

solitary training #7
Tactical session- Elite individuals

TRAINING SESSION - Intensity in tactics

PURPOSE of the session _ tactical training for elite players

A misgiving for bowlers is their lack of knowledge of how many choices can be made for the next delivery.

Another flaw is the absence of knowledge of their technical skill and when in teams, the skips ignorance of the delivery skill of the player on the mat.

LESSONS

I want to focus on:

- Intensity of application for each delivery as a component of mental skill & technical skill;
- Making players aware of the choices for a particular head;
- Gauging individual standards which highlight technical prowess / skill;
- Tactical skill application;
- Training which is game specific yet is demanding.

WARM UP physical toning exercises _ (10 minutes max.)

Deliveries into nearest ditch, maybe eight attempts and follow with warm up caterpillar for two ends.

Process of session

Best if we have players work with a coach otherwise work as a pair at training.

There are 15 delivery choices hence with four bowls attempted per choice every bowler will have 60 deliveries.

Record your performance to gauge today which works for you, which choice has to be worked on in technical execution.

DECISION MAKING- CHOICE OF WEIGHT

FASTEST TO SLOWEST TECHNICAL DELIVERY SKILL

Set head with a jack and a bowl one bowl jack high from jack. Assume this is opposition bowl at head.

All attempts are a right hand FH. ML means a mat length.

Eight paces / weighted deliveries are available with **15** tactical choices for the eight paces as follows:

Pace of weight deliveries and the 15 applications:

Slowest (resting toucher draw);

Add a ML behind as our early back bowl yet it remains effective in the head;

ML over into opposition bowl;

ML over to trail jack;

Metre over into bowl,

Now onto jack;

Two metres over into bowl,

Now onto jack;

Four metres over into bowl without losing your bowl, now onto jack;

Running delivery into bowl,

Now onto jack ;

solitary training #7
Tactical session- Elite individuals

Full drive into bowl, now into jack; now into the head



That meant each bowler had 60 deliveries and interesting to witness success rate for each of 15 choices.

Winners & Losers

If the session has a number of players, use the drill to play one end games among players where one player is holding shot, the opponent has to decide which choice of 15 to use with the first delivery, only.

Game on after that, with all following deliveries from both players on the rink.

Lachlan Tighe, 2018