'Elbows' 2011
Training Session: Consistency

TRAINING SESSION purpose:Consistency

PURPOSE of the session
………delivery discipline for consistency
LESSONS learnt from previous performance (training or competition)
….replay that perfect delivery every time in training to bring it to every competitive delivery
…(Kerkow) bend down, stay down & follow through
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)	Min. Length F/Hand	Max. Length B/Hand
yard on shot		
2 yard on shot		
drive		

**TACTICAL & MENTAL / Communications Skill in drills** **(60 minutes)**
Focus & Consistency
1.Place small disk out on forehand grass line halfway along for a minimum length draw- all delivery finish at agreed set zone- with a partner at other end doing like wise and deliver all bowls (yours/ his) for about 40 deliveries – record how many went over disk, how many finished in the zone;
Now swap over onto each others backhand and do 40 deliveries
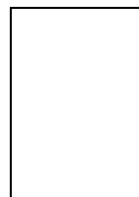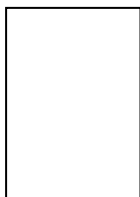
2. Place mat 5m from a ditch and stand on the mat and deliver back to the closest ditch 5m away aiming on your typical grass line draw- place a disk at 2m, rink dot etc, as a target for all bowls to be delivered over ensuring EXACT execution for every delivery
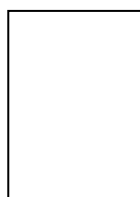
3.Place small disks out on a grass line first at 3m for 10 deliveries, then locate at 5m for 10 deliveries, now locate at 10m for 10 deliveries- all delivery finish at set zone
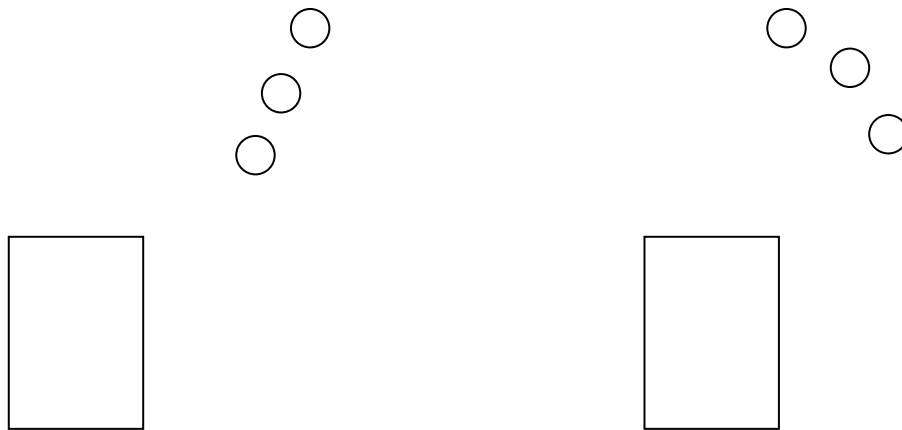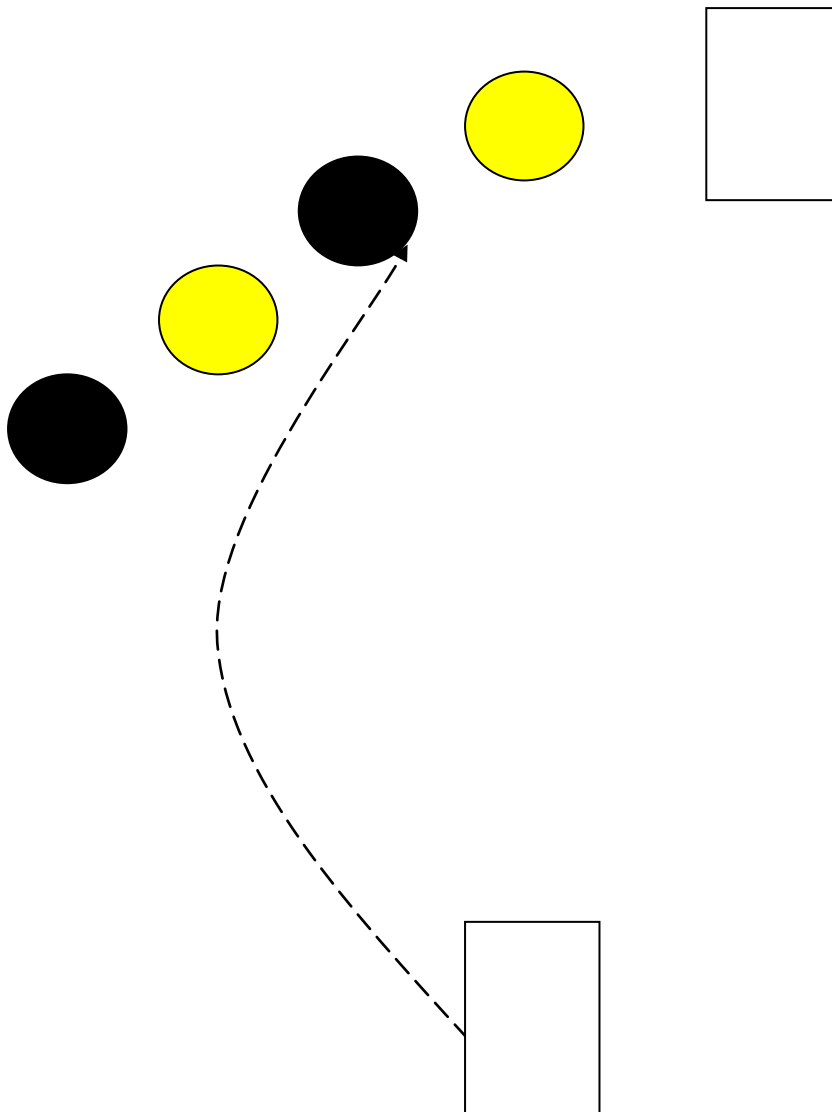
AND

4.Similar approach (right diagram) where they have to go over a disk <u>beyond the shoulder</u> to finish at zone

5.Disciplined delivery drill
Use each other's bowls for continuous deliveries

Pair off for the backhand routine as illustrated (above) on one rink where one mat placed beside round discs set up minimum length, other mat on the 2m. mark;
 bowler playing back to mat to have all deliveries finish in zone between rear of mat and the ditch;
bowler playing to four disks to finish as near to other mat as possible -

> deliver a bowl over wide black disk, now a delivery over yellow disk,
> deliver a bowl over second black disk, now a delivery over yellow disk on rink line,
> Later series of bowls are <u>firm</u> deliveries going into ditch;
> With mat placed in front of disks play a game return end to practice tactics

do about 40 deliveries then change ends /roles – record performances in both roles /80

Time permitting, change it to a forehand program by swapping the 4 disks per diagram


Milners disc magic drill
Attempt draw to all bowls back and front from right to left
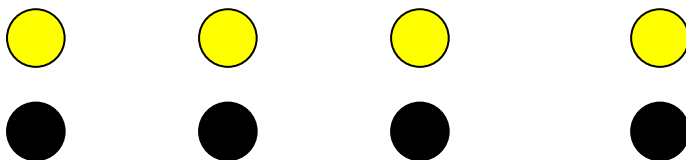Attempt drive to all bowls at front from right to left

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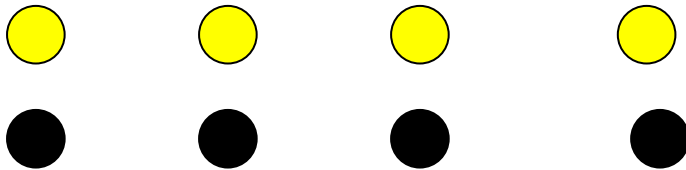
Fluency, consistency
two players either end of the rink line which is about 7-8 metres in length with ONE bowl each player to deliver alternatively straight along the line to partner aiming for 10 accurate and effective deliveries
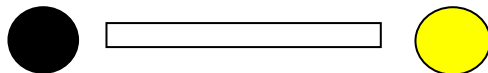
MODIFIED Games   **(50 minutes)**

game 1
a modified game where you have to play backhand which means you are applying the delivery skill that is the program going to the other end; after playing 3 end games for the 3 below then make it forehand

- A competition where you have to draw to the back bowls without touching the front bowls
- A competition where you have to wrest off the back bowls without touching the front bowls
- A competition where you have to drive off the front bowls without touching the back bowls

Swap partners every 3 ends

Game 2

set jack at MIN – have 2 bowls each, however if your first bowl is not within ML you do not get to
deliver the second bowl – compete for 6 ends before partner swap to
set jack at MAX – same format as above – compete for 6 ends before discussion

Game 3

Pair off – every live delivery has to be within a metre zone from the ditch
how many ends before you have no 'live' bowls
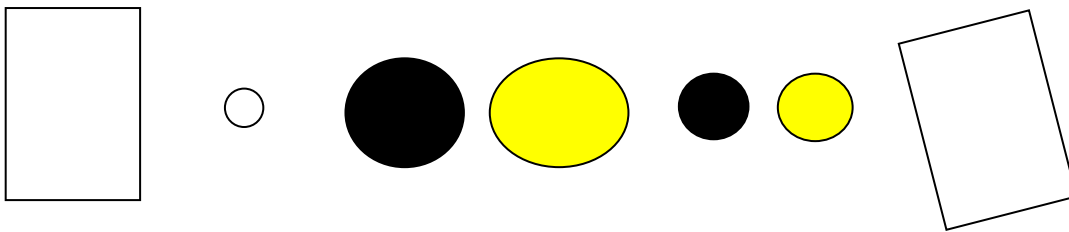
KEEP A SCORE OF ANY OF THESE PERFORMANCES

12.50 pm **FINISH with FUN Completing session with fun programs** **(10 minutes)**
Noughts / crosses or Caterpillar or football
Bocce or Target mat or Specified purpose eg world series one bowl nearest ditch

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

Training (& coaching) REVIEW
player/ team to have three fundamentals / purpose to work on each coaching session
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-
rate your performance out of 10 each training / coaching session =
qualify/ record three things you did well at the session
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-
-
qualify/ record three things you need to improve as a consequence of the session
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FINISH

TRAINING SESSION REVIEW