

# 'Elbows' 2011

## Training Session: Winning Ways

**TRAINING SESSION PURPOSE: Winning drives, winning under pressure**

### PURPOSE of the session

- ...winning culture = honesty, pragmatism, rigorous discipline
- ...one crowded hour of glorious (winning life) is worth it
- ...pressure to perform when you have to win
- ...redefining pressure to signify opportunity
- ...pressure to perform with a set delivery choice when you have to win
- ...winning ways – with drives, under pressure, mission impossible

### LESSONS

**PRESSURE** is something you place on yourself;

What produces pressure, the human frailty

- I wont do well
- Hell I might blow it
- This pressure is getting to me
- I cant afford to lose

What reduces pressure, the tools to have

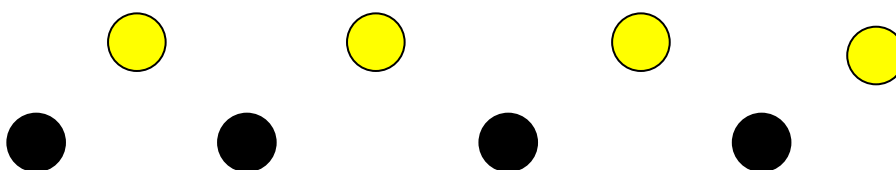
- I can only do my best
- I have prepared well for this
- I remember this situation from training
- Gee I am going to enjoy this experience
- What a real challenge this is to enjoy as winners are gridders

**WARM UP physical toning exercises,** **(10 minutes)**  
 follow with bowls warm up caterpillar 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 B/Hand	Min. Length Alt. hands
Wrest out		
Draw to ditch		
Trail- hide it		
drive		
caterpillar		

**DIAGRAM** Set up bowls and drive off in order left to right as visible



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**A-DRIVE - TACTICAL & MENTAL / Communications Skill in drills (60 minutes)**

Have 10 attempts at all diagram options, record outcome then swap with partner  
Set up 4 bowls and drive off in order and return to do the same from other end

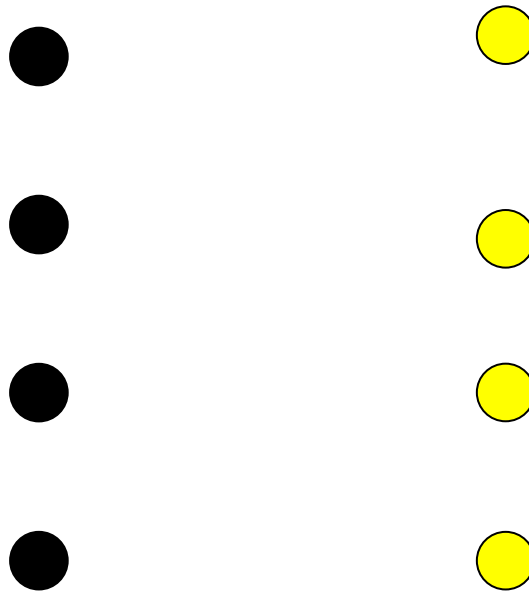


DIAGRAM You are the YELLOW bowl

- Choose a weighted shot to dislodge both opposition bowls from green to win

**ditch**

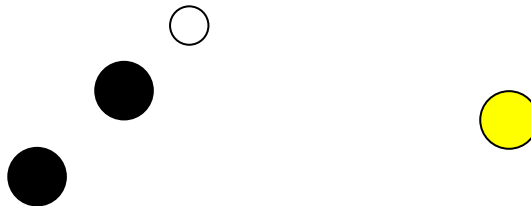


DIAGRAM Decide on a drive to dislodge both opposition bowls from head to win

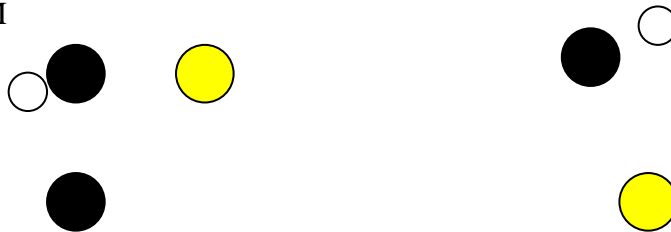


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DIAGRAM we are yellow drive off to win

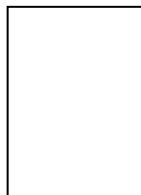
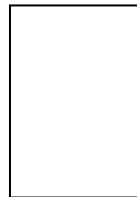


& DIAGRAM



## Winning drives- drive & draw game

Skip & third work/ compete against one another  
 set jack/toucher at 4 distances from minimum to maximum with mat at 2m mark  
 first end is all draw bowling and win shots per normal scoring, then move to drive mat  
 winner has first drive for closest target and if succeeds gets a shot and another delivery to  
 drive off second target and can continue if successful to maximum length head  
 if misses opponent has chance to drive and score, after all deliveries complete re set up  
 targets and move over to mat to continue draw contest  
 play a total of 8 ends and keep scores for draw and drive



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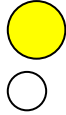
**B-WINNERS & LOSERS: TACTICAL & MENTAL / Communications Skill**

winners & losers games- based on heads viewed from bottom of page

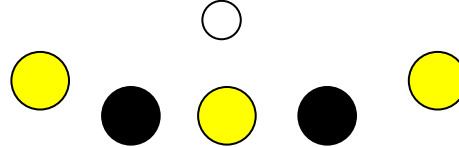
1 jack ML from ditch



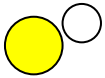
2 bowl from jack



3 all a metre away



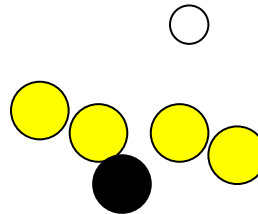
4 toucher



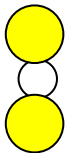
5 toucher



6 jack on ditch, bowls a m. away



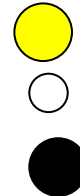
7 touchers



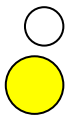
8 touchers



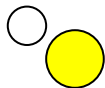
9 both a MW away



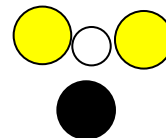
10 bowl from jack



11 black to bowl



12 yellow touchers, black 1cm



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**C-WINNING UNDER PRESSURE: TACTICAL & MENTAL / Communications Skill**

Have 10 attempts at all diagrams, all options, record outcome then swap with partner

DIAGRAM You are the YELLOW bowl, no touchers on green

- Draw F/H to ditch to be one down to equal score and force another end to be played
- Wrest shot bowl off green (options are there b/h & f/h , and, stay for a win
- Choose a weighted shot (for both hands) to dislodge both opposition bowls from green to win

**ditch**

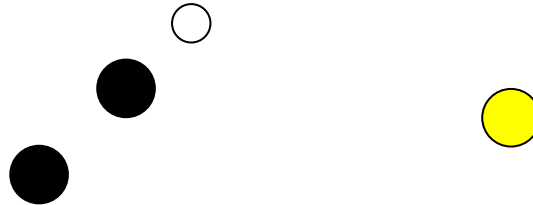
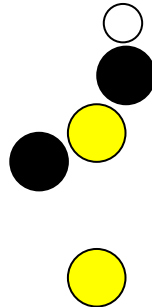
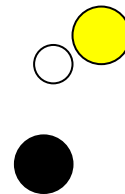


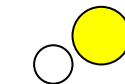
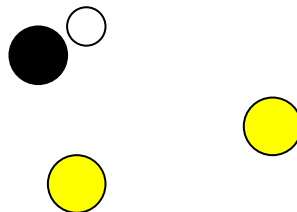
DIAGRAM scores level both bowlers still having 2 deliveries – we are Yellow  
 forehand options – when we are first (opportunity)...then when we are last (reaction)  
 backhand options– when we are first ...then when we are last



DIAGRAMS must win with the last bowl in each of the four diagrams- 10 attempts at each option  
 option – draw options– wrest out shot



&



## **'Elbows' 2011**

### **Training Session: Winning Ways**

DIAGRAM work in pairs with four deliveries for each, swap after the 8 deliveries (based on Simmons v. Simmons at Yarra Glen Nov.2009)

- practice forehand options
- Choose a backhand options
- you are down 3 as black, mat coming up page

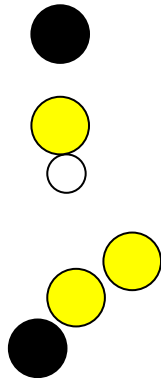
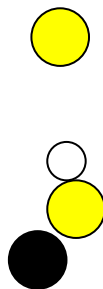


DIAGRAM work in pairs with four deliveries for each, swap after the 8 deliveries

- practice forehand options
- Choose a backhand options
- you are down as black, mat coming up page



#### **MODIFIED Games**

**(50 minutes)**

# above diagrams, one end games winners & losers

both players have two bowls each to play to complete the end; person down on each head has to play one end using the option – draw, a second end use the option– wrest out shot

# above four diagrams, one end games black RO yellow to go first of final two deliveries each

# one player must only draw all four deliveries in their game

# one player has to employ one drive per end of the game

# one player must play a draw bowl as the last bowl in each end of the game

KEEP A SCORE OF ANY OF THESE PERFORMANCES

#### **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 SESSION REVIEW