

## **One In All In**

**Training idea from Steve Glasson at 2018 Coaches Conference**

**The Game with either your rink of 4 or have 8 players:**

Each bowler has one delivery.

A jack is placed at the 2-metre mark and the objective for the group of players is for each delivery to be on the green but behind the jack, even trail the jack being acceptable though re-spot the jack in that situation.

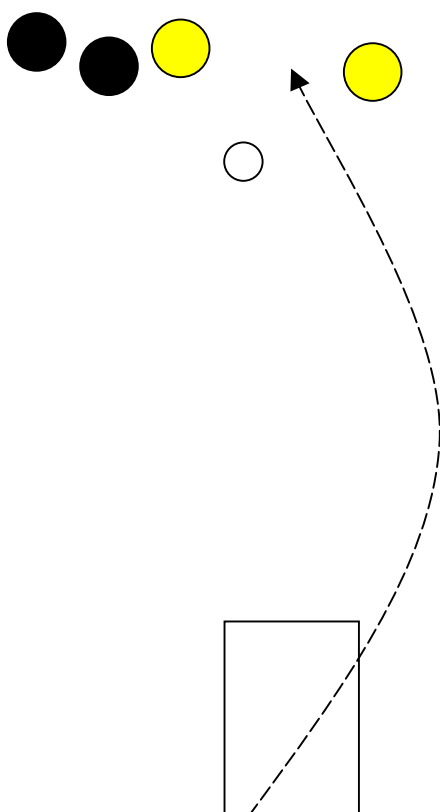
Play one at a time.

However, if any ONE bowl falls short or goes into the ditch, we all start again.

We can do this at the 3 regular playing lengths.

Raise intensity and place the jack a metre from the ditch with same rules and objective.

To work as a pairs team, have 4 bowls each apply same rules.



*Games are FUN, training session*

**Lessons:**

Learn to draw to a zone.

Learn to cope and not succumb to pressure.

Learn to add with later deliveries.

Learn about the value of each team member contributing.