

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

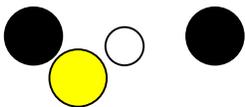
Skip, Tactical aspects & Skip, communicator skills (select from these)

- Connect the jack
- 'Jacko' game

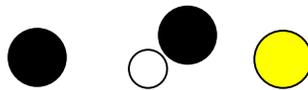
Thirds & Skips- you are YELLOW bowls

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

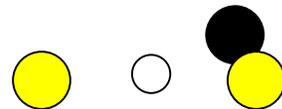
trail jack



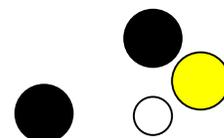
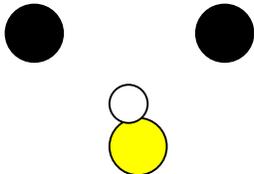
wrest out right shot bowl



push right yellow bowl



Add shot or have 2nd 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.

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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