

'Elbows' 2011 Training Session: Skill rating

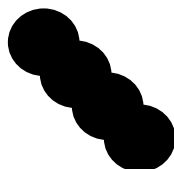
TRAINING SESSION PURPOSE: Skill rating

PURPOSE of the session SKILL AUDIT

...introduction for this session only of the full range of skill ratings,
 ...and, knowledge of your technical skill
 ...use the audit rating in principle to apply for any one delivery in other training sessions

WARM UP physical toning exercises, (10 minutes)

caterpillar all 4 deliveries to touch one another for 2 to 4 ends
 at worst the three deliveries should be no further than a mat length from the original delivery



SKILL Rating , (120 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, 19 (10 attempts at all deliveries at both lengths) | Min. Length B/Hand | Min. Length F/Hand | Min Length Alt Hands | Max. Length B/Hand | Max. Length F/Hand | Max. Length Alt Hands |
|--|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|-----------------------------|
| 1 Jack | | n/a | n/a | | n/a | n/a |
| 2 Draw | | | | | | |
| 3 Wrest out toucher | | | | | | |
| 4 Add a yard | | | | | | |
| 5 trail shot – limit m. | | | | | | |
| 6 trail shot – hide it | | | | | | |
| 7 yard on shot | | | | | | |
| 8 2 yard on shot | | | | | | |
| 9 Drive | | | | | | |
| 10 Push short bowl ML | | | | | | |
| 11 caterpillar opposition | | | | | | |
| 12 Draw to ditch, ML | | | | | | |
| 13 Draw spot right/ left | | | | | | |
| 14 resting toucher | | | | | | |
| 15 widen the head | | | | | | |
| 16 firm shot & stay | | | | | | |
| 17 plug / block entry | | | | | | |
| 18 firm up shot swinger | | | | | | |
| 19 caterpillar | | | | | | |

KEEP A SCORE OF ANY OF THESE PERFORMANCES

In a normal training session choose one or two of the 19 and again choose to attempt one of the hands and lengths as indicated. Never do all as that skill rating is not my intention of a typical training session.

'Elbows' 2011

Training Session: Skill rating

LESSONS

Observations of skill development is on player capacity to have discipline in

Pre delivery routine

Fundamental factors of delivery are sound

Ease and fluency of delivery

Get down, stay down

Disciplined to watch the bowl flight, detect, repeat or correct

... Choose to work on scoring for 2 - 3 of the ratings each session;

...keep inserting the known 'pb' current for each of 19 delivery

for each of these in the table below and note who else you train with has a 'pb' for set deliveries

Questions for skill development

Competition

What is your quest

How are you going to achieve it

Technical

How good are you

How good to you need to become

Tactical

What competence do you have

What is lacking

Mental

What skills do you possess

What do you need to develop

MODIFIED Games consider type of program for this

(minutes)

FINISH with FUN

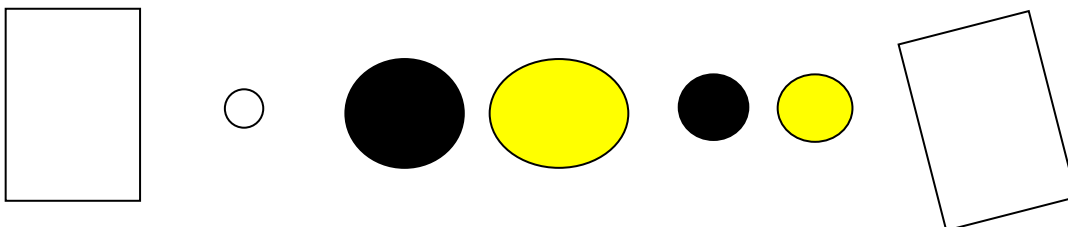
(10 minutes)

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 SESSION REVIEW

Attitude: all about practising habits

Lachlan Tighe, Email ltighe@kangan.edu.au ph 9853 5497, 9425 5759