

1. Pre Training: Practice **Bend and Extend Technique**:
  - stand in front of a picnic bench take a good step backwards, bend your knees slightly, and extend your hand & arm so that the palmar surface of the hand touches the front underside of the bench top
  - stand again in front of the bench take 2 good steps backwards, bend knees a little more, as you take a step forward extend your hand and arm more to touch the underside of the seat of the bench
  - stand a third time in front of the bench and take 3 steps backward, bend your knees more, as you take your step forward extend your arm & hand even more to touch the ground the bench is on
  - If you try the above techniques without leg bending, you will find this most difficult.
  
2. Pre Training: Practice **Collect the Check Technique**
  - Bowl delivery ought to be light, easy, and **graceful**
  - Best bowlers and teams are very consistent. This goes back to a good delivery with good mechanics
  - Practice with your dominant hand & no bowl. Bend the knees, swing the arm back, then forward and take the weight of the body forward. As the arm & hand move forward the bowler extends the hand forward palmar side up. Just as though you would be accepting a check – hand outstretched directly in front of the shoulder. The hand ought not to twist to the left or right, nor the arm deviate either.
  - You need to sense the correct delivery movement – especially in the shoulder area
  - Another method is to stand in front of a mirror by a short distance. you will watch your stance, balance and weight control. You will perform the arm swing and transfer their weight during the step forward. If you overstep then you'll feel too much stretch and it will not be graceful.
  
3. Training: **Purpose of the session** - why you comes out to bowl. The goals of the session can include technical skills, attitude, tactical strategy, etc...
  
4. Training: **Warm Up** involves 10 minutes of physical toning exercises - walk ½ block outside the green – not too vigorously. Perform the motion of delivering the bowl both left and right side whilst walking.

Follow this by performing the caterpillar. You deliver all FOUR bowls to rest on the original bowl. Practice this technique forehand and backhand – and repeat and repeat for 4 ends.

5. Training: **Specific Skill Practice**: you can quantitate (measure) your skill at forehand and backhand. This is foreign to 99.9% of bowlers worldwide.

This involves about 20 minutes of skill rating to measure your performance score. This is based on 10 deliveries of one of the many types of shots used in lawn bowling. Eventually, you will play all shots, all lengths, both forehand and backhand. Rating yourself allows for clear, objective statistical measurement – the number of bowls that met the goal plan.

You are to strive to get better all the while understanding that they will never get there! Did you at minimum meet your PB (performance or personal best). For bowlers who want to get better, there should be no difference between forehand versus backhand, although you may be naturally better with one.

The mat length (16 x 24 inches) is used as a measure. It is like “par” in golfing and this information must be precisely communicated to the bowler. You may set a PB goal of 7 out of 10 shots (this would be at a National Level) at all distances and will want to know if you are bowling up to your potential. Other bowlers may find this goal too high, but should bowl up to their PB. Bowlers and coaches ought to review their goals annually.

6. Training: **Drill for Line**

- Use of thin circular soft plastic discs as targets – initially 9 inches in diameter provides self assessment and immediate feedback. With improvement the disc size may be made smaller and then smaller again. On line sport equipment websites do offer these discs.
- Place a disc on the running line and go over that disc. A second bowler with mat, using the same size of bowls, will be at the other end of the rink. They give feedback to the you, and then bowl from their mat over a disc place on their running line. Here, the interest is in the rhythm of play and allowing for total reinforcement. To vary it and make it more interesting – switch it up between forehand and backhand.

6. Training: **Stop Watch Decision Making** is a tactical strategy

Have 2 teams and an observer with a stopwatch

- The skip/vice must make the call to the player on the mat about their team’s delivery within 5 seconds after the previous opposition bowl comes to a complete rest.
- If the skip/vice exceeds the 5 seconds, the timekeeper yells out and the delivery is forfeited. Now the opposition has 5 seconds to communicate to their player on the mat.
- The bowler must be focused, watching like a hawk, and very alert to tactical decisions. Skips/vices must learn to be fast in their calls and be focused on the game not just speculating on the bowls as they roll up to the head.
- This can develop a team’s confidence and assertiveness. The team must be “in the game” not just mere spectators.

8. Training: **Pressure**

- Train to cope with pressure
- Recreate situations when you experienced pressure i.e. 5 down in an end. Then reconsider and refocus – this can be solved by training for it.

9. Training: **Composure**

- Teacup or TCUP rule: think carefully under pressure
- Composure is a factor affecting performance
- Bowler has a game plan i.e. we will concede 2 points or we will win 9 of 16 ends or we will win 3 of 4 ends or we will win 50% of the ends or let's try to keep our losses to 2 shots
- Train by setting up heads based on shadow bowling/ phantom bowling/ matched bowls.
- Make simulations as awkward as possible. The lead could have a short bowl – can the 2<sup>nd</sup> get around that bowl.