

'Elbows' 2011

Training Session: Concentration & focus

TRAINING SESSION Concentration & Focus

PURPOSE of the session

...consistency is a blinkered focus on delivery not on result
 ...Bryant comment on cement, riveted eyes on.....focus

LESSONS learnt from previous performance (training or competition)

The bowler delivers only 9% of the time (BA research), is active 24%, and idle for 67%
 Ditch to ditch diagonally which means about 60m and it is to FORCE you to bowl every bowl with a 'collect the cheque' and stay down and through every delivery
 By making it 60m you have to work at technique for that distance
 ...focus on what NOT to do equally as what to do

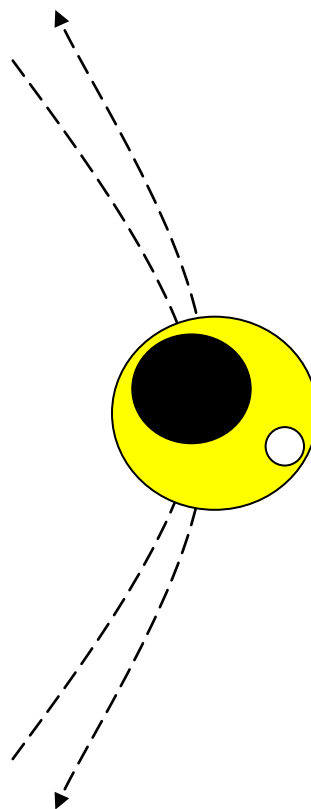
WARM UP physical toning exercises, (10 minutes)
 follow with bowls warm up caterpillar for 2 to 4 ends

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 at deliveries)	Min. Length B/Hand	Min. Length F/Hand	Min Length Alternate Hands
Jack		n/a	n/a
Draw			
Wrest out toucher			

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



deliver bowls in this session (4 b/hand and return 4 f/hand) with larger mat placed mid green and has to have 75% success in attempts to deliver bowl from 2m mark going over mat for 4 ends;
 (require the bowler to stay down maybe until bowl reaches mat so as to discipline their mindset in follow through)

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Focus using chalk line

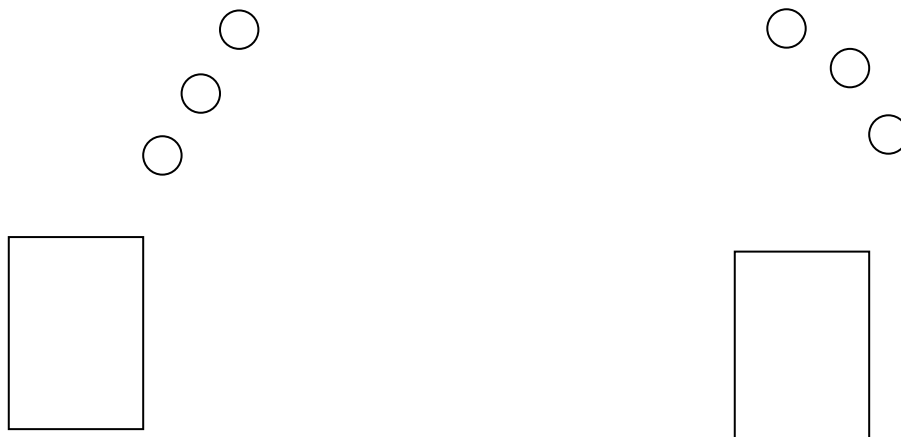
setting mat on the 2 m mark,
bowler delivers their 4 bowls for 2 ends of bowls firstly f/hand
the delivery is to go along the full length of the marked rink chalk line directly in front
of the bowler; now do attempts on your b/hand



Concentration, 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

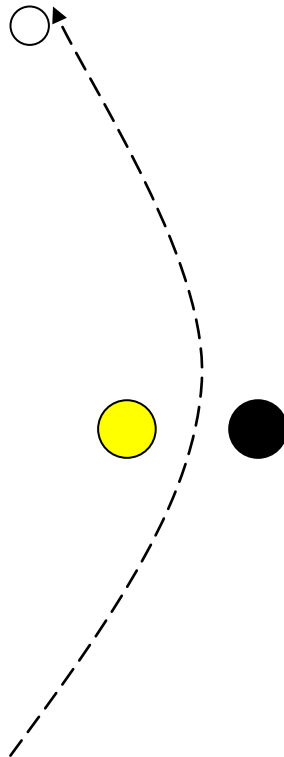
Similar approach (right diagram) where they have to go over a disk beyond the shoulder to finish at zone



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Focus grass line

bowler to deliver from one end for 4 ends on f/hand with discs set mid green
draw over disk on left, thru disks (set out on grass line), over disk on right
to finish within accepted mat zone;
attempts at Min & Max lengths now same on the backhand and record performance



MODIFIED Games

(50 minutes)

(all 2 end games start on 2m mark each end)

Compete against an opponent to see who succeeds in going over mat and ending at a minimum length;

Now join him as a partner and compete against another pair in alternate deliveries;

Now join that opposing pair as a fours and compete against another fours;

#game of 4 ends – where you do not start the game until you achieve a bowl falling within Mat Width

KEEP A SCORE OF ANY OF THESE PERFORMANCES

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

Noughts / crosses or Caterpillar or football, nearest ditch

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

TRAINING SESSION REVIEW

Attitude: all about practising habits

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