

Technical & solitary training for a bowler  
A second session

***Training by yourself: additional approach #2***

(*Always* use two sets of 4 bowls, 8 deliveries, to maximize efficiency of solitary training for this and any other program that goes about an hour to ninety minutes.)

**Session: warm up**

- 8 deliveries into nearest ditch from mat placed 4 metres from that ditch, staying down
- 2 ends caterpillar onto original delivery

**Session: resting toucher draw to jack**

- An end where 2/8 backhand deliveries to be a resting toucher.
- Return end 2/8 forehand deliveries to be a resting toucher.

**Session: deliberate practice training**

One

(HK) hard work versus intensity – 3 ends with different approach / target for same set head

6/8 bowls all within ML

Then 4/8 bowls resting toucher

And wrest out bowl on BH 3/8 times



Two

Rehearsal – 8 deliveries same hand as bowl in head - 3 ends with different approach / target for same set head:

i.e. An end to draw second, an end to draw shot, and an end to wrest out bowl for shot.



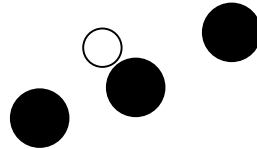
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Three

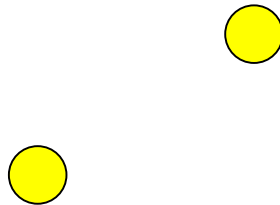
North Balwyn drill, we hold 3 shots - 2 ends with different approach / target for same set head;

Drill one: to draw BH and a metre or two behind head as a receiver;

Second drill: move our wide FH bowl out and around the head to protect our shot(s).



**Session: football skill - kicking goals**



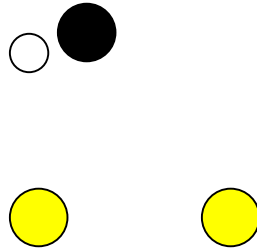
Head diagram

Draw through the two bowls a metre apart and finish within a metre beyond the gap; expectation of 7/8 successful deliveries per attempt - do 2 complete attempts

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**Session: football with added weight transfer**

Heads with front bowls a metre out from jack and a metre space between front two.



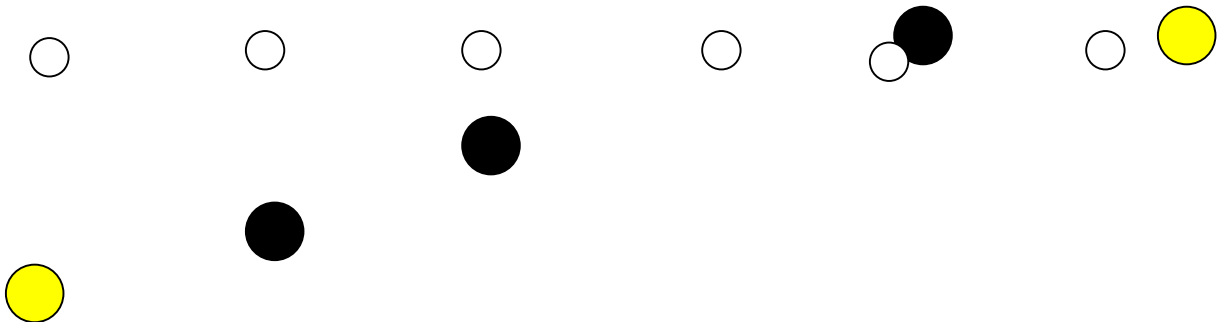
Draw between front bowls and finish as second shot.  
Expectation of 7/8 successful deliveries per attempt - do 2 complete attempts.

**Session: drill to cope with changing head**

**Drill** (right forehand) Set up 6 heads: start from left and with the 8 bowls you can only move along to the next head if you succeed in getting ONE successful delivery, now once 8 bowls delivered see if you have completed the 6 set heads.

Do this session twice FH & then twice BH;

- Left head draw to be shot with bowl shown a ML from jack
- 2nd head draw to be shot with bowl shown a MW from jack
- 3rd head draw to be shot with bowl a bowl from jack
- 4th head draw resting toucher on shown jack
- 5th head wrest out shot bowl ONLY, stay as shot within a MW of jack
- Right head drive off both jack & bowl on head



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**Session: deliberate practice training**

THE HEAD – opposition first bowl is jack high and a bowl from the jack. I suggest you use the width of rink to set up three heads adjacent a metre apart so you can move over if head congested as you will not have a training partner to be reset the head every time.



The choice of options below reflect the attitude / approach of the skip (in team format) or of the singles player. And the options are doubled as all ten can be either BH or FH, 20 in all.

No one option is better than another, however, the choice says a lot about how you are reading and playing the game.

As there are 20 options, try a few options each session, so for example doing 8 attempts at 5 of the 20 options, a total of 40 deliveries, is demanding enough.

Find out what works, and, what not to try.

- Option 1** Draw to black bowl to be second shot (caterpillar).
- Option 2** Draw as a back bowl a ML behind to be second shot.
- Option 3** Draw anywhere within mat length (ML) to be second shot.
- Option 4** Draw to be shot.
- Option 5** Draw within ML of ditch.
- Option 6** Push / wrest into shot bowl to force it out for shot.
- Option 7** Trail the jack delivery for you to be shot.
- Option 8** Drive to remove shot bowl.
- Option 9** Drive at the jack.
- Option 10** Drive into head.

Now, you can join in with other bowlers at the club, if their invite still stands as you probably delivered 200 bowls in this hour / 90 minute solitary session.

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As I stated in other solitary programs, as you are committed enough to train, consider:

- Your strengths - list and evaluate, you reinforce as training
- Knowing what singles skills are necessary to advance
- Knowing what team position skills/roles are necessary to advance too
- Audit your delivery skills at some training sessions
- Appraise some skill defects for further work, and have as part of any session
- See your defects moving to be strengths

**Lachlan Tighe, 2016**