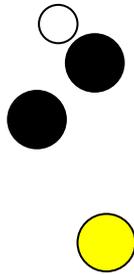


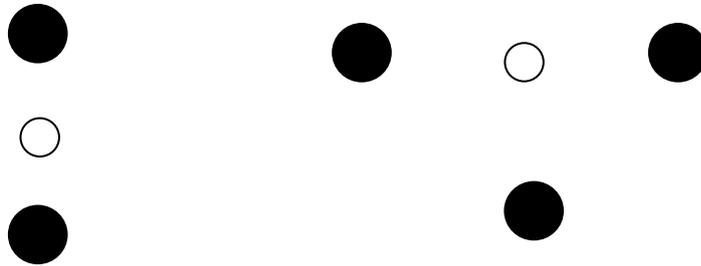
'Elbows' 2011 Training Session: Imagery

BLACK then YELLOW options
either hand with the purpose of
holding, covering, blocking, changing head, second shot,



imagery, rehearsal

down on head with jack not able to be sighted, with all bowls opposition black bowls MW from jack,
draw to win, to reduce to one down



MODIFIED Games

(50 minutes)

- # one player to have only 2 bowls other player has 4 bowls for singles
- # one player to have only 1 bowl other player has 4 bowls for singles and the one bowl player plays a few ends where he has first bowl and a few ends where he has last bowl
- # pairs – only score for the bowls within ML of jack
- # one bowl fours game for 4-6 ends

KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH with FUN Completing session with fun programs (10 minutes)

- Noughts / crosses or Caterpillar or football
- Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

TRAINING SESSION REVIEW