

'Elbows' 2011

Training Session: Distractions

TRAINING SESSION Purpose: Distractions

PURPOSE of the session **DISTRACTIONS**

.....distraction- displays of irritation, demise, losing

.....Train to contain a wandering mind

'.....where your mind goes everything else follows'

LESSONS

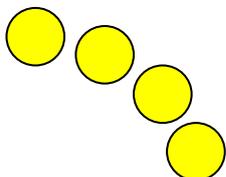
....Mental SKILL DRILLS

- Are you still getting 'lost' in silly bowls issues - selection , other people views, etc etc; you must learn not to worry about them as more laughter rather than more idle chatter is a better approach;
- Know your strength, identify and accept weaknesses to ensure you continue to develop the skill to reduce or minimise the weakness ;
- team mates may have different stress levels; tolerate, accommodate

WARM UP physical toning exercises,

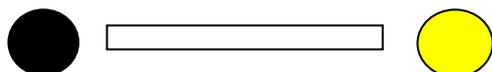
(10 minutes)

follow with bowls warm up caterpillar for 2 to 4 ends



Fluency, consistency

two players either end of the rink line which is about 7-8 metres in length with ONE bowl each player to deliver alternatively straight along the line to partner aiming for 10 accurate and effective deliveries



Back of the queue :

Set mats diagonally from one corner to corner Start from corner 2m mark to maximum length on green; one of two deliveries to be within ML of ditch then come back via queue on the other side of the green.

Drill Series where bowlers are all close to one another delivering parallel direction

Drill Series pairing off using each others bowls and playing back along the rink to one another

SKILL Rating ,

(20 minutes)

Measuring performance score out of 10 attempts: number of deliveries within 'Mat Length' (ML)

Type of delivery (10 attempts at deliveries)	Min Length Alternate Hands	Max. Length Alternate Hands
Add a yard		
trail shot –hide it		
trail shot – limit metre		

Training (& coaching) REVIEW

player/ team to nominate three distractions / purpose to work on at coaching session

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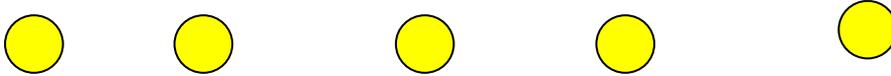
Attitude: all about practising habits

Lachlan Tighe, Email ltighe@kangan.edu.au ph 9853 5497, 9425 5759

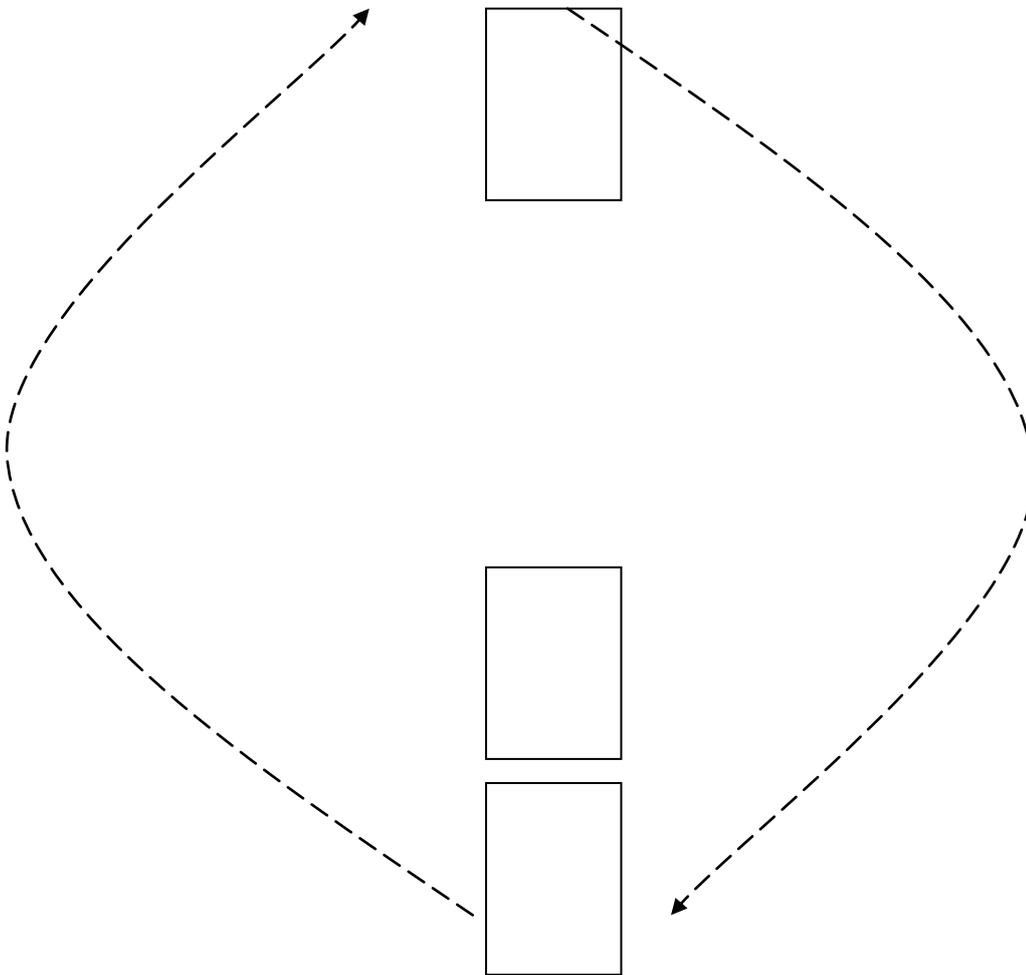
'Elbows' 2011 **Training Session: Distractions**

TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

- (1) Set 5 discs/ bowls left to right of rink and have to draw/ yard on/ drive/ 2 yard over/ draw for the sequence of five targets on first forehand, then backhand



- (2) Series of 3 mats and 3 players on ONE rink moving from mat to mat after a set of deliveries



MODIFIED Games (2 ends) (50 minutes)

ditch as distraction (winners & losers approach)

play on the ditch rink but the rink number is the width boundary and the ditch the other boundary; this should force a different choice of deliveries as jack will be within that playing area;

- place a bowl forehand & backhand on the draw lines 4-5ft out so both players have 3 deliveries
- place barriers / mats/ cones within metres of jack to be a distraction
- place barriers / mats/ cones within metres of delivery mat on a specific hand to be a distraction
- play a game on a ditch rink but limiting playing area and modifying the game to the ditch side

#game—do not start until you achieve a bowl falling within Mat Width (MW) with your first bowl

#game—do not start the game until you achieve a resting toucher with your first bowl

FINISH with FUN WS nearest the ditch (10 minutes)

TRAINING SESSION REVIEW