

**Website menu: training  
Team position training**

**Team position skills, roles**

Simulate skip choice of deliveries for the front end team members – seek Skips to ‘construct’ a head and then train in accordance with the construction.

Tactical options – construct diagram head to discuss and identify options.

Game plan - have one every session and even experiment each session.

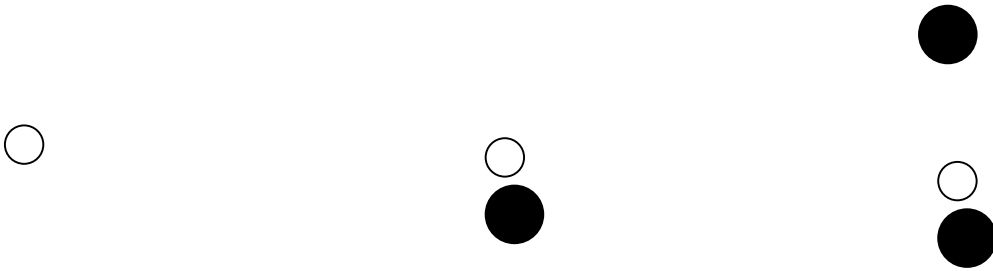
**Leads**

Attempt each diagram with 4 deliveries.

Draw to jack  
behind

Draw to be second shot within ML

Holding, draw ML



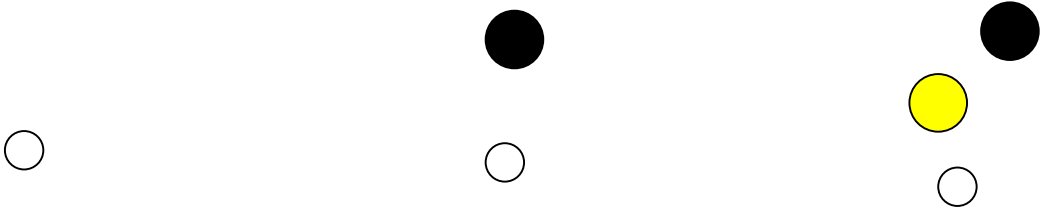
**Seconds**

Attempt each diagram with 4 deliveries.

Draw to jack

Add a metre

Draw ML from the ditch



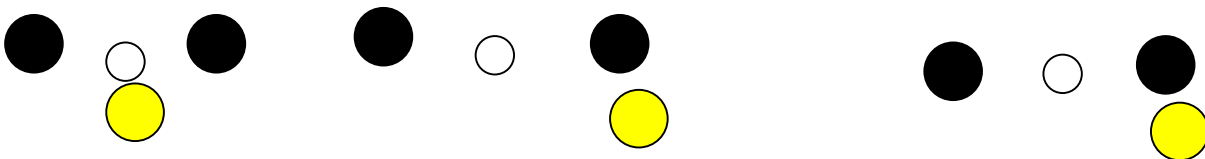
**Thirds**

Attempt each diagram with 4 deliveries.

Trail jack

Wrest out right upright bowl

Push out right flat bowl



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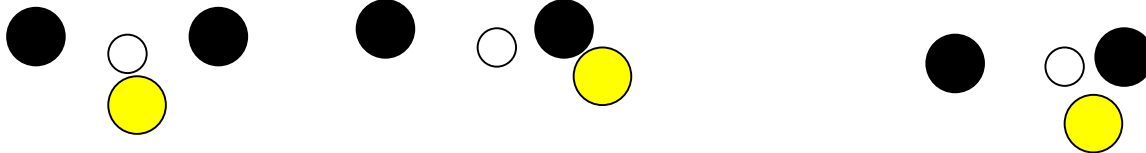
**Skips**

Attempt this diagram with 4 deliveries.

Trail

Wrest out shot

Drive



**Option #1** Tactical options – what would you do in either situation:

Where black holds 2 shots by a whisker and in diagram on right short bowl is only a ML from head.

If you play first as black; now if you play second after yellow.

Now If you play first as yellow; now if you play second after black.

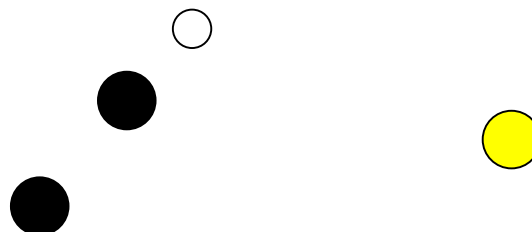
(Draw; push bowls; drive; block entry shot; cover???)



**Option #2** 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**



**Option #3** Driving into toucher for shot

Attitude: all about practising habits

Website [www.lachlantighebowls.com](http://www.lachlantighebowls.com)

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Situation is 2 Black back bowls in ditch are touchers alongside jack.

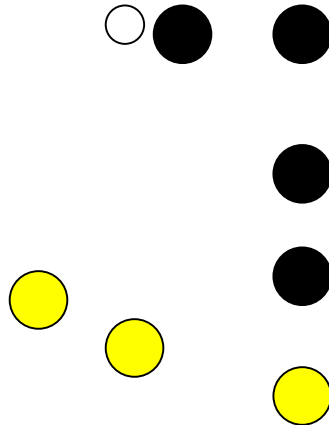
Yellow bowl directly in front is a toucher too.

Intention is 2 attempts at each doing 8 deliveries - changing role with partner.

Drive b/h to push yellow bowl into the jack and over onto the ditch bowl.

Drive f/h to push yellow bowl into the jack and over onto the ditch bowl.

Discuss and record the best outcomes of the 4 attempts.



**You should discuss each and every option we use in training.**

### Team Spirit at training

Team success will inevitably include:

- Our goals for this season      Training commitment      Game plans
- Player roles prescribed      Game analysis- recorded      Skill development
- Are you playing for you or the team?
- Are you aware of the skill standard for your competition?

You don't have to be good to be serious and remember you play as you train.

#### **(1) Team Competition - draw nearest to the ditch in teams of 3**

From minimum length on green, bowl furthest from the ditch, and / or any bowl that ends in the ditch, is taken OFF the green; Winner is the player left with a bowl.

#### **(2) Team Spirit - draw nearest to the ditch in teams of 3**

Have a lead, second & skip with lead start delivering, while second & skip wait on the bank; all his bowls stay on green till he is successful.

From minimum length on green, one bowl from the lead has to be within a ML from the ditch, to enable the second to come and deliver.

If not retrieve and replay again till successful. Lead / second have to have one bowl EACH within ML of ditch to allow Skip to join them on the green.

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If not both, retrieve and both replay again till successful to allow Skip to join you as a trio.

Winning team is the one where one bowl from each of the 3 players is within ML of ditch.

**(3) Team Spirit - draw nearest to the ditch in teams of 3**

Start from minimum length on green and as successful move to medium then maximum length; each bowler has to have one bowl within a ML of ditch for the team to move to the next length.

Winning team is the one where one bowl from each player is within ML of ditch by the time they get to maximum length.

**(4) Team Spirit - circuit training**

Any program that uses all the green and rotates players to partner with a variety of teammates.

**Lachlan Tighe, 2016**