

Performance Strategies Tactical Skill Training Fours Teams

I have read templates from various national Coach Associations and endeavor to translate the model headings into bowls relevant content, or I hope I have as it is a new approach to me;
What I have written and applied over the years forms the content below.

	Training, How to...	Outcome sought
<i>Tactical skill</i>		
Mat placement	Set it at maximum or minimum	% advantage over opponents
Jack length	Use rink line as cue for delivery	roll to our winning length
Close to Jack first bowl	Set the standard at mat length	Raises confidence, upsets them
Reading the head	Stop watch on calls workshop	Exude confidence
Decision making	Simulate heads to prepare, aka chess	Anticipate early
Game strategy	Front and back end roles	Gain to win or maintain them
Objectives	When to concede, not be greedy	Minimize losses
Basic principles	Invest by 2 in the head, one behind early	Foundation for winning
Game plan	Length, bowls in head, roles	Know your role, accept your role, play your role
Player positions	Bowl, support, choose, alter tactic	A team has 4 in it, = contribute
Assess opposition	Practice watching & listening to others	Brittle ones, technical doubt
Assess our performance	Segment, record	Lengths, hands & weighted
Sensory awareness	Train ears, eyes by watching mechanics	Skips & thirds role
Segment game	Train mini games to assess effort	Progress review, next plan

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