

Warm up routines

Every training session should commence with one five to 10 minute warm up bowls routine.

Here are some ideas on what you could offer to start your sessions.

WARM UP

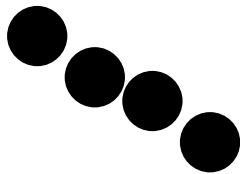
Delivery into nearest ditch

Place the mat about 5 metres from ditch and deliver all bowls back to that closest ditch over a mark or placed disc. Repeat that four more times ending up doing 20 deliveries.

WARM UP

Caterpillar

Four deliveries attempt to touch one another, or at worse, all bowls are within a mat length (ML) of that first bowl. Do this for three ends as your intense warm up session (about 10 minutes).



WARM UP

Add a metre

Add a metre (beyond the jack)
objective- visualise beyond jack



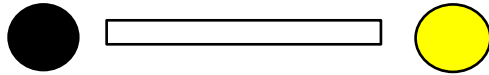
adjust to slower pace green

WARM UP

Fluency, consistency

Two players either end of the rink line which is about 7-8 metres in length with ONE bowl each player to deliver alternatively straight along the line to partner aiming for 10 accurate and effective deliveries.

*Website menu: Training sessions
Warm up routines 2020*



Postscript- Mottos

The Olympics is higher, faster, stronger. No mention of winning.
Elbows squad was attitude: all about practising habits.
pBus squad is no limits

Lachlan Tighe, 2020.