

'Elbows' 2009

Training Session: #7 Confidence

TRAINING SESSION Confidence #7

Venue: Jersey, UK & Richmond Union bowls club

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

PURPOSE of the session

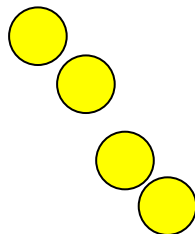
- ...you lose your confidence not your skill
- ...effectiveness decisiveness itself creates a new level of confidence
- ...confidence is contagious

LESSONS learnt from previous performance (training or competition)

Mental toughness (confidence) can be learned, trained, skilled
 Positive people are amazing

- Be realistic
- Know you're a game, your B game, your C game
- Know and accept when you are in the C game
- Set mini goals to move from C to B to A

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 all deliveries)	Max. Length Alternate Hands
Draw	
trail shot	
2 yard on shot	

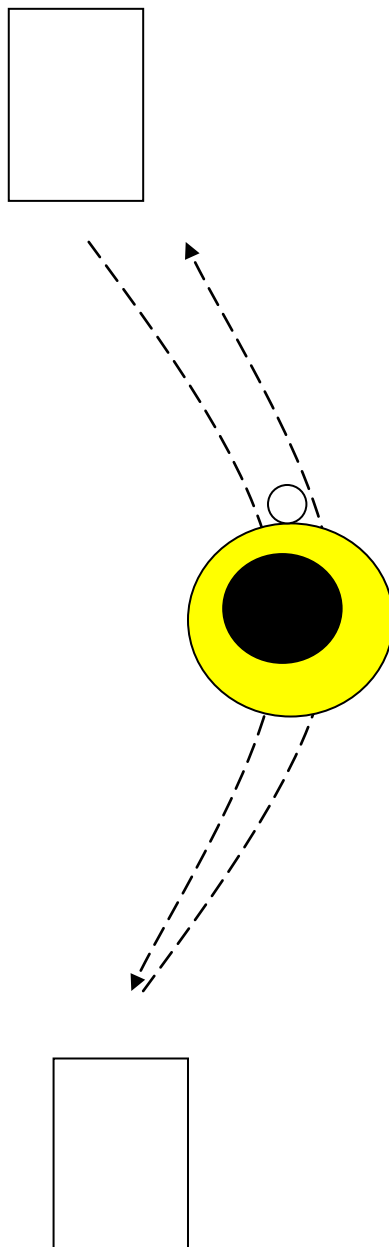
11. am TACTICAL & MENTAL / Communications Skill in drills (60 minutes)
 2 ends of the following

- Have to get one delivery within ML of zone
- Have to get two deliveries within ML of zone
- Have to get three deliveries within ML of zone
- Have to get first bowl within ML of zone or discontinue the end
- Have to get last bowl within ML of zone

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Discipline & focus

Set up mid rink 3 round discs with largest on top, then middle size and smallest on bottom
Players to deliver up and back over largest disc and after the 2 ends take it away so players deliver up and back over mid size disc and take it away after 2 ends. Now left with smallest disc on rink and players have to deliver over that disc up and back.
(illustration has smallest disc beside others only because as colour would not highlight on top of other two)
After 6 ends that will get their focus and delivery warmed up and measured after 24 deliveries.



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yard on priority

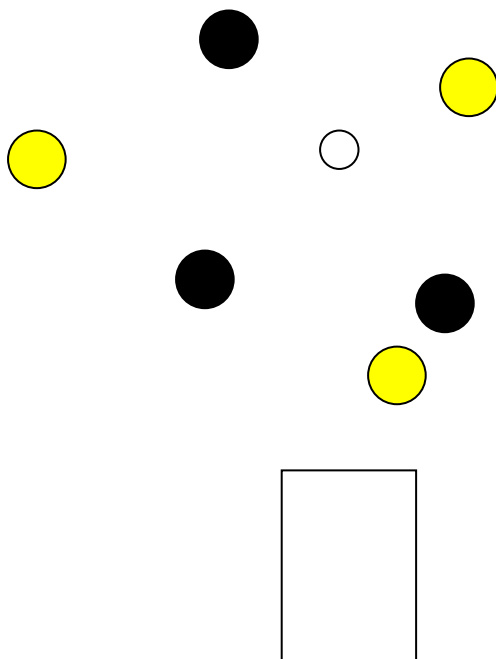
YELLOW BOWL

holding shot though black bowl has 3 second shots, your choices as fist delivery are
forehand

- draw shot;
- play into short yellow bowl to push up and block
- play short of shot yellow bowls to protect
- play narrow into short black bowl to push out and block that left entry

backhand

- draw around for shot
- push off our bowl on far left
- draw short in line to prevent narrow black bowl entry onto our shot bowl



12.pm MODIFIED Games

(50 minutes)

simulating pressure: 5 Game types (each of 4 ends)

- Have to get one delivery within ML of zone to score a bonus point
- Have to get two deliveries within ML of zone to score a bonus point
- Have to get three deliveries within ML of zone to score a bonus point
- Have to get first bowl within ML of zone to score a bonus point
- Have to get last bowl within ML of zone to score a bonus point

#game of 4 ends – where you do not start the game until you achieve a bowl falling within Mat Width (MW) with your first bowl (retrieve and redeliver if first attempt unsuccessful)

#game of 4 ends – where you do not start the game until you achieve a resting toucher with your first bowl (retrieve and redeliver if first attempt unsuccessful)

PURPOSE of these 2 games – ensure your next delivery is a caterpillar so as to impose yourself on the game, the opposition and yourself

KEEP A SCORE OF ANY OF THESE PERFORMANCES

Attitude: all about practising habits

Lachlan Tighe, Email ltighe@kangan.edu.au ph 9853 5497, 9425 5759

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12.50 pm FINISH with FUN Completing session with fun programs (10 minutes)

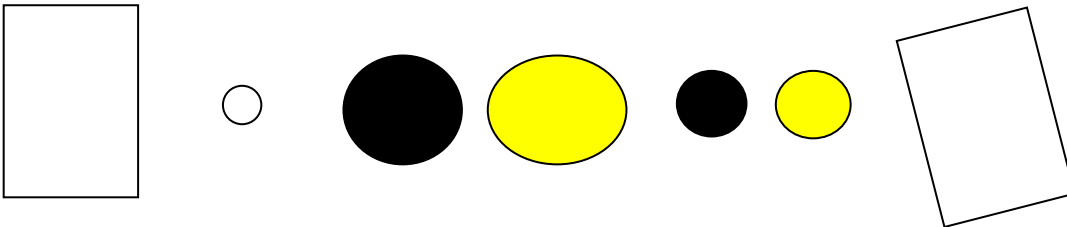
Focus on Fun from any of these fun games

Noughts / crosses or Caterpillar or football

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

EQUIPMENT

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



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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