

# 'Elbows' 2009 Training Session:#19 Expectations

## TRAINING SESSION expectations, #19

Venue: Jersey, UK & Richmond Union bowls club

**Session schedule: Friday & Sunday, 2009 (in season)**

**PURPOSE of the session**

...do we have the right expectation, meaning is it realistic

...first what, then figure out what level of skill you are using in THIS game

**LESSONS learnt from previous performance (training or competition)**

...coping with pressure in competition

Value each opponent

Bolster confidences, reduce uncertainty

Be aware/ wary of anxious behaviour

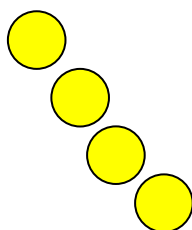
Expectations = contributions

change the word 'pressure' to 'challenge'

**MENTAL SKILL DRILLS**

Know your strength, identify and accept weaknesses to ensure you continue to develop the skill to reduce or minimise the weakness ; in fact the weakness may even disappear as you acquire the skill and thus a weakness is not apparent anymore.

**10.30am      WARM UP physical toning exercises,      (10 minutes)**  
follow with bowls warm up caterpillar for 2 to 4 ends



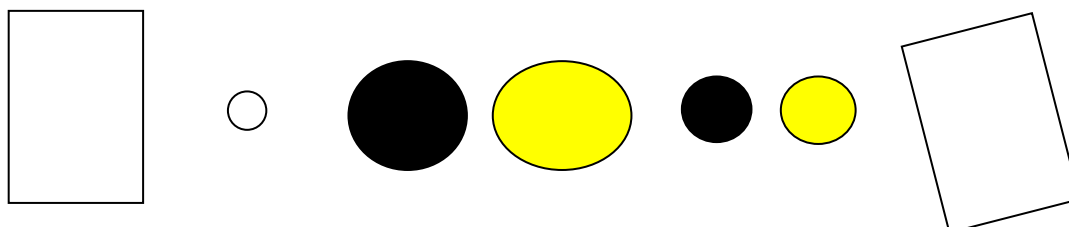
**10.40am      SKILL Rating ,      (20 minutes)**

**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 all deliveries)	Min. Length F/Hand	Max. Length F/Hand
Widen the head		
trail shot – limit metre		
drive		

**EQUIPMENT**

**Bowls, jacks, round mats as targets, mats, mats for drive/ yard over, CDs**



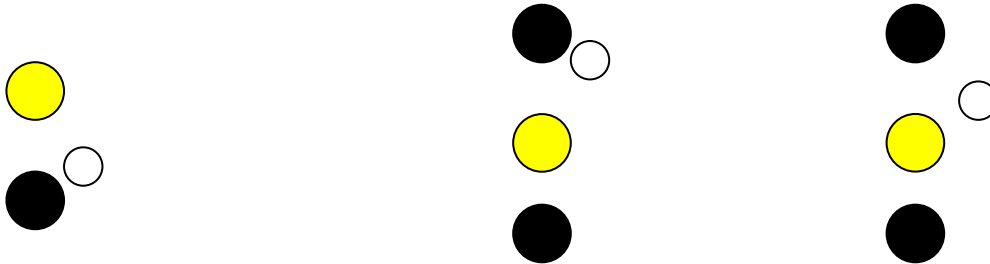
*Attitude: all about practising habits*

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**11. am TACTICAL & MENTAL / Communications Skill in drills (60 minutes)**  
**Individual skill training**

work in pairs for this program where bowls are placed a MW from one another  
 presume you are black



- left outdraw yellow
- middle push out yellow for 2 shots
- right trail hide it for 2 shots

swap role and let other partner experiment with the same head

**12.pm MODIFIED Games (50 minutes)**

# teams of 2 or 3 or 4 players if too many attending training

- set up left head and play out a game for one end
- set up middle head and play out a game for one end
- set up right head and play out a game for one end
- and then winners move to next rink for one end game

# one player has to win 3/5 ends of a 5 end game

# one player has to win on the score after playing 5 ends

# one player has to limit all lost ends to a minimum score of one shot down

TO WIN game where you have 4 deliveries to opponent 3, 4 ends

KEEP A SCORE OF ANY OF THESE PERFORMANCES

**12.50 pm FINISH with FUN Completing session with fun programs (10 minutes)**

Focus on Fun from any of these fun games

Noughts / crosses or Caterpillar or football, nearest ditch

Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

**Training (& coaching) REVIEW**

player/ team to have three fundamentals / purpose to work on each coaching session

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- 
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rate your performance out of 10 each training / coaching session =

qualify/ record three things you did well at the session

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qualify/ record three things you need to improve as a consequence of the session

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**1 pm FINISH**

Edited last on 9/8/2009

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