

# Squad Training for Bowls Victoria Championships 2021

For interested website readers here is a sample schedule of our training for the two months lead in to the state championships where five of our squad contested the titles.

The table below reflects the program content each week in the table headings so as to provide skill training in the session accommodating technical tactical (game plan) and mental skill reinforcement or tweaking, if that was the only requirement for a specific player.

The content of variety focus is something you as a coach can drum up your own ideas as that is all I did in this instance.

When players see how well prepared you are they take you seriously as a coach.

Or I think so.

<b>Week of</b>	<b>variety Focus</b>	<b>Competition focus</b>	<b>delivery skill focus</b>	<b>Mental skill focus</b>	<b>Game plan focus</b>
2/11	Danny's retreat	First 3 ends	Draw	Jack	Front end
9/11	BA 2 <sup>nd</sup> shot	Leading by 4	Add metre	Bowl one	Front end
16/11	BA one in all in	Behind by 4	Metre over	Bowl two	Back end
23/11	MCC circuit	Last 3 ends	Running shot	Bowl 3	Back end
30/11	Skip silent	5 ends	Trail	Bowl 4	Minimum
7/12	One bowl game	Maximum	drive	Add	Maximum
14/12	Perfect head	minimum	BH	reduce	medium
21/12	Modified games	medium	FH	First & last	Min. to ditch
28/12	Tbc	Extra end	alternate	Tbc	Tbc
4/1	tbc	Final game	Ditch draw	tbc	tbc

## *pBus Squad, 2021*

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### **BV state championships- Coaching & training, 2020**

As a squad we had a priority of focus:

- Lloyd: state singles
- Alison: state singles and pairs (with Dee)
- Max: mixed pairs
- John: singles, fours and pairs
- Robbie with world indoor singles still a factor though a date still unknown.

We had a source document 'INTENSITY' for us all to have, so to be able to refer to it away from squad training too.

The State championships were held in Warrnambool 10/1- Friday 15/1/2021 and of the above squad members though all did well, Alison secured a state title in the female singles.

### **Lachlan Tighe, 2021.**

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