

‘Caterpillar’-2021 explanation

Purpose

Caterpillar is one of two base concepts I feel I created.

Caterpillar is a visual aid to show any one watching how capable and consistent a bowler is by the finish location of four deliveries.

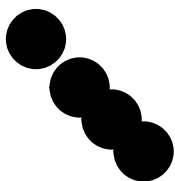
If you cannot get close to doing a caterpillar, you can't bowl, in my opinion.

Practical

It requires a standard where you can deliver all FOUR bowls to rest on your original bowl – and repeat it and repeat it and repeat it.

I use my caterpillar program as a required warm up approach for every session, for say two ends and four ends maximum.

Your four bowls would ideally end up like this diagram



Now let's see who really is fair dinkum about pb.

If...and you will...after your first delivery any of your other three bowls fall more than a mat length (two feet) short of that first delivery bowl, I would expect you to walk up and retrieve it (that short bowl) immediately and re-deliver that short bowl.

And I don't mean you finish the other deliveries and get the short one. You retrieve it now.

You may not want to retrieve it because it requires discipline and mental skill to do such a thing.

It tells me you are dissatisfied with the execution, and, you don't compromise on agreed standards.

**Website menu: training session
Caterpillar the concept 2021**

For members of my squad I say...remember you are in pBus for a reason.

Therein is the problem at club pennant level – an unwillingness to truly apply some mental discipline into their training.

Try my program and see how well you bowl and how tough you are to go and retrieve that short bowl to replay it.

And when you do replay a ripper delivery that is the delivery the memory retains, hence the need to walk up and retrieve that short bowl.

The second concept I feel proud about is mat length (ML) as a standard of excellence, as a measure of elite level bowling.

Lachlan Tighe, 2021