

Elbows Game Plan - Fours Team

OBJECTIVE :

To perform at our best collectively and individually as a fours team based on our training intensity level.

OUTCOME :

Win the fours event or pennant competition.

STRATEGY

HOW

Measurable objectives:

- Win the game by winning the majority of ends, it is called patience.
- The rink wins a minimum of 9/21 ends any week at club pennant competition.
- The rink team aim to have 50% acceptable / ML deliveries per end, i.e. 4/8.
- Losing ends, keep shots lost at very worst to 3 shots that end.
- Jack delivery to be at required length 80% of attempts.
- Leads and seconds to have 2/4 bowls in ML of the head, minimum 14/21 ends pennant game.
- Have a back bowl by the finish of bowl 4 from the front end team every end.
- Aim to have first delivery of each player to be ML / effective 30% of ends.
- Final 2 deliveries from skip to comply with his own game plan.
- Break the game into a number of 4 or 5 end segments and have the team meet mid-rink to review segment performance.

Observable behaviours:

- Adherence to the team game plan agreed as a four before the event.
- Continue a winning game - lengths, hands, use of players, use of delivery choices.
- Compete only at MIN or MAX length ends whichever may be the winning length at any one time.
- If the winning length is at times at medium length continue that exact length while winning ends momentum is to your favour.
- Deliveries 3-6 to be consolidating or attacking calls from the skip.
- Positivity levels - energy on display, verbal support.
- Communications - confident, clear & precise, supportive, winning.

FOURS TEAM

EXPECTED performances for the positions of Lead / Second / Third / Skip as a minimum if wanting success at the four levels of competition at Division One, group, state and finally national.

Mat length (ML) % standard	LEAD	2nd	third	skip
Division.1.pennant level	40	40	30	30
Premier league pennant/ Group level	45	45	40	40
State level	50	50	45	45
National level	55	55	50	50

TEAM

A bowler, team member, does not have to be physically gone (absent) to be out of the team. If it can be observed they are bored - negative-resentful-disruptive-passive-obstinate-downcast-rattled, they have already left the team. They are passengers, that attitude to be offloaded. Or they will be.

Lachlan Tighe, April 2015.