

'Elbows' 2009
Training Session: #48 Team - pairs

TRAINING SESSION Team Pairs #48

Venue: Jersey, UK & Richmond Union bowls club

Session schedule: Friday & Sunday, 2009 (in season)

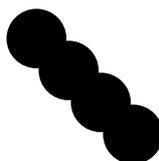
PURPOSE of the session

.....know your role, your measure of performance, your responsibility
Delhi 2010 is 3 bowl pairs, prepare

LESSONS learnt from previous performance (training or competition)

....understand your equally shared responsibility though your equally important and different roles

10.30am WARM UP physical toning exercises, (10 minutes)
 follow with bowls warm up caterpillar for 2 to 4 ends



10.40am SKILL Rating , (20 minutes)
Measuring performance score out of 10 attempts: scoring is done by the number of deliveries ending within 'Mat Length' (ML) of delivery being attempted at the distance indicated below;

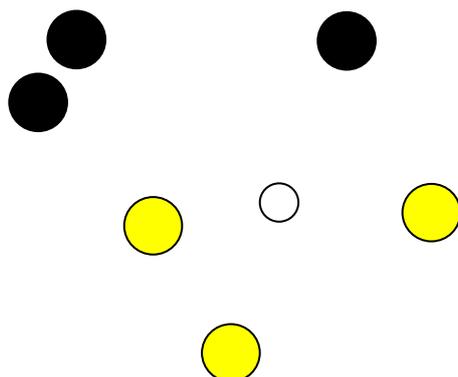
Type of delivery (10 attempts)	Min. Length B/Hand	Max. Length B/Hand	Max. Length F/Hand	Max. Length Alternate Hands
Draw				
trail shot – hide it				
Push bowl ML				

11. am TACTICAL & MENTAL / skips Skill in drills (60 minutes)

10 attempts at each of the 5 options where BJ is yellow

Defend the head options where black is ML from ditch and yellow has first bowl

- 1 draw to cover back bowls
- 2 push short yellow bowls in and behind jack
- 3 draw to be a ML short forehand grass line
- 4 draw shot on forehand, then backhand



Attitude: all about practising habits

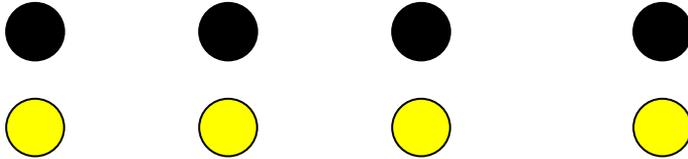
Lachlan Tighe, Email ltighe@kangan.edu.au ph 9853 5497, 9425 5759

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BJ is now black for the same head and delivers first
 all 4 options above apply and
 5 trail to black for 4-5 shots

Milners disc magic drill

pairs partners to train together for this
 draw 4 bowls to each Yellow CD in sequential order left to right
 trail 4 bowls over each Yellow CD to a black target placed a metre beyond yellow
 drive 4 bowls over each CD in sequential order left to right
 draw a bowl to each black CD in sequential order left to right
 trail a bowl over each black CD to the ditch a metre beyond the black
 drive a bowl over each CD in sequential order left to right

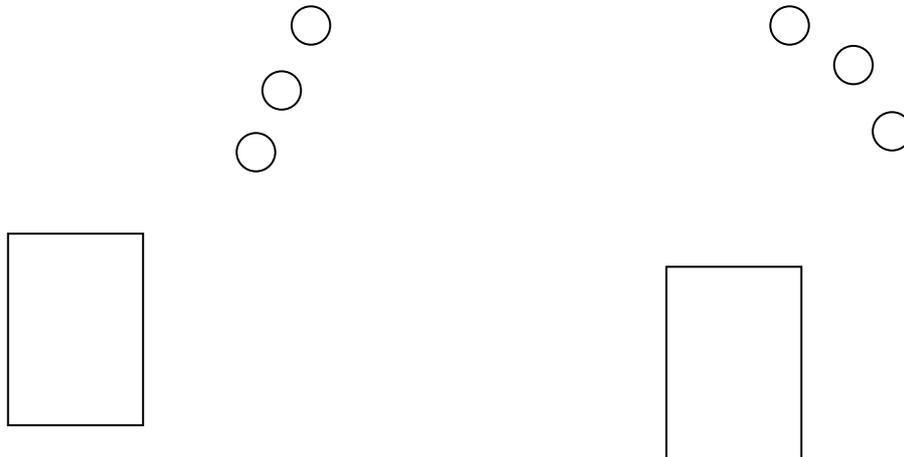


Focus & Weight

Place small disks out on a grass line first at 3m for 10 deliveries, then locate at 5m for 10 deliveries, now locate at 10m for 10 deliveries- all delivery finish at set zone

AND

Similar approach (right diagram) where they have to go over a disk beyond the shoulder to finish at zone



Discipline for lead

BLACK has second delivery – try both hand options to see outcome

What if both bowlers had played first bowl backhand and narrow, what hand might we play now



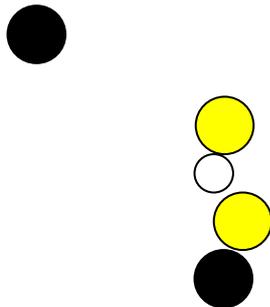
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12.pm Modified GAMES

(50 minutes)

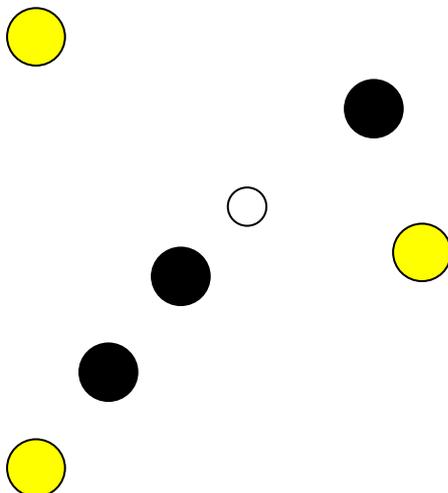
Lead- skip's direction

skip to advise the lead (yellow) where he would prefer to have 3rd bowl finish in an ideal game setting
Lead then execute their delivery with 4 attempts to achieve this direction;
now presume we are black and same process;
find 2 opponents to compete where this head constructed so leads only have one delivery and skips 3



Pairs team- Decision making: not bad luck

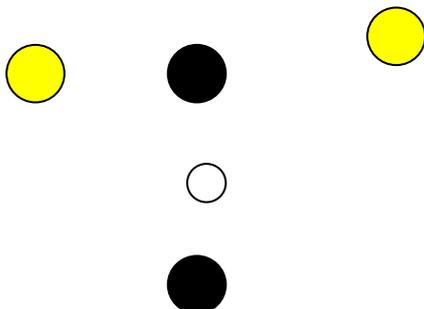
Skip & pairs partner to work together- presume you are both opposing skips
One of you is black and shot bowl you have the mat with both to play 3 deliveries; This is a game simulation
Your first bowl has to be forehand choice, opponent to react & you both complete the deliveries
Reset the head 5 times then swap roles
Game two simulation - Your first bowl has to be a backhand choice, opponent to react & etc with deliveries
First games at minimum then move to med/ max lengths



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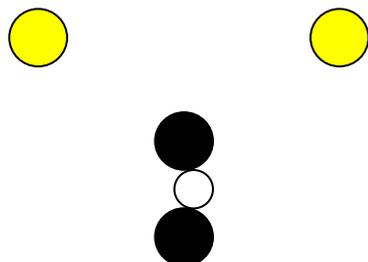
TACTICAL SKILL

Specific pair Team positions training based on Game today
Pairs Team agreed calls for that first delivery that follows- 10 attempts each
when we are black
when we are yellow

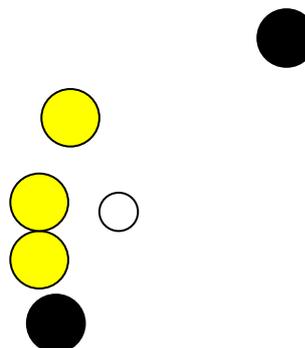


TACTICAL SKILL

10 attempts at each tactic if not a modified game for this diagram head options
Defend the head situation where back bowl is ML from ditch and yellow has one bowl
now black has one bowl
#yellow to push into front bowls
black first now and push into back bowls
Team training – now play the head use each of the tactics for the 3 end game knowing you both have 3 deliveries each to win the end
Reset head to play 3 ends per each tactic (there are 2 each) then swap roles



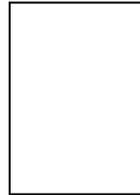
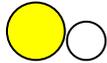
Defend the head situation below where back bowl is ML from ditch and yellow has first bowl
now black has the bowl to draw shot
#yellow to push out back black bowl
black first now and drive into bowls at head
Team training – now play the head use each of the tactics for the 3 end game knowing you both have 2 deliveries each to win the end
Reset head to play 3 ends per each tactic (there are 2 each) then swap roles



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Pairs team- drive & draw game

Skip & lead compete against one another using 3 bowls only
 set jack/toucher at 4 distances from minimum to maximum with mat at 2m mark
 first end is all draw bowling and win shots per normal scoring, then move to drive mat
 winner has first drive for closest target and if succeeds gets a shot and another delivery to
 drive off second target and can continue if successful to maximum length head
 if misses opponent has chance to drive and score, after all deliveries complete re set up
 targets and move over to mat to continue draw contest
 play a total of 8 ends and keep scores for draw and drive



Tactical decision for second/ skip/ team

BLACK has next delivery – try both hand options to see outcome



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MODIFIED GAMES

- # pair has 2 bowls each , opposition has 3 bowls each (simulate pressure)
- # score for pair is 14-16 with 3 ends to play (simulate tactical plan approach)
- # score for pair is 16-14 with 3 ends to play (simulate tactical plan approach)
- # pair has to deliver minimum, opposition any length for 3 ends (simulate pressure)
- # pair has to deliver maximum, opposition any length for 3 ends (simulate pressure)

KEEP A SCORE OF ANY OF THESE PERFORMANCES

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

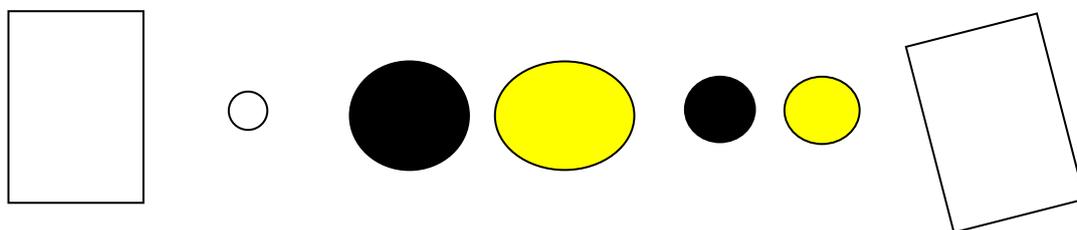
Focus on Fun from any of these fun games

Noughts / crosses or Caterpillar or football

Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

EQUIPMENT

Bowls, jacks, round mats as targets, mats, mats for drive/ yard over, CDs



Training (& coaching) REVIEW

player/ team to have three fundamentals / purpose to work on each coaching session

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rate your performance out of 10 each training / coaching session =
qualify/ record three things you did well at the session

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-
-

qualify/ record three things you need to improve as a consequence of the session

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-
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1 pm FINISH

Edited last on 9/8/2009

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