

Menu- training sessions
Second position Training Sessions,

Skip Use of Second

A combination of practical & discussion programs

PURPOSE of the PRACTICAL session(s)

...to know your team role, your measure of performance, your responsibility, your skills

WARM UP bowls,

follow with bowls warm up caterpillar for 2 to 4 ends

(10 minutes)

TACTICAL & MENTAL / Communications Skill in drills

Simulate skip choice of deliveries –

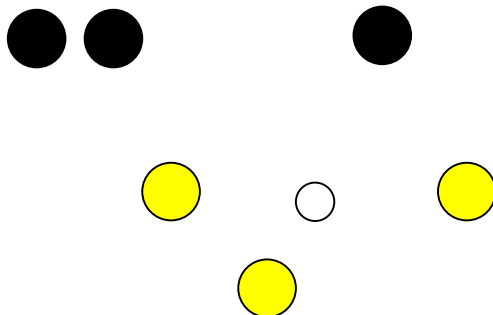
Seek Skips to ‘construct’ a head by saying what they want from the second and then player trains in accordance with the precise instruction

Draw to cover back bowls

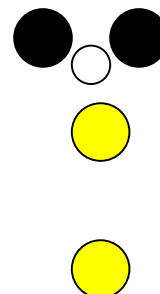
Push short yellow bowls in and behind jack

Push black bowl into ditch and remain at rear

Block shot deliveries



Tactical options –what would you call as skip if either black or yellow



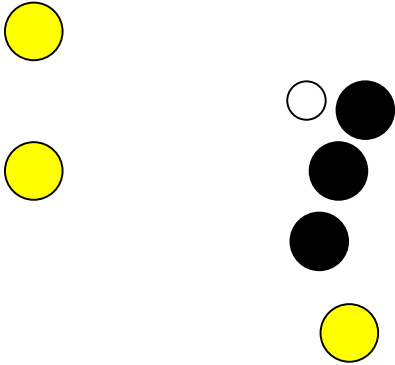
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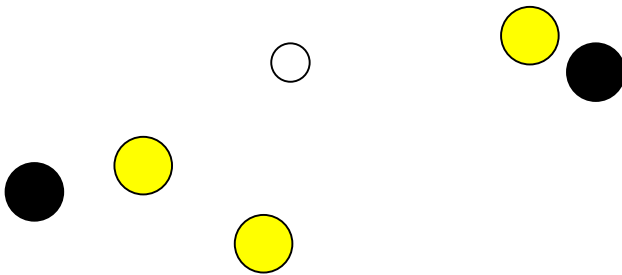
Tactical options - the fourth delivery of the front end

Forehand Yellow- push into shot bowls; draw behind
Black – draw another shot; block entry; cover behind

Backhand Yellow – draw shot; metre over;
Black – draw another shot; hide it trail; metre behind



Tactical decisions: experiment with simulated heads (first we are black, then be yellow)



Lachlan Tighe, Edited 2019

TRAINING SESSION Use of the Second position in a fours team