

# Front End Fours Training

A combination of practical & discussion programs

## PURPOSE of the PRACTICAL session(s)

To know your team role, your measure of performance, your responsibility, your skills

**1 WARM UP physical toning exercises,** (5 minutes)

**2 WARM UP bowls,** (10 minutes)

Follow with bowls warm up caterpillar for 2 to 4 ends

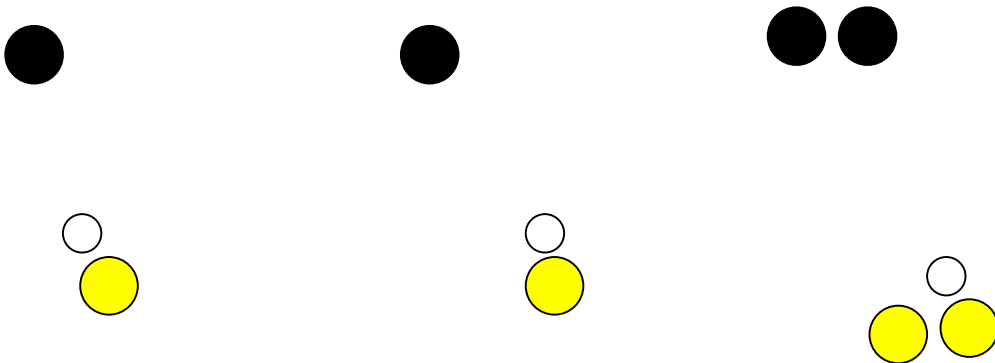
**3 Team spirit training** (20 minutes)

Examples 'Jacko' (refer to the website menu- games are fun training examples)

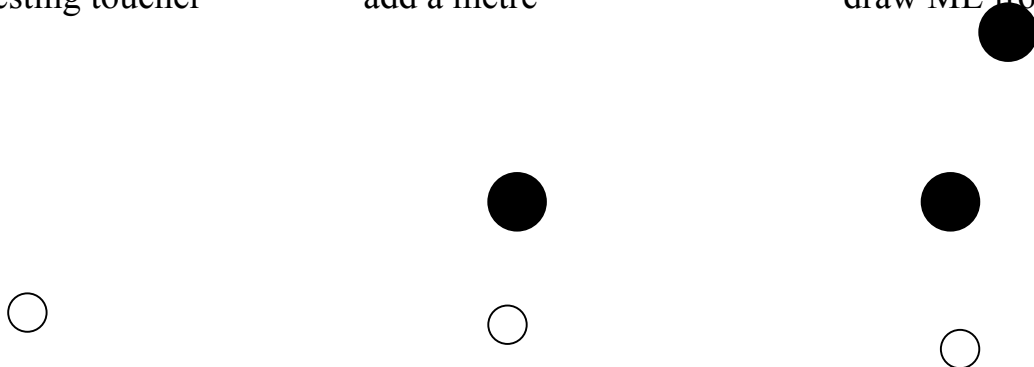
## 4 TACTICAL & MENTAL / Communications Skill in drills

### FRONT END TEAM

Draw for second shot OR to cover back bowls

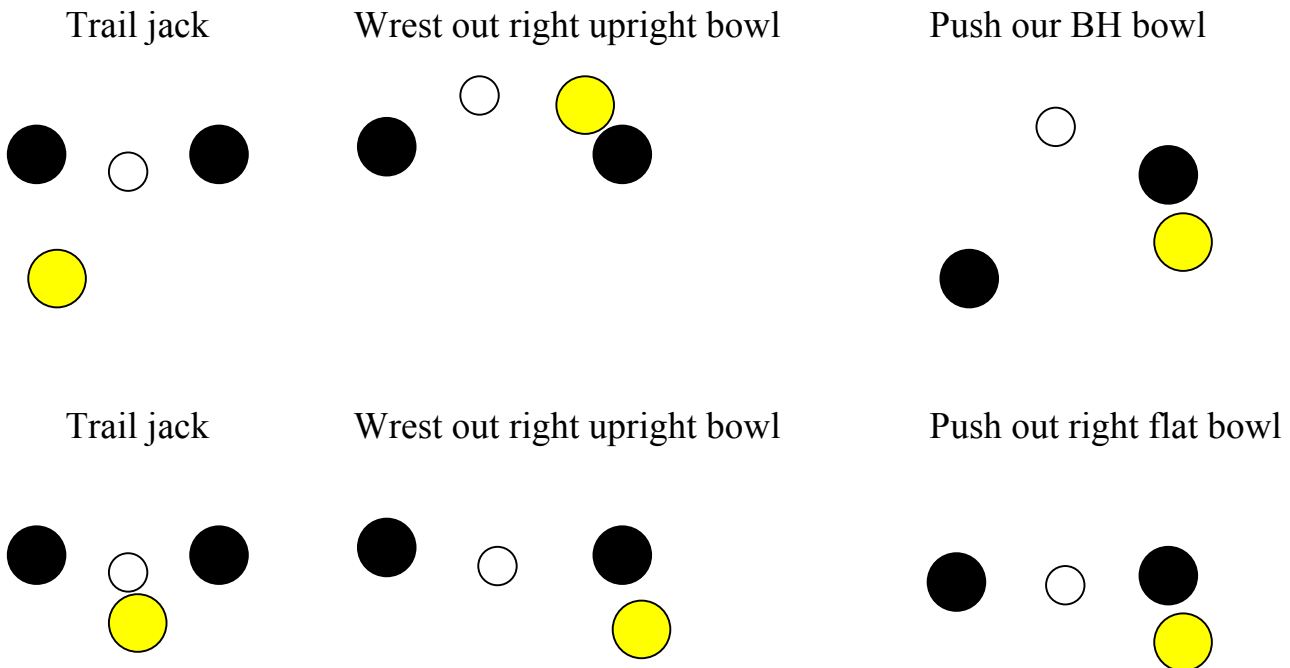


Tactical options – attempt each diagram with 8 deliveries where we are black  
resting toucher                      add a metre                      draw ML from the ditch

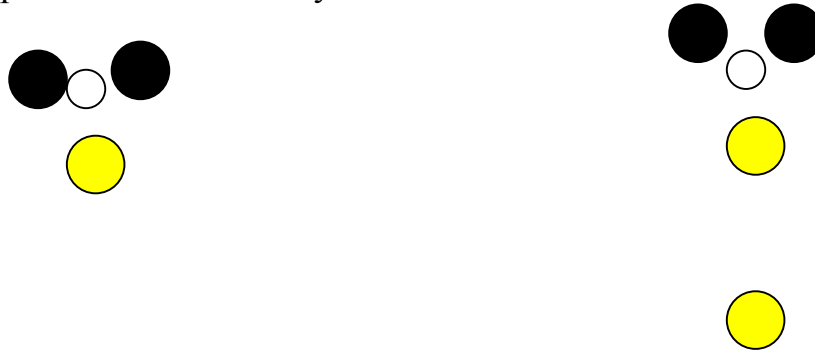


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**'Elbows' 2019**  
**Front end team Training Sessions,**



Tactical options – what would you do in either situation

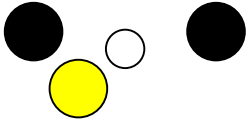


Where black holds 2 shots by a whisker and in diagram on right short bowl is only a ML (mat length) from head (draw; push bowls; drive; block entry shot; cover???)  
 If you play first as black; now if you play second after yellow; now if you play first as yellow; now if you play second after black.

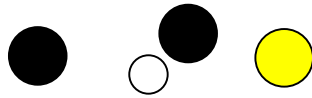
**Discipline** – attempt any of the diagrams with deliveries from both players where we are black, second is competing for us. If we are yellow, then lead has another delivery and second to follow.

**'Elbows' 2019**  
**Front end team Training Sessions,**

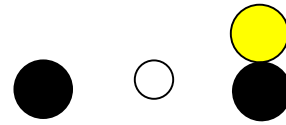
Trail jack



Wrest out yellow bowl



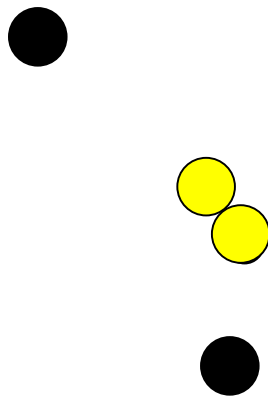
Push out right flat bowl



**Game plan training**

As black assume end 1 we had the bowl in the head so with our next 3 bowls we need to have one behind and one in head of the next 3 deliveries.

As black assume end 2 we had the bowl left and behind the head so with our next 3 bowls we need to have two bowls in head of the next 3 deliveries.



Edited 2019

**TRAINING SESSION Front end fours team**