

# **Elbows 2008**

## **Game Plan TRIPLES Team**

### **GAME PLAN OBJECTIVE**

to do our best in the major triples event

### **OUTCOME**

win the Tournament

refer template on separate file

### **PLAYER POSITION DESCRIPTION & ROLE**

#### **Common roles for THREE players**

- **pre delivery routine:** consistently apply it and your own ritual
- **Visualize:** the bowl, the delivery, the result before you actually deliver each bowl
- **accountability :** take 50% control of the team bowl deliveries
- **team support :** regardless of your performance be 'in' with your team mates
- **segmenting** the game into an agreed number of ends for review on green as meetings
- **Your goal:** at least two of our bowls in the head every end
- **verbal support:** always verbally encourage your 'team' mates and give constant encouragement to them
- **Learning :** regardless of the team result and your own performance, contribute to the competition team debrief discussion to prepare for future performances
- **accountability :** take 33% control of the team bowl deliveries

#### **LEAD**

- **jack delivery:** it has to be precise and within a metre of requested min/ max length
- **accountability :** if the team has the mat you have a 43% accountability as you hold 3 of the 9 deliveries of the team
- **Your goal:** at least one bowl in the head every end
- **Your goal:** jack delivery ONLY delivered at ultra minimum or full length maximum
- **team goal :** you and the second/ vice skip are a 'team' and that 'team' goal is to have 2 bowls in the head every end
- **tactical advantage:** make full use of the extra delivery your team has with the jack
- **physical support:** once vice skip finishes deliveries, go together as a team to the head
- **Scorecard :** record information for game analysis at team debrief e.g. ends played min / max length, No ends where 2 bowls in head, No. ends where jack delivery acceptable, etc etc

#### **SECOND / VICE SKIP**

##### **As the bowler**

- **Your goal:** add to the head to ensure there are 2 bowls in the head every end
- **attitude:** at worse, be up

##### **as the vice captain**

- **team goal :** build the bridge from that first 'team' goal where 2 bowls in the head every end
- **Your goal:** to ensure you two as a team achieve the team goal
- **team goal :** you and the lead are a 'team' with a goal having 2 bowls in the head every end
- **team support :** regardless of your performance be 'in' with your two 'team' mates making sure all the language (body & verbal) is positive, eliminating any negatives that opposition can pick up and build on
- **mental/attitude:** when asked, be able to adjust your draw to push up bowls into the head
- **mental/attitude:** do not predict delivery calls; be able to alter hands upon request
- **mental/attitude:** be prepared to call skip to head for them to decide their delivery
- **Tactical/attitude** do not signal or call multiple shots when down to the skip (it feeds the opposition ), simply give advice and or direction

# Elbows 2008

## Game Plan TRIPLES Team

### SKIP

#### As the bowler

- **Your goal on a winning end:** make full use of the final delivery you have for the team to add shot(s) to place pressure onto the opposition
- **Your goal on a losing end:** add to the head to ensure there are 2 bowls in the head every end AND to contain the lost shots that end to 2 shots or fewer
- at worse, be up

#### as the captain managing the people and the game plan

- Take 100% responsibility for skipping the team
- **Plan:** you trained together, now meet before the game, monitor your game plan progress in segment meetings with the second providing detail from scorecard
- **Segmenting meetings:** set a target for the team(members) to use as a gauge for segment performance
- **Team targets:** set a 'pb' standard for the 'team' goal, e.gs. have 2 bowls in the head 7 of the 9 ends, win 4 of every 6 segments,

### Mental Attitude

- skip with confidence throughout: walk down the rink as if you own it
- seeing is believing: use your eyes: ensure team is supportive of one another
- when in doubt, go to head to inspect situation do not see this as distrust of vice skip
- composure: calm in decision making and dealing with team
- composure: display support with body and verbal language for team always
- composure: in skipping even where you are not bowling well for a time
- composure: winners are grinners...enjoy the challenge
- thinking hard – don't be a 'hardly thinking' skipper

### Tactical Attitude

- ensure there are bowls behind the head
- be up into the head when the score is against you
- opportunity: play a shot when presented before the opposition takes it from you
- maximum length: stand a metre short of the 2 metre mark to allow the jack delivery 3 metres to the ditch for a long end
- make full use of the extra delivery your team has with the jack
- do not signal/ call multiple shots when down to the team (it feeds the opposition ),
- conditions: maximise use of (weather) conditions
- conditions: maximise use of better (winning) hand

### TRIPLES TEAM

*this dark (blue) shaded area allows the reader to compare the acknowledged performance percentages EXPECTED for the positions of lead / second / third/ skip at the four described levels of competition at Division One, group, state and finally national.*

	LEAD		THIRD	SKIP
ML Std accepted % Div.1.club level	40		30	30
ML Std accepted % group level	50		40	50
ML Std accepted % State level	60		50	55
ML Std accepted % National level	75		55	60

Lachlan Tighe, June 2010