

## Objectives of the Training Programs

The coaching Programs I set are purposeful training routines set for all playing level bowler(s) to:

- Highlight the necessity to deliver bowls within a set score zone at varying distances.
- Appreciate importance of leader skill / role in tactical application.
- Practice discipline to draw around bowl yet staying on earlier / chosen hand.
- Practice simulating pressure by setting a typical head seen from competition.
- Practice drawing to a new position when the jack / head has moved.
- Demonstrate variety of shots and lengths and positions necessary for use.
- Prepare the bowler for the position of the skip with specific delivery programs.
- Establish the standard necessary for a competent bowler to perform adequately in various playing positions.
- Set and gauge a standard of performance.
- Highlight the consequence of accurate, consistent and narrow bowls.
- Enable bowlers to establish a standard to gauge their skill and consistency to be able to compare to representative player standards.
- Provide variety in routines distinct from 'traditional' (i.e. monotonous) practice approaches.
- Provide a fun / games element into the process.
- Enable bowlers to understand how to practice concentration.
- Highlight visualising line to roll through a target.
- Simulate competition conditions and environment.
- Highlight the consequence of choice of line and pace.
- Usage of skill from training knowledge in the promotion of a bowl(s).
- Usage of skill from training knowledge in playing into the head and staying for shot.

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