

solitary training #6
intensity session- Elite individuals & teams

TRAINING SESSION - Intensity in teams

PURPOSE of the session _ Intensity of training for elite players in teams

Xmas December 2017 and 2018 new year I held sessions for elite bowlers wanting to elevate their skills.

Danny (Simmons) often says to me anyone can bowl a good bowl. Good bowlers (elite) can do it, again.

Same principle applies to jack roll to an exact length.

LESSONS

I wanted to focus on:

- Intensity of application as a component of mental skill,
- Willingness to persist even if floundering, again mental skill,
- Elite standards which highlight technical prowess / skill,
- Tactical skill application,
- Training which varies yet is demanding,
- Training team skills and factors in simulated situations.

WARM UP physical toning exercises _ (10 minutes max.)

Deliveries into nearest ditch, maybe eight attempts and follow with warm up caterpillar for two ends.

Process of exercises

You move to the next exercise on successful completion of the stated task of the current exercise. Everyone starts on exercise 1. And we shall do Right hand BH for all bowls delivered, and at minimum length for today.

Exercise: 1

Place a mat at minimum mark up the green.

Player has three jacks and has to succeed with one being a legitimate short roll, i.e past the 2m.-mark and not go into the ditch. If unsuccessful retrieve the jacks and attempt (again) till successful.

Exercise: 2

From that mat at minimum mark up the green.

Place a Jack on 2m.-mark and has to succeed with two resting touchers from as many deliveries as it takes to succeed.

Exercise: 3

Place a mat at minimum mark going the reverse direction up the green.

Player has three jacks and has to succeed with one being a legitimate short roll, i.e past the 2m.-mark and not go into the ditch. If unsuccessful, retrieve the jacks and attempt (again) till successful.

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Exercise: 4

From that new mat at minimum mark, and having now placed a Jack on 2m.-mark and has to succeed with two drives into the bare jack from as many deliveries as it takes to succeed.

Exercise: 5

Place a mat at minimum mark going the reverse (or original) direction up the green. Player has three Jacks and has to succeed with one being a legitimate short roll, i.e past the 2m.-mark and not go into the ditch. If unsuccessful retrieve the jacks and attempt (again) until successful.

Exercise: 6

From that new mat at minimum mark, and having now placed a Jack on 2m.-mark and has to succeed with two trails of the jack from as many deliveries as it takes to succeed.

After an hour, form pairs teams and now we are in competition against other teams doing exercises 1-6.

It is still a successful jack roll to move on to the next exercise. However, where the bowls were two successful attempts above, now it is two successful outcomes, but each player has to have one success as part of the two. The player not meeting the outcome is the only one who continues that exercise, while teammate urges them on to success. Once done you both move to the next exercise.

Let's resume intensity individual training.

Exercise: 7

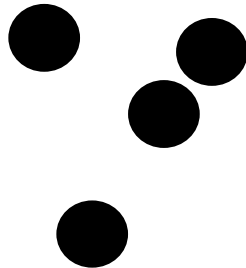
Place a mat at minimum mark going the reverse direction up the green. Player has three Jacks and has to succeed with one being a legitimate short roll, i.e past the 2m.-mark and not go into the ditch. If unsuccessful retrieve the jacks and attempt (again) till successful.

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Exercise: 8

From that new mat at minimum mark and having now placed a jack on 2m. mark and has to 'caterpillar'.

Success = have one caterpillar and one other bowl within MW of original bowl. Repeat until successful.



Exercise: 9

Place a mat at minimum mark going the reverse direction up the green.

Player has three jacks and has to succeed with one being a legitimate short roll, i.e past the 2m.-mark and not go into the ditch. If unsuccessful retrieve the jacks and attempt (again) till successful.

Exercise: 10

Move that new mat back a metre from minimum mark as four bowls will be placed from 3m to ditch.

Drive onto first placed bowl and when successful can now attempt to hit next bowl about a metre apart with the bowls you have at the mat. Repeat till all four bowls are driven off the green.



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Winners & Losers GAMES

Use drills to set up conditions of play for each rink.

Lachlan Tighe, 2018