

'Elbows' 2011

Training Session: Bowls Deliveries

TRAINING SESSION PURPOSE: Bowls Deliveries

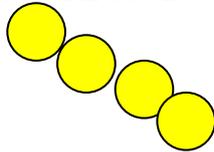
PURPOSE

....proficiency in all deliveries

LESSONS

....don't dwell on the fundamentals, BUT...don't forget them

WARM UP physical toning exercises, **(10 minutes)**
 follow with bowls warm up caterpillar for 2 to 4 ends



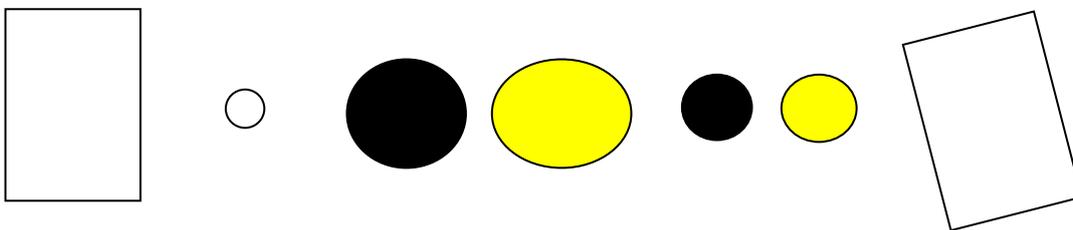
SKILL Rating , **(20 minutes)**

Measuring performance score out of 10 attempts: scoring is done by the number of deliveries ending within **'Mat Length' (ML)** of delivery being attempted at the distance indicated below;

Type of delivery (10 attempts all deliveries)	Min. Length B/Hand	Min. Length F/Hand	Min Length Alternate Hands
Add a yard			
Draw			
Draw to ditch			
Draw to spot			
Drive			
yard on			
2 yards on			
Firm shot & stay			
Firm up shot/ swinger			

EQUIPMENT

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



MODIFIED Games applicable to specific type of delivery **(50 minutes)**

- # one player has to win 3/5 ends of a 5 end game
- #Pappa full house game
- # one player has to limit all lost ends to a minimum score of one shot down
- # one player must only draw all four deliveries in their 5 end game
- # one player must play a draw bowl as the last bowl in each end of the 5 end game
- # One game all sudden death with 3 ends to play
- #Add a Yard games (in teams where you are black, mate is yellow)
 - draw beyond previous bowl on rink line to not exceed ML alternating deliveries
 - purpose is to be able to draw a ML beyond from minimum to maximum length
 - team that gets to 2m mark first has won the game

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1.DRAW PURPOSE of the session

.....Discipline to draw as the preferred or chosen option

LESSONS

....competing

love it, love the thrill, love overcoming the adversity

- Opponents have all the luck
- You have felt shit all week yet still out here

and after a loss bounce back and embrace discipline training

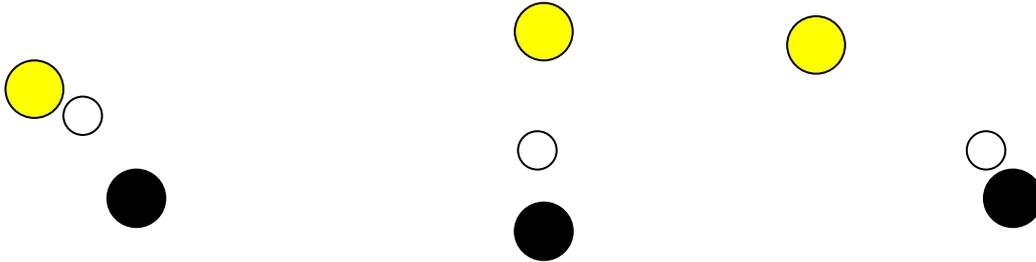
TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

you are yellow, 10 deliveries as follows

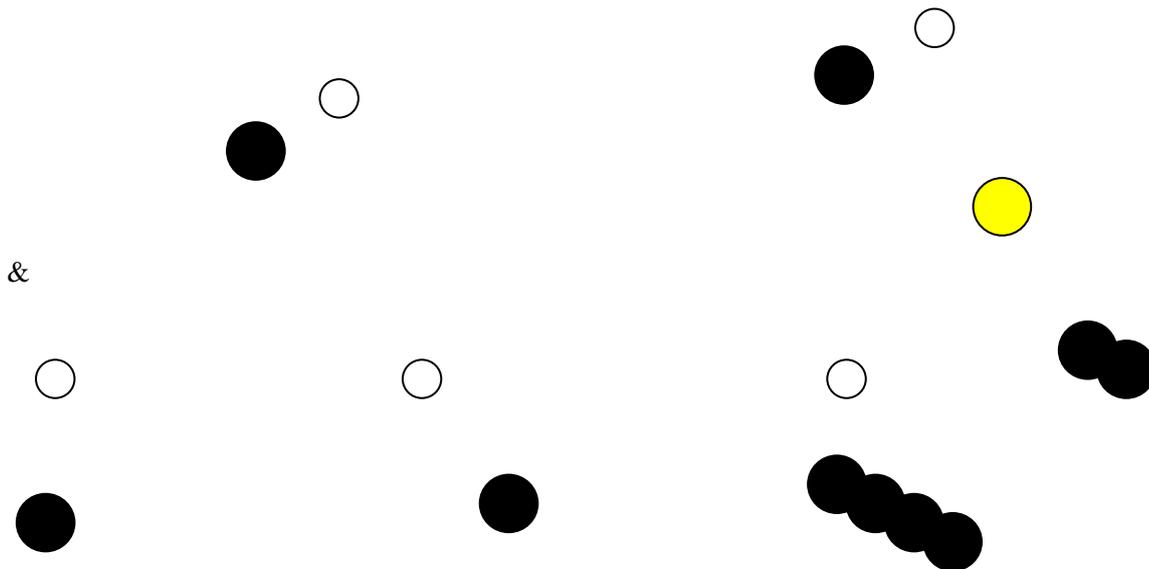
draw forehand around short bowl

add a metre at minimum jack unsighted

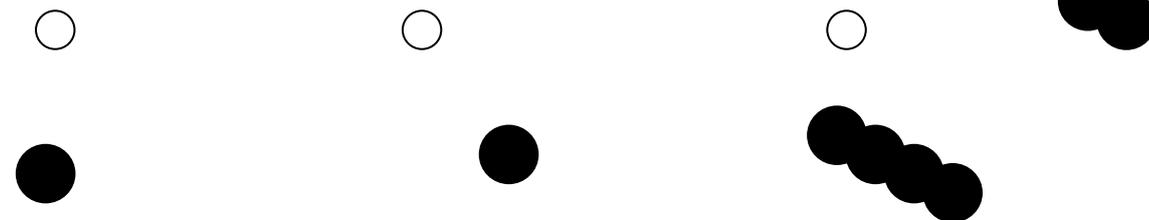
draw backhand to jack (touching)



10 attempts at each diagram



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3. DRIVE PURPOSE of the session

.....drives a necessary intimidating weapon

LESSONS

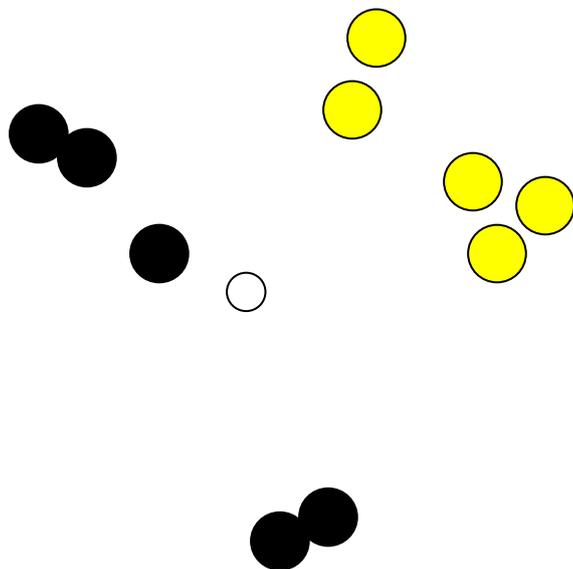
....great players work hard in training, and,

....have weapons that intimidate

TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

10 attempts at each diagram

Drive into BLACK bowls for multiple shots, then a sequence into YELLOW for multiple shots



Drive into YELLOW bowls for multiple shots

Green set up with a range of 12 stations and 3-4 stations are drive programs

A disk located 5m up green with 'mat head' on 2m mark

A disk located 5m from maximum 'mat head' target

The 'mat head' located at minimum length without any visual aid

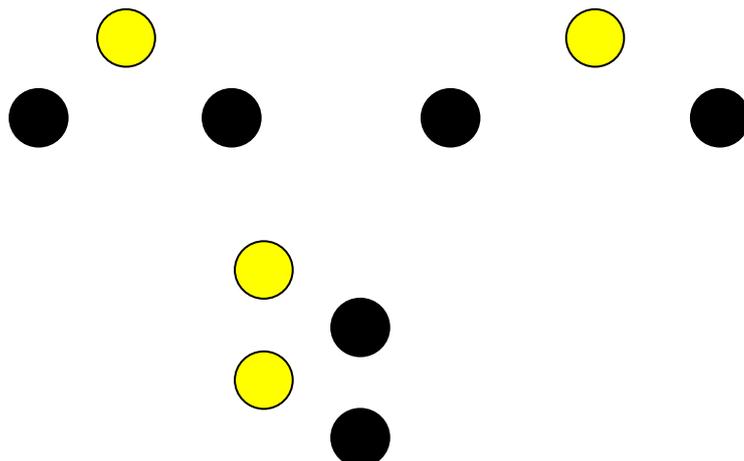
The 'mat head' located at maximum length without any visual aid

DRIVE drill then as a MODIFIED Games

(50 minutes)

one player to drive with at least one bowl, other player has 4 bowls for use anyway chooses in singles

- A competition where you have to drive off the black bowls without touching the yellow bowls
- A competition where you have to drive off the yellow bowls without touching the black bowls



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Attitude: all about practising habits

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4. YARD ON

.....capacity to adjust

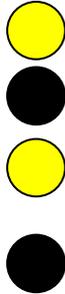
PURPOSE of the session

LESSONS

....prime tactical delivery weapon; where it does not achieve outcome it provides insurance immediately behind head

...the disciplined option to driving, generally

Yard on from black to yellow sequence – pushing out each of the bowls as located

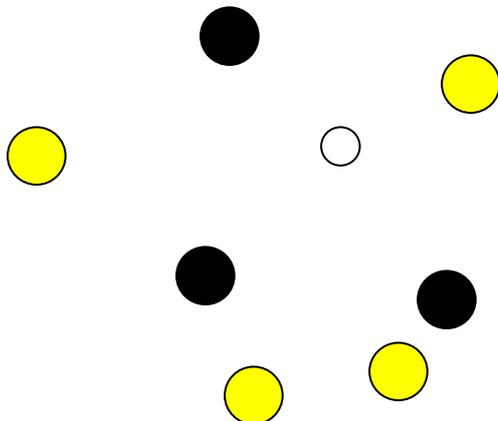


TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

(1) yard on priority, 10 attempts at each

you have the black bowls and has 3 second shots

- your choice is the r/h forehand yards on shot;
- play into shot yellow bowls to pick up 3 shots
- play into shot yellow bowls and stay to pick up 4 shots
- play narrow into short bowls to view outcome
- change to r/h backhand and either draw or push up our bowl



(2) use ditch as visual distance

set up bowls on discs a meter to 4 ft. from the ditch for a series of yard on/ over deliveries to push into the target bowl



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5. FIRM/ UP SHOT / SWINGER DELIVERY PURPOSE of the session

.....firm shot is a necessary weapon

LESSONS

...when this delivery execution errs, go back to basics

...work at fundamentals at training to acquire the skill

FIRM DELIVERY drill then as a MODIFIED Games

(50 minutes)



one player restricted to deliver a firm shot, not a drive, with at least one of their four bowls,

A competition where you have to drive off the black bowls without touching the yellow bowls

A competition where you have to drive off the yellow bowls without touching the black bowls

6. TRAILING JACK PURPOSE of the session

LESSONS

...when the weight/ line is off in a game, come back to training and

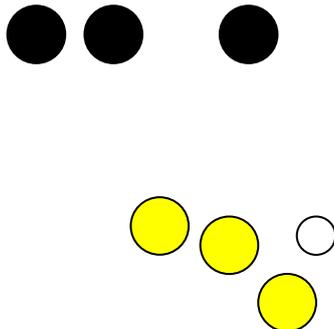
...practice the game setting to remedy the fault

...adjustment presumes full knowledge of draw line

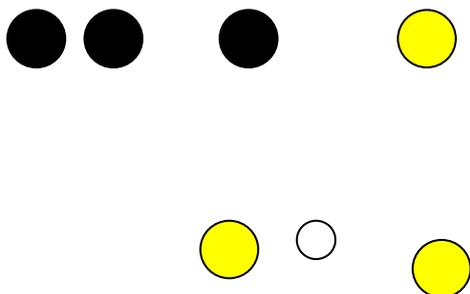
...**HIDE IT principle**

TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

Trailing decisions – hide it as Yellow 10 attempts at each diagram



Trailing decisions – either to benefit Black or yellow



FINISH with FUN

(10 minutes)

Noughts / crosses or Caterpillar or football

Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

TRAINING SESSION REVIEW