a metre short of maximum length up rink (left image) and mat at 2m. mark.

Player has two jacks and has to succeed with one being a legitimate full length roll, i.e past the placed bowl. If unsuccessful retrieve the jacks and attempt (again) till successful; long walk here.

Success = draw four caterpillar bowls BH as per middle image without having to move from the mat to attempt this caterpillar and once delivered four bowls now move over to right image.

Mat placed minimum length from closest bowl and drive onto first placed bowl and if successful can now attempt to hit next bowl(s) about a metre apart with the bowls you have at the mat.

Pick up bowls for NEW exercise Five.

#### **NEW Exercise: 5**

##### **START conditions**

Mat now located up green at minimum length with player having two jacks and their 4 bowls.

Player can only start the exercise when they deliver a jack that finishes in the accepted (game) minimum length area i.e. on the green beyond the 2m.-mark. Retrieve and repeat til successful jack delivery, then below...

##### **CONTENT OF EXERCISE**

Do finally have all four bowls finish as a resting toucher (not a trail);

When a delivery is successful that bowl is taken off the green and keep attempting till all four are resting touchers.

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After one end if bowls have not met the object (resting toucher) retrieve and resume the START conditions again before even attempting to deliver a bowl as the EXERCISE of resting touchers.

Count how many jacks it takes to get a valid start.

Count how many deliveries it takes to finish with four resting touchers.

**GAMES (if you are working with others)**

Singles - one player has to deliver the jack at minimum, the opponent must deliver it at maximum.

**Lachlan Tighe, 2018**