

**'Elbows' 2009**  
**Training Session:#35 Singles set play**

**TRAINING SESSION Singles, set play #35**

**Venue: Jersey, UK & Richmond Union bowls club**

**Session schedule: Friday & Sunday, 2009 (in season)**

**PURPOSE of the session**

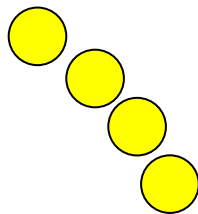
.....sets play format,

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

....the cycle for competition is

plan            prepare            perform            appraise            plan (again)

**10.30am            WARM UP physical toning exercises,            (10 minutes)**  
follow with bowls warm up caterpillar for 2 to 4 ends

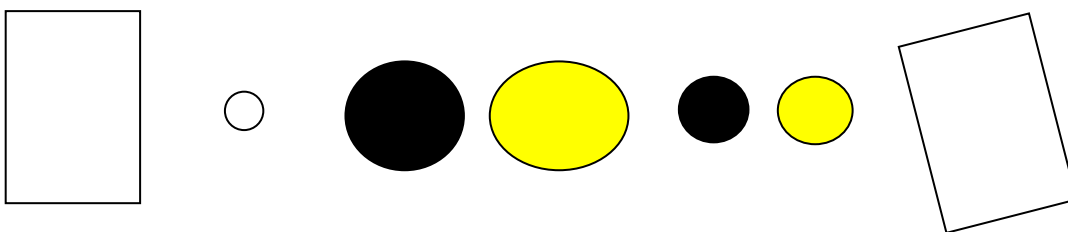


**10.40am            SKILL Rating ,            (20 minutes)**  
**Measuring performance score out of 10 attempts:** scoring is done by the number of deliveries ending within '**Mat Length**' (ML) of delivery being attempted at the distance indicated below;

| Type of delivery (10 attempts) | Min. Length B/Hand | Max. Length F/Hand |
|--------------------------------|--------------------|--------------------|
| Draw jack spot right           |                    |                    |
| Draw jack spot left            |                    |                    |
| Firm shot & stay               |                    |                    |

**EQUIPMENT**

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



**11. am TACTICAL & MENTAL / Communications Skill in drills            (0 minutes)**  
Forego this section and use the time to play modified games

**PRE-EVENT STRATEGY**

- set your plan a year before the event
- Train regularly for this format
- Enter similar format competitions as lead up
- Discuss, set, practice and review objectives over 9 months in readiness for the final

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**COMPETITION STRATEGY**

- player to aspire to their own 'pb' recorded in sets play
- have 2/4 bowls in Mat length of the head each ends per game
- have 50% acceptable/ ML deliveries
- ends lost shall occur, accept, however keep shots lost to 2
- win the game by winning the majority of the ends (5/9 in sets) and sets (2/3)
- contest at extreme lengths as prime option
  - Walk to the head after your third delivery **every** end
  - Return back to the mat **CONFIDENT** in the delivery you are about to execute
  - scorecard, use for **segmenting** into 3 end game analysis, especially as sets are 9 ends
- Aim to have your first bowl in ML 66% of ends, i.e. 6/9 ends per set
- having jack is an 11% advantage and the tactical mat benefit
- the merit of setting the mat on the 2m mark (thinking hard, hardly thinking)
- When holding shot avoid creating jack high / widen head options for the opponent
- Your last bowl is **never** your last bowl, it is always your **FIRST** bowl
- Scout's honour...be prepared (to alter the losing game plan to a new win plan)

**12.pm MODIFIED Games**

**(110 minutes)**

- # Play 4 ends - Player one -4 bowls V. Player two has only 3 bowls to deliver
- # Play 4 ends - Player one -4 bowls V. Player two has 4 bowls all delivered backhand
- # Play 4 ends - Player one -4 bowls V. Player two has only 2 bowls to deliver
- # Each player 'earns' a shot every time they get (temporary) second shot.
- # Each player 'earns' a shot every time they touch the jack.

KEEP A SCORE OF ANY OF THESE PERFORMANCES

**12.50 pm FINISH with FUN**

**(10 minutes)**

- Noughts / crosses or Caterpillar or football, jacko
- Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

**Training (& coaching) REVIEW**

player/ team to have three fundamentals / purpose to work on each coaching session

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rate your performance out of 10 each training / coaching session =  
qualify/ record three things you did well at the session

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qualify/ record three things you need to improve as a consequence of the session

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**1 pm FINISH**

Edited last on 9/8/2009

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