

'Elbows' 2011 Training Session: Persistence

TRAINING SESSION PURPOSE Persistence

PURPOSE of the session PERSISTENCE

.....persist with the plan/ routine despite difficulty in execution

LESSONS

....perspiration not inspiration will win through

....persistence is the parallel to perspiration

WARM UP physical toning exercises, (10 minutes)

follow with bowls warm up caterpillar for 2 to 4 ends

SKILL Rating , (20 minutes)

Measuring performance score out of 10 attempts: scoring is done by the number of deliveries ending within 'Mat Length' (ML) of delivery being attempted at the distance indicated below;

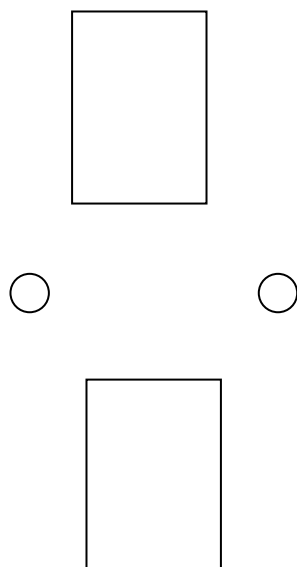
Type of delivery (10 attempts at deliveries)	Min Length F/hand	Max Length F/hand
Push short bowl ML		
Plug hole		
Draw to spot right		

TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

persistence & Consistency

- Place small disk out on forehand grass line halfway along for a minimum length draw- all delivery finish at agreed set zone behind other mat—objective is to get a consecutive sequence of 8, i.e up and back without fault; if...if any one delivery does not meet requirement you are to retrieve it and any earlier deliveries and START AGAIN – stop after 15 minutes if no success, and

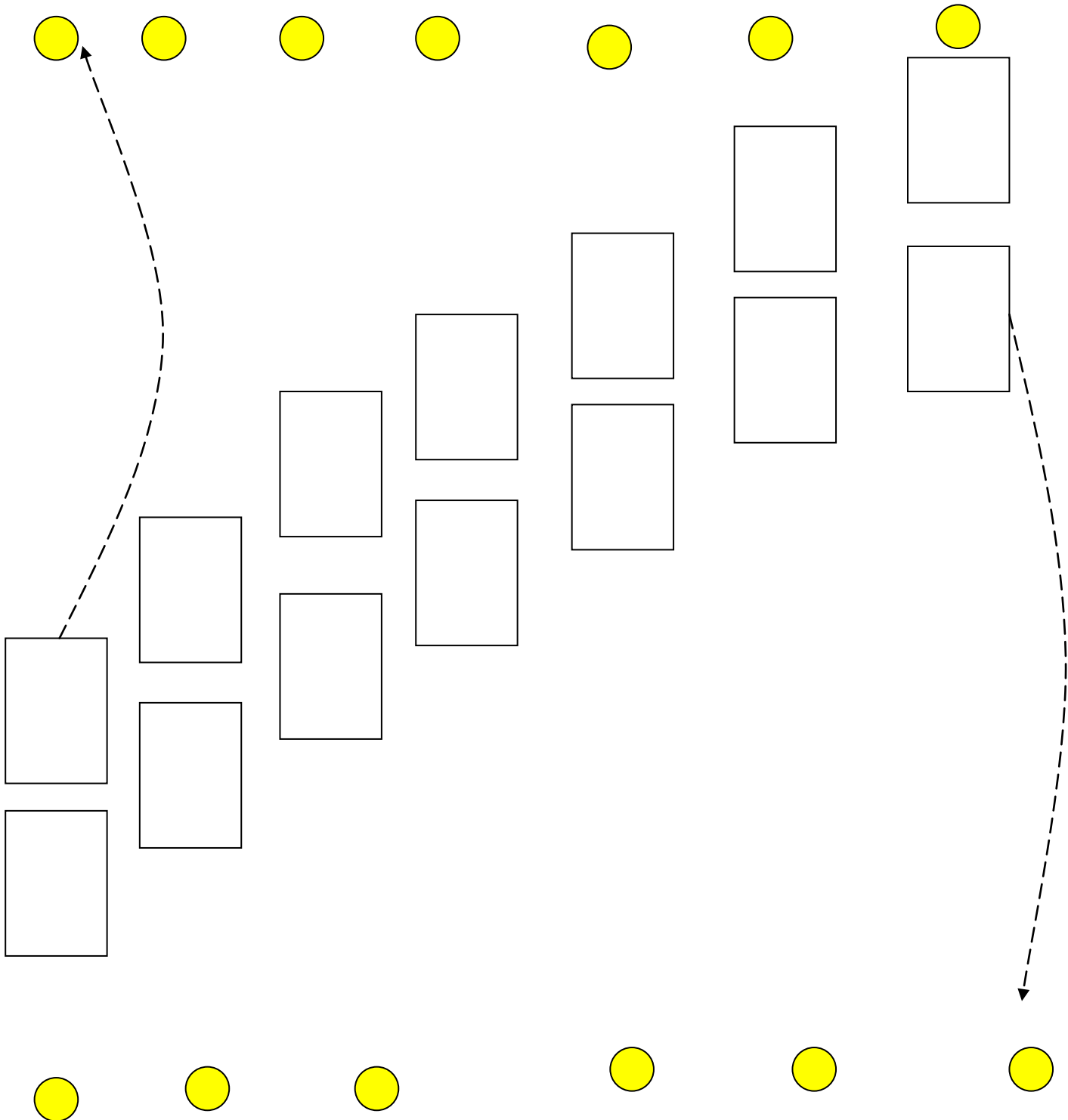
Now swap over onto backhand and attempt 8 consecutive deliveries, same conditions apply



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Back of the Queue, handicap program :

Use the entire green round mats (yellow) a ML from other ditch
move from mat left to right below then right to left above with all players having 4 deliveries;
have to have ONE successful delivery of round mat set a ML from ditch
if successful move to next mat
if unsuccessful after 4 deliveries go to back of same queue behind other bowlers in queue
continue till complete program on every mat on the green

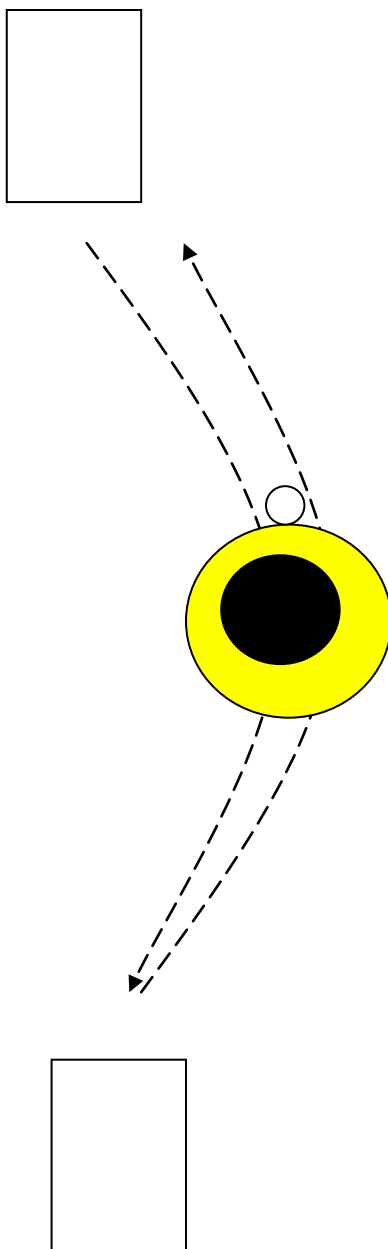


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Discipline & focus

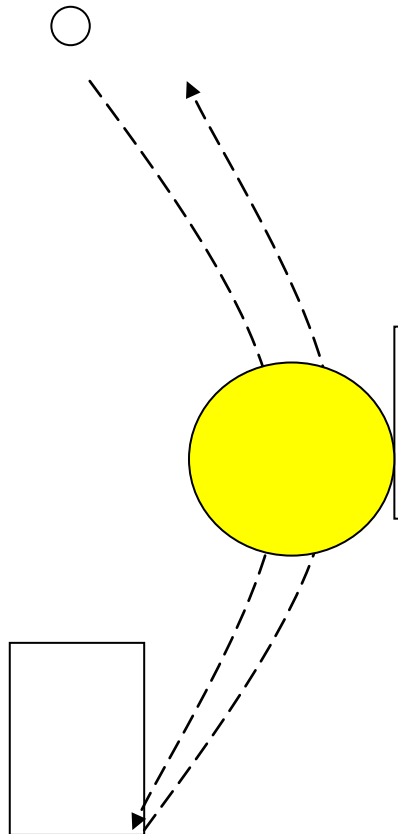
Set up mid rink 3 round discs with largest on top, then middle size and smallest on bottom you have to obtain 2/4 to go to smaller disk, otherwise, retrieve and repeat till successful deliver up and back over largest disc and after the 2 ends take it away so players deliver up and back over mid size disc and take it away after 2 ends. Now left with smallest disc on rink and players have to deliver over that disc up and back.

(illustration has smallest disc beside others only because as colour would not highlight on top of other two)
After 6 ends that will get their focus and delivery warmed up and measured after 24 deliveries.



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PERSISTENCE DRILL - initially placing your mat at minimum location, deliver to an area a MW alongside the ditch (indicated by yellow disc in diagram) placed halfway along the green; must get $\frac{3}{4}$ to go in that MW area or else have to retrieve and repeat; once successful return on your backhand with same objective; once successful place your mat at maximum length and do the exercise
If you go too wide, you end up in the ditch (represented by the line adjacent to the round disk; forced to retrieve that bowl now in the ditch to redeliver as a successful delivery



Modified Games

(50 minutes)

scenario that follow- play 2 end game with only one bowl each to play per end you are the BLACK bowl, draw another within ML to win 2 shots (bocce)



FINISH with FUN Completing session with fun programs

(10 minutes)

Noughts / crosses or Caterpillar or football

TRAINING SESSION REVIEW