

Technical & solitary training for a bowler
Quick fix session #1

Training by yourself: a quick fix approach

(Always use two sets of 4 bowls, 8 deliveries, to maximize efficiency of training for this program that goes about an hour to ninety minutes.)

Session: warm up

- 8 deliveries into nearest ditch from mat placed 4 metres from that ditch, staying down
- 2 ends caterpillar onto original delivery

Session: forehand / backhand draw

- 2 ends where one set of bowls delivered backhand, other set all forehand
- 2 ends where every alternate delivery changes from backhand to forehand

Session: deliberate draw bowl training

- 2 ends where set up a head each end where the opposition bowl a MW short on line from jack
- intention with all 8 deliveries is to outdraw, either hand, that opponent having to contend with any of your bowls falling short, and in the way

Session: game of BH v. FH

- 2 end game where FH bowls compete against your BH set of bowls

Session: game against perfect opponent

- 2 end game where use one set of bowls set as opponent's delivered 4 bowls
- deliver bowls to compete against that head, practice whatever you decide needs reinforcing
- on completion of end set up a head, again
- with your own bowls deliver back as near to ditch as possible
- deliver bowls again to compete against that set head

Session: game against yourself, the anxious competitor

- 2 end game where use one set of bowls as the opponent who can deliver all 4 bowls
- you, anxious competitor, though only have two bowls, the first delivery and the last bowl delivered; such that when you play as the opponent have delivered all bowls after 'anxious' delivered the first delivery of the

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end, awaiting 4 deliveries before getting the chance to address the head situation with that last bowl;

Now, you can join in with other bowlers at the club, if their invite still stands as you probably delivered 108 bowls in this hour / 90-minute solitary session.

Incidentally, as you are committed enough to train, consider

- your strengths - list and evaluate you reinforce as training
- knowing what singles skills are necessary to advance
- knowing what team position skills/roles are necessary to advance too
- audit your delivery skills at some training sessions
- appraise some skill defects for further work, and have as part of any session
- see your defects moving to be strengths

Lachlan Tighe, 2016