'Elbows' 2011 Training Session: Imagery

TRAINING SESSION PURPOSE: Imagery

PURPOSE of the session

IMAGERY

......imagination – seeing yourself excel with the perfect delivery in a major event

LESSONS

....diagonal drill scored 39/40 zone bowls, recall and remember, do NOT dwell on one bowl (Nardella) ...caterpillar, the sound of successful bowl ringing on the original, see it hear it

WARM UP physical toning exercises,

(10 minutes)

follow with bowls warm up caterpillar for 2 to 4 ends two players at 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 the partner aim is to each do 10 deliveries that go straight along that line, if not start from scratch



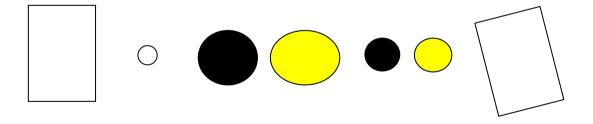
SKILL Rating, (20 minutes)

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 B/Hand	Max. Length B/Hand
Jack		
Draw		
Wrest out toucher		

EQUIPMENT

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



TACTICAL & MENTAL / Communications Skill in drills (60 minutes)

10 attempts at each diagram

BLACK hide it (the jack)

black or yellow, hide it (the jack)

1



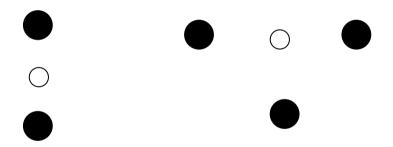
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BLACK then YELLOW options either hand with the purpose of holding, covering, blocking, changing head, second shot,



imagery, rehearsal

down on head with jack not able to be sighted, with all bowls opposition black bowls MW from jack, draw to win, to reduce to one down



MODIFIED Games

(50 minutes)

one player to have only 2 bowls other player has 4 bowls for singles
one player to have only 1 bowl other player has 4 bowls for singles and the one bowl player
plays a few ends where he has first bowl and a few ends where he has last bowl
pairs – only score for the bowls within ML of jack
one bowl fours game for 4-6 ends

KEEP A SCORE OF ANY OF THESE PERFORMANCES

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

TRAINING SESSION REVIEW