

Skill Training For Seconds

Practical program

THEME _ Working toward winning as a TEAM of Bowlers

PRACTICAL on green session

Warm up as Second

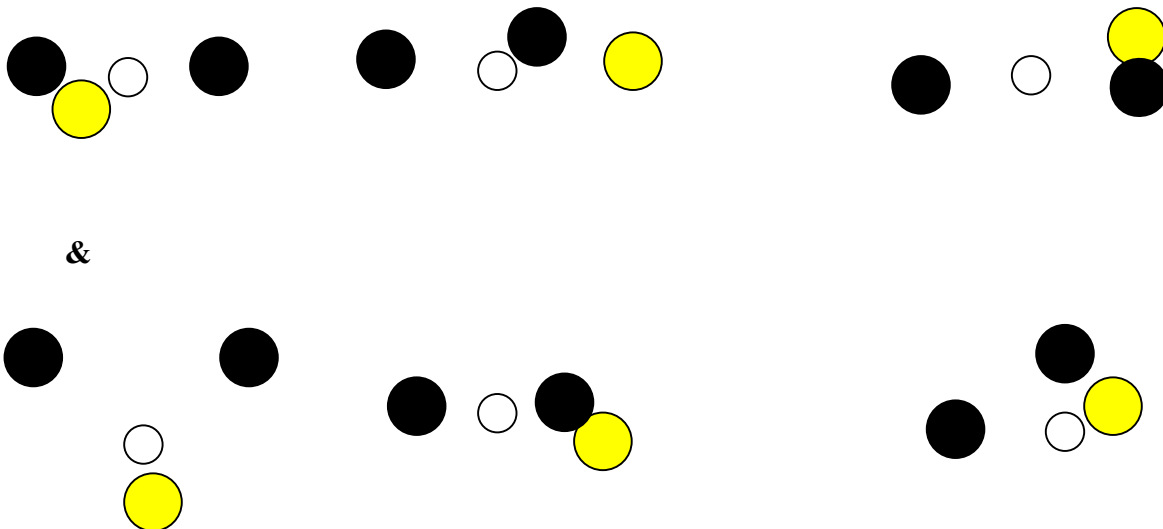
- Deliveries into nearest ditch X 8
- Caterpillar, Up and back
- Jack deliveries: 10 minimum, 10 medium, 10 maximum

Seconds - you are YELLOW bowls

With a coach / partner, attempt to achieve the call on each diagram with four deliveries each call, then move to next rink.

Requested calls for six diagrams could be:

- Draw behind head
- Draw second shot
- Resting toucher
- Push up / onto our bowl
- Push up / onto their bowl
- Trail jack for shot(s)



Lachlan Tighe, 2019