

Arousal, Intensity

PURPOSE of the session:

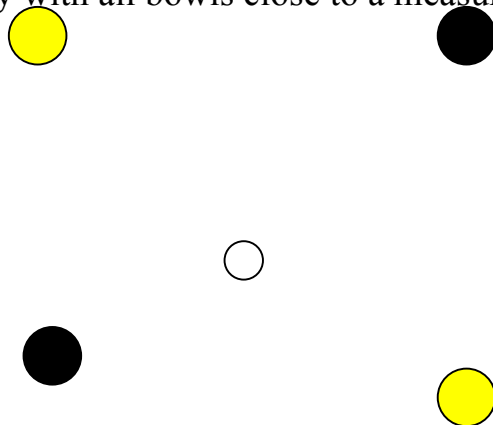
Practice with an intensity so it is a natural feeling for an event.
Arousal - keeping a lid on it.
And knowing when to 'go for it.'
Intensity is a decision.
Use positive possibilities such as ML, pbs.
Use simple associations... TCUP, bend & extend, low & slow

Practical Skill in drills

10 attempts at each diagram head

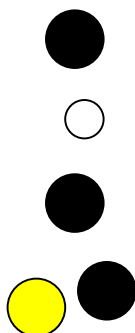
You are the YELLOW bowl

(1) Easy head apparently with all bowls close to a measure – draw 8/10 for shot.



Above diagram: Last end world championships, 2006 NZ Keegan v. Saunders

(2) BLACK: Decide on a draw to ADD shot where yellow is ML away from the jack

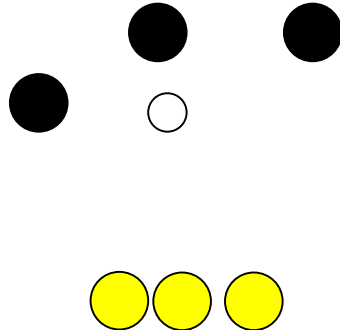


Now you are the yellow bowl being 3 down, and have 2 approaches.

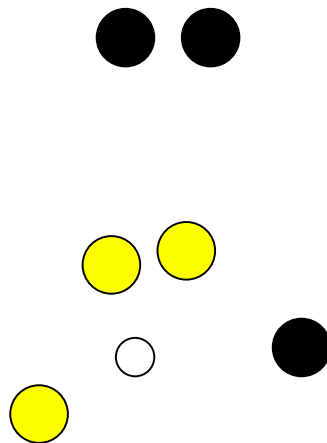
Where you go first before black will follow so your delivery and position is vital.
Where you have to follow black you can do all sorts of things to this head.

pBus 2019
Training Session: Arousal

(3) You are the BLACK bowl holding 3, opposition a metre short away, draw another within ML to win 4 shots (appears SO easy) – backhand & forehand.
To make it harder session, shift yellow bowls to be ML short.



(4) You are Yellow holding game.
Go first what will ensure you can win.



Review TRAINING SESSION