

## Skip Position Training

**THEME** Training for the SKIP position

**PRACTICAL** on green session

**Warm up as individual players**

- Deliveries into nearest ditch
- Caterpillar

**Team (spirit) aspects (select from these)**

- Back of the queue
- 'Leapfrog' as a team & Team Relay
- 'Release' player from the bank

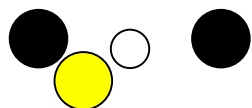
**Skip, Tactical aspects & Skip, communicator skills (select from these)**

- Connect the jack
- 'Jacko' game

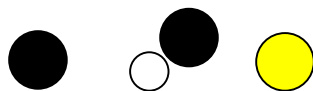
**Thirds & Skips- you are YELLOW bowls**

With a partner, attempt diagram with 4 deliveries each then move to next rink

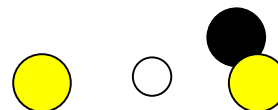
trail jack



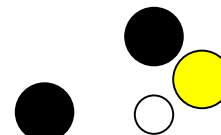
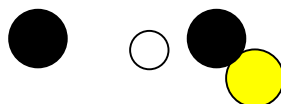
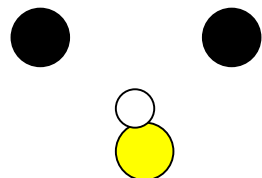
wrest out right shot bowl



push right yellow bowl



Add shot or have 2<sup>nd</sup> shot



**Website menu: training as teams**  
**Training for the Skip position**

**GAMES** winners & losers for these diagrams and being either black or yellow

**Discussion**

**TEAMWORK WINS FINALS**

**Team awareness – know your role as selected in the team position**

**Front End team = lead+ second**

Front end team - think as a mini team like that every end  
Leads set our Tactical foundation  
Leads have greatest impact with one third of the deliveries,  
Two in the head and a back (team) bowl are a sound foundation  
'Team' bowl  
Accept calls by skip unreservedly

**Skips & back end team**

Tactically plan - make preferred decisions based on plan  
Tactically plan - use & role of each player  
Communicate positivity - Everyone reacts favourably to compliments  
Communicate instructions - be precise, firm, informative  
**Communication Behavior – reinforce it where it is good or, change it**

**For the better**

Awareness - do you / we know what is winning / wins,  
Don't be greedy (hero shot choices)  
Maintain then gain (invest on team mates)  
Bowls in the head reduces the risk factor  
Minimise errors  
Four rink teams make the Club side

**Responsibility is shared equally 25% per player per rink**

“You don't have to be out of the team to be outside the team if you have all the behaviours / thoughts that mean you already left this team.”

No one, not one of us, is as good as all of us.

Know all - he who does the same gets what he always gets, nothing.

***Website menu: training as teams***  
***Training for the Skip position***

Knowledge - gained through hard work together on the track.

Knowing - how well you did on the track and how to apply it out there on the green.

The word teamwork has the word work included - you get nothing without hard work.

‘WHERE YOUR MIND GOES, EVERYTHING ELSE FOLLOWS’

**Lachlan Tighe, 2019**