

## **Performance Strategies Technical, Fitness Skill Fours**

I have read templates from various national Coach Associations and endeavor to translate the model headings into bowls relevant content, or I hope I have, as it is a new approach to me.

Most bowlers probably do this one way or another.

<b>Content</b>	<b>Training, How to...</b>	<b>Outcome sought</b>
<b>Physical &amp; technical skill</b>		
Warm-up routines	Apply warm up delivery routines	Instant focus
Warm-up pre game	Both body and delivery	Fit to compete
Technical Preparation	Delivery skills and drills	All about winning
Preparation	Fuel the body	Prepared for winning
Exercises	Every session	Toned and tuned
Weather conditions	Train with fluid, clothing, cloths	Plan as trained
Body management	Be fit, be alert from training	Fit and well to win

**Lachlan Tighe, 2018**