

pBus 2020
Training Session: Winning Ways

TRAINING SESSION PURPOSE: Winning ways is a mindset

PURPOSE of the session

Winning mindset = talent, rigorous discipline + confidence.
One crowded hour of glorious (winning life) is worth it.
No pressure, simply accepting the challenge to perform when you have to win.
Redefining pressure to signify opportunity, exhilaration at success.
Ready to perform with a preferred delivery choice when you have to win.
Intensity of training provides the tools to contend with pressure

C - WINNING is a mindset, no PRESSURE: TACTICAL & MENTAL Skill drills

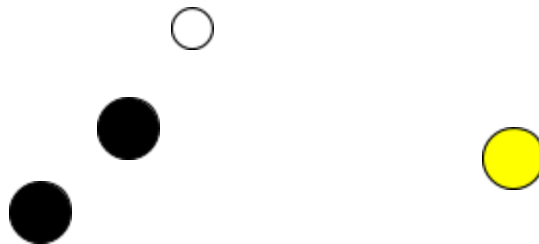
Have 10 attempts at all diagrams, all options, record outcome then swap with partner.

DIAGRAM

You are the YELLOW bowl, no touchers on green.

- Draw F/H to ditch to be one down to equal score and force another end to be played.
- Wrest shot bowl off green (options are there b/h & f/h, and, stay for a win.
- Choose a weighted shot (for both hands) to dislodge both opposition bowls from green to win

ditch.



DIAGRAM

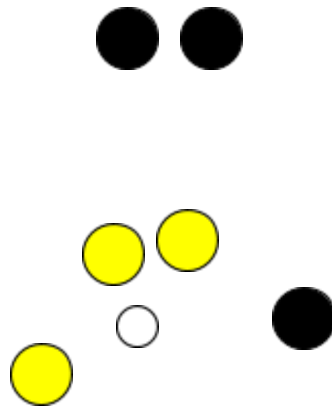
Scores level both bowlers still having 2 deliveries – we are Yellow
forehand options – when we are first (opportunity)...then when we are last (reaction)
backhand options – when we are first ...then when we are last.



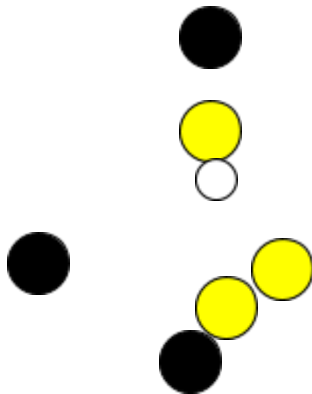
DIAGRAM

If you are black last end to win;
two scenarios, first you go first; second time you follow the yellow player.

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Black down 3, scores level on this last end: black to go first (next time is yellow).



Black down 3, but, one up on scoreboard on this last end: black to go first (next time is yellow).

TRAINING SESSION REVIEW