

Technical & solitary training for a bowler  
A fourth session

## *Training by yourself: approach #4*

(*Always* use two sets of 4 bowls, 8 deliveries, to maximize efficiency of solitary training for this and any other 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: draw to within a ML of ditch**

- a minimum end where 6/8 backhand delivery is to be within ML
- return minimum end 6/8 forehand delivery is to be within ML, now repeat at maximum length with a 5/8 expectation

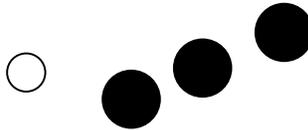
### **Session: deliberate practice training**

One

Tiger drill, 3 bowls adjacent to jack - 2 ends with different approach / target for same set head;

drill one end to draw and

second drill move a nominated bowl out for shot(s) requiring reset head



Two

Lead / singles program with the first 2 deliveries facing resting toucher opposition;

You will have to go and clear the head after every 2 deliveries for EACH of the 3 options

Option 1 with 2 deliveries – 2 draw shots within a ML:

Option 2 with 2 deliveries – yard over followed by a draw to within ML of where the jack is:

Option 3 with 2 deliveries – drive followed by a draw to within ML of where the jack is:

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Note, draw within a ML in all 3 options. Do each option 4 times (total 24 deliveries).



**Session: football skill - kicking goals**



Diagram jack a MW bowl beyond so now draw ML beyond bowl for shot; expectation of 6/8 success for each of the two ends.

**Session: football with added weight transfer**

heads with front bowls a metre out from jack and a metre space between front two

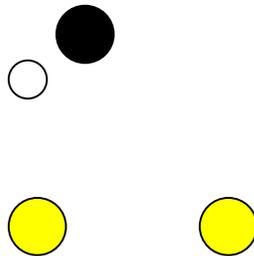


Diagram - running weight between front bowls to remove shot bowl to pick up 2 shots; 2 ends with an expectation of a 5/8 success per end

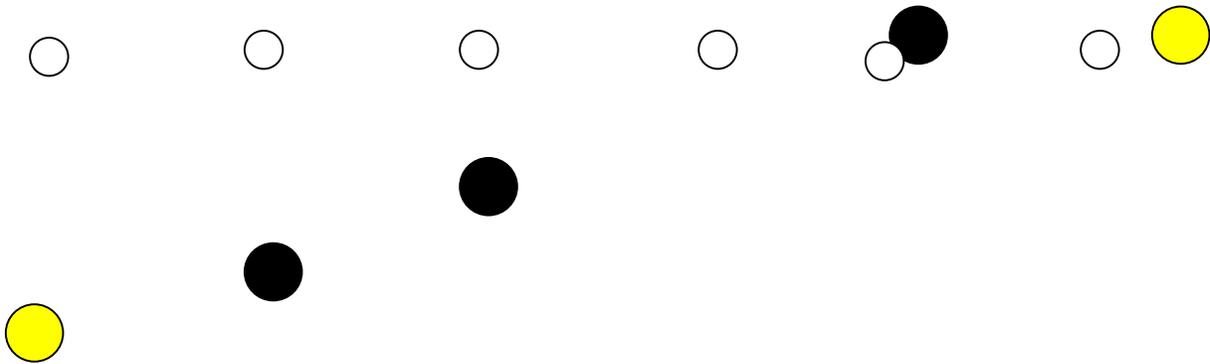
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**Session: drill to cope with changing head**

**Drill** (right forehand) set up 6 heads start from left and with the 8 bowls you can only move along to the next head if you succeed in getting ONE successful delivery, now once 8 bowls delivered see if you have completed the 6 set heads;

Do this session twice FH & again BH

- left head draw to be shot with bowl shown a ML from jack
- 2nd head draw to be shot with bowl shown a MW from jack
- 3rd head draw to be shot with bowl a bowl from jack
- 4th head draw resting toucher on shown jack
- 5th head wrest out shot bowl ONLY and stay as shot within a MW of jack
- right head drive off both jack & bowl on head



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**Session: deliberate practice training**

(Again a repeat from earlier sessions so again choose 5 different options / hands.)

THE HEAD – opposition first bowl is jack high and a bowl from the jack. I suggest you use the width of rink to set up three heads adjacent a metre apart so you can move over if head congested as you will not have a training partner to be reset the head every time.



The choice of options below reflect the attitude / approach of the skip (in team format) or of the singles player. And the options are doubled as all ten can be either BH or FH, 20 in all.

No one option is better than another, however, the choice says a lot about how you are reading and playing the game. As there are 20 options, try a few options each session, so for example doing 8 attempts at 5 of the 20 options, a total of 40 deliveries, is demanding enough.

Find out what works, and, what not to try.

- option 1** draw to black bowl to be second shot (caterpillar)
- option 2** draw as a back bowl a ML behind to be second shot
- option 3** draw anywhere within mat length(ML) to be second shot
- option 4** draw to be shot
- option 5** draw within ML of ditch
- option 6** push/ wrest into shot bowl to force it out for you to be shot
- option 7** trail the jack delivery for you to be shot
- option 8** drive to remove shot bowl
- option 9** drive at the jack
- option 10** drive into head

Now, you can join in with other bowlers at the club, if their invite still stands as you probably delivered 176 bowls in this hour/ ninety minute solitary session.

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As I stated in other solitary programs, 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**