

# ‘Elbows’ 2011

## Training Session: Decision making

### TRAINING SESSION PURPOSE: Decisions

#### **PURPOSE of the session**

- ...knowing your game plan to influence your decisions
- ...if you don't work hard enough, others make the choices for you
- ...you don't have to be right
- ...you don't have to be sure

#### **LESSONS learnt from previous performance (training or competition)**

- ....Mental toughness is positive as 'trying not to' doesn't work
  - Have the ability to hold to your decision/ objective despite the perceived pressure
  - Make your decision and don't flinch
  - Don't try not to be angry
  - Don't try not to be nervous
  - Don't try not to be frustrated
  - Don't play not to make mistakes
  - Accept it as part of the roller coaster
  - Not to decide is to decide

**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:** number of deliveries within ‘**Mat Length**’ (ML)

Type of delivery (10 attempts at deliveries)	Max. Length F/Hand	Max. Length B/Hand
Jack		
Add a yard		
yard on shot		

**TACTICAL & MENTAL / Communications Skill in drills** **(60 minutes)**  
**Tactics – learning the skill**

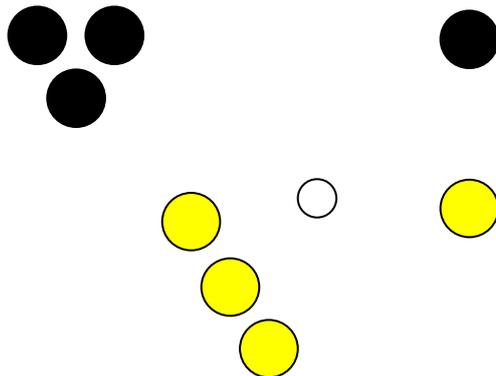
We pick up our knowledge of tactics by playing, and observing other experienced players. What if there are conflicting messages? Well there be! Because these bowlers like you play a lot, pick up a lot from that bowls environment and then apply it into their various games. Most Skips got that role in the game because they want to be more involved in the game and the role of the Skip is very much the one, of the four positions, that has you continuously involved in the game. Me, well I believe you will play in any position anywhere to WIN. What I see in Skips universally is so little thought, and learning, to the tactical skill factor of the game. I provide you with some thought prompters that I expect we coaches should be doing with bowlers as part of their training.

Tactical factor – decision making

- What is the best option for choice of length and hand
  - Front end team must be directed by the Skip to our strength, maybe their weakness
  - Bowls in the head as prime objective
  - Keep risk in mind when considering changes to the head
  - Composure by Skip in making the decisions
  - Composure within the team to hold firm emotionally and trust in our plan, objective

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**Options to apply to the head, for both Yellow & Black, 10 attempts at all diagrams**



Forehand considerations (right hand)

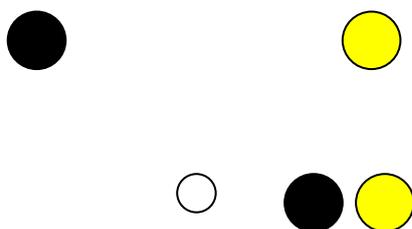
1. draw another shot
2. draw to cover back black bowl
3. draw a metre short to block opposition entry for a draw shot
4. hide jack between two yellows on left of diagram
5. trail jack behind second yellow bowl on left
6. draw and stay as a resting toucher
7. push back black bowl into the ditch and stay on green yourself
8. push right yellow bowl over behind the jack as protection

Backhand considerations

1. draw another shot
2. draw to cover back two black bowls
3. draw narrow and a metre short to block opposition entry for a draw shot
4. drive out two black bowls on left of diagram
5. draw and stay as a resting toucher
6. push back black bowls into the ditch and stay on green yourself
7. push left yellow bowl over behind the jack as protection

**Tactical decision for second/ skip/ team**

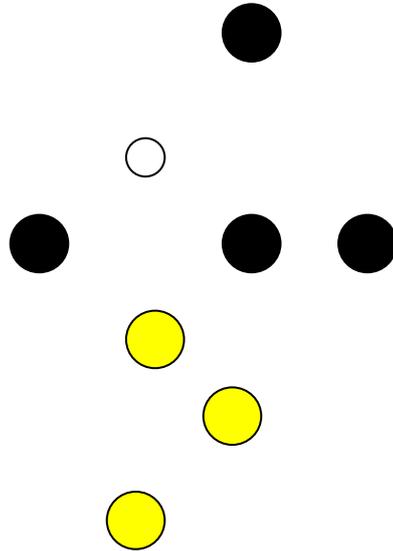
**BLACK** has next delivery – try both hand options to see outcome



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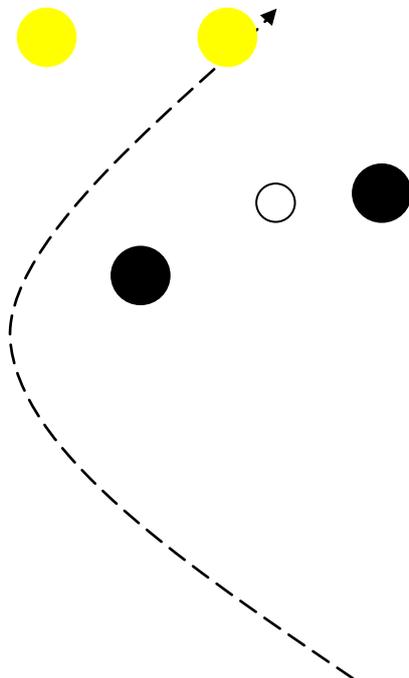
**Decision: Sets play Esanda 2000 drill & game,**

Bryce (black) so practice 10 YELLOW Draw & Yard on (not up shot) deliveries on both b/hand and f/hand; Work with a partner and swap roles; then play a ONE delivery each game yellow goes first, where you are YELLOW for 5 ends, then you are for BLACK for 5 ends



**Singles decision 3<sup>rd</sup> bowl**

objective is to know your options Diagram in deciding on use of THIRD black bowl  
attempt 10 successful b/hand draw shots in head, Swap role once 10 attempts recorded  
attempt 10 b/hand yard beyond head to successfully cover opposition yellow



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### Tactical options – Black / Yellow as next delivery

Experiment with various deliveries either hand to gauge their merit



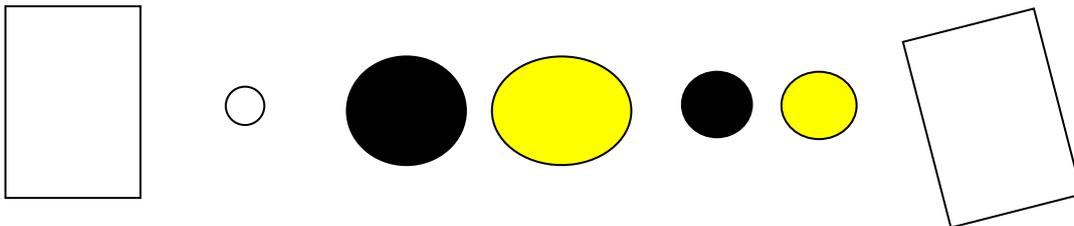
### Delivery Decisions

THE HEAD SCENARIO- opposition first bowl is jack high and a bowl from the jack  
the left diagram the black bowl is lying flat; the right diagram it is on its running surface  
a training partner is required as the head needs to be reset every time which is their role.



### EQUIPMENT

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



### MODIFIED GAMES

(50 minutes)

play a series of ends of one game ends using head settings in training session

KEEP A SCORE OF ANY OF THESE PERFORMANCES

### FINISH

TRAINING SESSION REVIEW