

‘Elbows’ 2009

Training Session:#51 Team Spirit

TRAINING SESSION Team spirit #51

Venue: Jersey, UK & Richmond Union bowls club

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

PURPOSE of the session

.....in a team game it is all about TEAM

LESSONS learnt from previous performance (training or competition)

Competition - love it, love the thrill, love overcoming the adversity

- Relish the fact so few are playing in this event
- Don't worry if very few barrack for you as the quality of the support is the value
- Hey some of your best games and worst games were in poor conditions

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 at all)	Min. Length B/Hand	Max. Length F/Hand
Add a yard		
Add a yard from min to max length moving mat up a metre at a time		

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

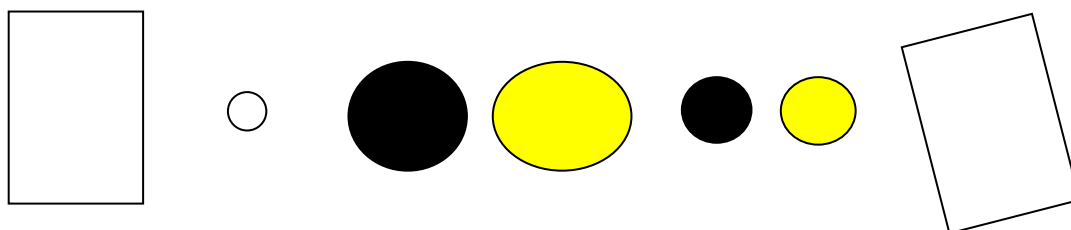
Select from this range of programs to suit the purpose of the session

- World series 2m, 4m, 6m, mini length deliveries work in teams of 3 and can only progress to the next 2m mark when all three players have one bowl within ML of ditch; team that ends up at other 2m mark first wins
- Place a disk at **minimum** length for all the teams of 3 to draw to
Every team has their own mat, rink area and disk to draw to with their 4 bowls
Objective – one bowl each member to finish behind that disk, and, not beyond a ML behind disk
Outcome- as team succeeds with one bowl EACH finishing in designated zone behind disk can move the disk a ML back making this the new target and zone
End result – should be that incrementally the disk keeps being moved a ML up the green so as to finally get the disk set on the 2m mark at the other end of the rink

KEEP A SCORE OF ANY OF THESE PERFORMANCES

EQUIPMENT

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



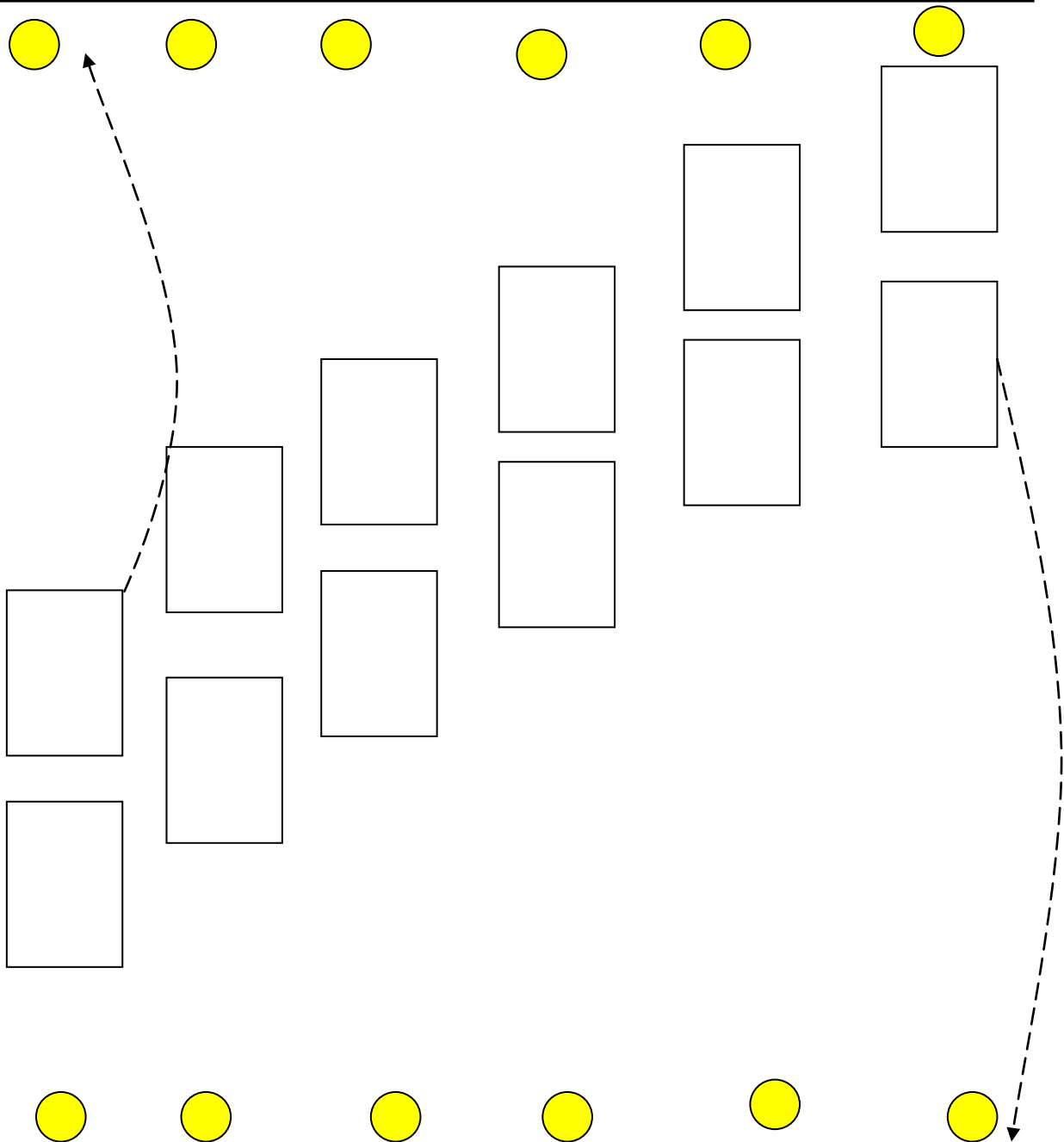
Attitude: all about practising habits

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Back of the Queue, handicap program : March.2009

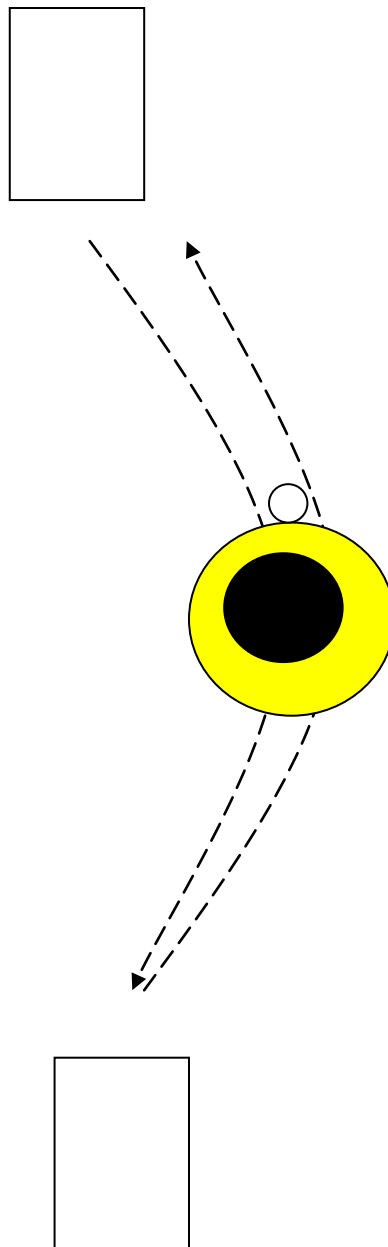
Use the entire green round mats (yellow) a ML from other ditch
move from mat left to right below then right to left above with all players having 4 deliveries;
have to have ONE successful delivery of round mat set a ML from ditch
if successful move to next mat
if unsuccessful after 4 deliveries go to back of same queue behind other bowlers in queue
forcing mental discipline, constant pre delivery routine, then constant delivery
continue till complete program on every mat on the green



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Discipline & focus on Team Spirit

Set up mid rink 3 round discs with largest on top, then middle size and smallest on bottom
teams of 2 must have 4/8 bowls go over disk before moving to smaller disk; if not repeat
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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12.pm MODIFIED Games

(50 minutes)

training in mini teams

lead to deliver within a ML of ditch to 'release' the second who joins lead to have 2/4 deliveries within ML to 'release' the skip where acceptable delivery enables the other team members to be permitted to join the rink from the bank and deliver their bowls;

other games created with a focus on

jack throwing – yard over mat – around spotted bowls – 6 down scenario

draw onto bullseye TARGET mat – over disk on grass line – drive settings

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

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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