

# 'Elbows' 2011

## Training Session: Mat Knowledge

**TRAINING SESSION PURPOSE: mat knowledge**

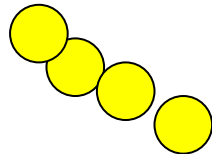
**PURPOSE of the session**    **mat knowledge**

.....an appreciation of where, when and how to use the mat for basic deliveries

**LESSONS**

variation of arc/ delivery path as a consequence of different feet placement on the mat

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



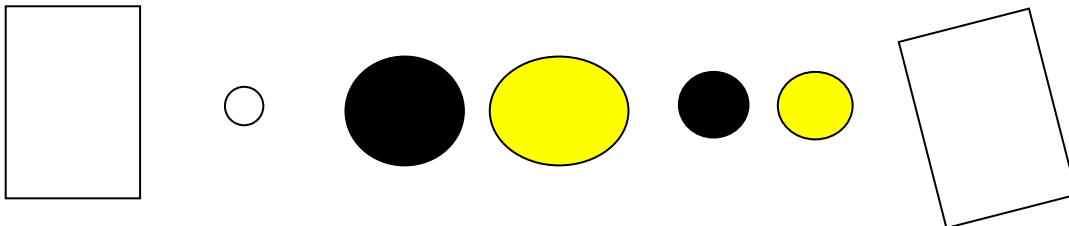
**SKILL Rating ,** **(20 minutes)**

**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;

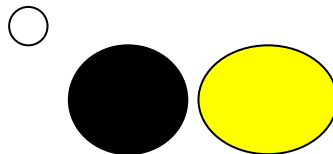
Type of delivery (10 attempts at deliveries)	Max. Length B/Hand	Max. Length F/Hand	Max. Length Alternate Hands
Draw			
Yard over			
Widen head			

**EQUIPMENT**

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



**TACTICAL & MENTAL / mat knowledge** **(60 minutes)**



- deliver up & back over black from left/ middle/ right of the mat to observe the outcome
- deliver up & back over black from left/ middle/ right of the mat to observe the outcome
- deliver up & back around yellow from left/ middle/ right of the mat to draw shot
- deliver up & back into yellow from left/ middle/ right of the mat as if to push it up for shot

## **'Elbows' 2011**

### **Training Session: Mat Knowledge**

#### **use of mat and grass line**

bowler to deliver from one end on f/hand with bowls set a metre from jack  
draw around black attempting from various positions on mat  
draw between yellow and black attempting from various positions on mat  
draw under yellow attempting from various positions on mat  
deliveries done at Min & Max lengths  
now switch head and bowls to the backhand and record performance



#### **MODIFIED Games**

**(50 minutes)**

- # pappa full house varying deliveries, 4 ends
- # Lachcoach game where must use 6 delivery types at least once in a 4 end game  
6 deliveries are = jack, draw, trail, yard on, 2 yards over, & drive
- # One set of 9 ends  
Player one – normal 4 bowl deliveries  
Player two  
Ends 1-3 has only 3 bowls to deliver  
Ends 4-6 has all 4 bowls but can only deliver on one hand, either b/h or f/h  
Ends 7-9 has all 4 bowls to deliver per their choice
- # Each player 'earns' a shot every time they get (temporary) second shot. This format starts after each bowler has delivered their first bowl
- # Each player 'earns' a shot every time they touch the jack. This format starts after each bowler has delivered their first bowl.
- # set head per diagram, continue deliveries to win the end

KEEP A SCORE OF ANY OF THESE PERFORMANCES

#### **FINISH with FUN**

**(10 minutes)**

Noughts / crosses or Caterpillar or football  
Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch  
**Jacko**

#### **TRAINING SESSION REVIEW**