

website 2021
Training Sessions: Weight control skill

TRAINING SESSIONS: Weight control skill

PURPOSE of the sessions

A few coaches have shared the most commonly asked questions from bowlers and these two were tops. How can I achieve consistency (draw bowling), refer earlier website column? How do I get weight control, this column as a training session?

WARM UP

Even before you start a training session do this warm up: Stretching, walking, hamstrings.

Deliver into the nearest ditch from 5m. away. Do 20 effective deliveries

Ensure your pre-delivery routine set up, even for this warm up exercise, is a constant.

Feel all parts of your body contributing to every delivery in warm up.

I am repeating myself from the earlier column on consistency, however, before describing practical drill sessions that respond to these two common questions, (consistency, weight control) might I remind you bowlers of this set of ideas:

Performing better is an outcome of better practice, not solely more practice;

Better practice is repetitive better practice skills;

Play less, practice (better) more;

Practising better requires discipline, persistence with the exercises;

Performance has to be measured - mat length (ML) equates to a par in golf; nearly ML is like just missing a putt, close, but not on the scorecard; ML is ML not nearly ML;

Always take two sets of bowls out on the training track, the first tool, mindset, to use for repetition;

For all these drills / exercises you would do maybe one on your FH this time, next time on your BH and don't forget you can do these drills / exercises at each of the three lengths over a season.

This website column is about WEIGHT CONTROL BOWLING.

WEIGHT CONTROL

Let's get one thing down. If you are not a consistent draw bowler, you cannot expect to have weight control, so go and attempt any of the Consistent draw drills in the other website column before going onto these weight control drills to enable you to feel as if you have a feel for your delivery, this green.

Consistency comes from repetition of same delivery.

Consistency assumes your pre delivery routine, feet placement, delivery action is competent because if the fundamentals (delivery) are flawed your capacity for performance consistency is limited.

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Use your training to get to know what your good delivery feels like, sense that weight transfer, from beginning to the end of follow through, that rhythm, the bend in your back leg, the direction of your arm, so you know what to do, to use, to repeat the consistent delivery.

Consistency means adjusting (easily) to the pace of any green.

One explanation of weight control given to me by a bowler was the need to be able to alter weight, meaning add it, when the jack is moved from the original location. We have drills for that factor, draw weight.

My own view on weight control is the requirement to apply required weight, be it one, two or three metres of weigh, in a delivery with the intent of moving a head. We have such drills here too, weighted deliveries.

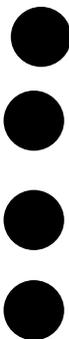
Draw weight exercises

Preamble- weight & line choice

Glyn Bosisto maintained an inch error on the mat was a 27 inch error, about a ML, at the head.

Taken another way as knowledge about weight and line, if you draw to finish on the rink line, alter to draw second delivery a MW narrow of rink line, third delivery a MW wide of the rink line and delivery four caterpillar on original bowl on the rink line. See your outcome and repeat again to improve or maintain record. Persistence a prerequisite.

Use this diagram below as an indication:



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Exercise #1

Draw a bowl to minimum length in itself a measured standard.
Next delivery add a ML beyond the front bowl, and each subsequent delivery to be another ML further; for all 8 deliveries; note your performance.

Exercise #2

Draw that first bowl to minimum again, now next deliveries are two (2) MLs beyond the front bowl and each subsequent delivery beyond 2 MLs.
Again note your performance;

Exercise #3

Now, work with a partner who is at other end to raise the standard of performance.
Draw your bowl to minimum length; next delivery a ML beyond the front bowl and each subsequent delivery beyond a ML, however, partner returns every unsuccessful delivery until you get ML distance further each delivery. Ten minutes this exercise as partner has to have a go too.

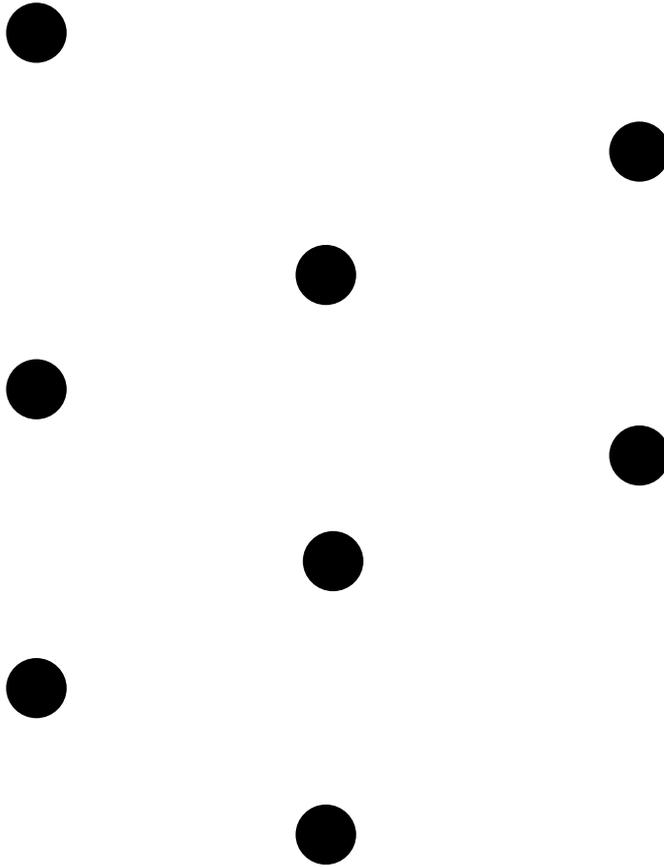
Exercise #4

Same as #3, but, your first delivery is a medium length, i.e. 27 metres.

Exercise #5

The back end, or singles, players having to draw to somewhere other than the original jack location.
Set up a club bowl on closest CD where each of the other CDs are about a metre further forward though some may be nowhere near the original rink line (see diagram below) and draw all your eight deliveries to within a ML of first of the CD/ bowls in diagram.
Then set that club bowl on the next CD and have another eight attempts at this second closest placed CD, etc. so you end up doing eight deliveries at eight CD locations, a total of 64 deliveries.

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Exercise #6

Now you are in the groove, raise your intensity. With your eight bowls, attempt one delivery to be within ML of each CD bowl from closest CD/ bowl and deliver to the next which is a metre forward, measure and record and note your performance.

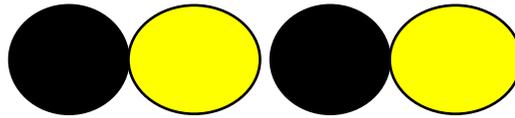
Weighted delivery exercises

Exercise #1

Set up.

Requiring different weighted deliveries (outside is a draw inside will be a running delivery) to bowl over each of the four different circular mats CM or CDs placed halfway up the green on one side of the rink, going up delivering RH FH to a jack a MW inside the narrow mat and on a 2m mark located at either end.

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Return back to the other end delivering RH BH to another jack on that 2m mark drill .

Your eight bowls delivered over one CM/CD at a time, up and back, 64 deliveries all up, now drill your 8 bowls delivered alternately over each CM/CD, up and back, hence 16 deliveries.

Exercise #2

Place four bowls on CDs set a metre apart at minimum length, as in diagram, in order from bowl 1-4, successfully wrest out each bowl from front CD (remove delivered and displaced bowl to enable access to the next CD bowl) to the back CD.



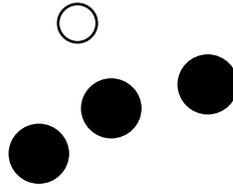
Simulated heads

A. minimum length one metre through / over (with partner at the head).

This particular set up is for a RH FH, or LH BH (change hands / heads accordingly at a later session).

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Exercise #1



Place three bowls on three CDs set a MW short of jack, as in diagram,
Partner picks up the bowl at the head your delivery would have impacted so you
and they can measure how far through your intended one metre delivery actually
went beyond the head.
Expectation at this length is 5/10 success rate;

Exercise #2

Same length, now 2m over delivery, same process, same success rate.

Exercise #3

Same length, now 3m over delivery, same process, same success rate.

Swap with your partner.

- B.** On another day / session do this as a medium length for the three weight exercises.
- C.** On another day / session do this as a maximum length for the three weight exercises.

Game plan application of weighted deliveries



The head is on the 2m. mark.
Drill _ deliver FH one metre through (bowl would remain on green as a team bowl).
Drill _ deliver FH up to 2m. through (bowl would remain on green as a team bowl)
Drill _ deliver FH 3m. through (bowl would remain on green if successful in connecting
the head).

See the weight, feel the weight exercise- RH FH

THE HEAD SCENARIO - opposition first bowl is jack high and a bowl from the jack.



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The choice of options below reflect the attitude / approach of the skip (in team format) or the singles player.

No one option is better than another, however, the choice says a lot about how you are reading and playing the game.

Try numerous attempts at each option for each diagram, for example do four attempts at all for each of the options, a total of 40 deliveries, record your performance, then swap with your partner doing their deliveries.

- option 1** draw to black bowl to be second shot (caterpillar)
- option 2** draw to be shot
- option 3** draw anywhere within mat length (ML) to be second shot
- option 4** drive at the jack
- option 5** drive to remove shot bowl
- option 6** drive into head
- option 7** draw as a back bowl a ML behind to be second shot
- option 8** push into shot bowl to force it out for you to be shot
- option 9** trail the jack delivery for you to be shot
- option 10** draw within ML of ditch

Malaysian bowls weight exercise

Had a light bulb moment to finish this column on weight control training calling on these two exercises first conducted way back in 2002 with the successful Malaysian medal winning team.

Exercise #1

Attempt FH then BH

Set your mat 12m. from the ditch and deliver all your bowls back to that closest ditch.

Objective - feel soft weight having to deliver all your eight bowls within a ML of the ditch.

When a delivery is successful take it off green until all eight finish within a ML of ditch.

Exercise #2

Attempt FH then later BH

If possible use three rinks for this exercise as it is well beyond a normal maximum length.

Set a mat in the corner of rink 1 and a jack on the 2m. mark on rink 3 at the other end.

Intention is for you to focus on pre-delivery routine, adjust your posture, speed, arm elevation to be able to smoothly deliver to reach within a metre of jack, that would be very impressive.

Lachlan Tighe, July 2021.