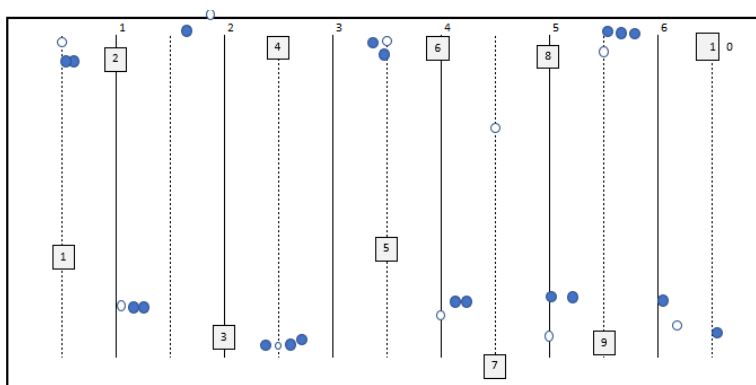


PRE-SEASON TRAINING

SATURDAY 23rd AUGUST

Circuit Drill – 12:30 pm to 1:30 pm



These drills are set up with a focus on getting shot. For instance, in the first drill [1], you're playing fore-hand, and the goal is to draw around the opposition bowls (we're pretending the backhand is too clogged up). It's a challenge because we don't want to roll their bowls up, but we should still back ourselves to try a wide draw.

Note – No images for all circuits yet, this is the only one I'll include in this document.

Fun game – 1:30 pm to 2:30 pm

Bocce Bowls

In bocce, your team keeps playing their bowls until your team gets shot or you run out of bowls. This reinforces (from the drills) the importance of playing to get shot, the determination required to win. But it also teaches us how to 'miss properly', if you don't end up getting shot, you don't want to give your opposition a heap of easy chances to add.

Mid Game break - chat – 2:30 pm to 3 pm

HV Pres.pdf (attached)

Second circuit drill – 3 pm to 3:45 pm

Circuit focussed on reaching the head

Second Fun game – 3:45 pm to 4:30 pm

Minus ones

This is the game spoken about in the attached presentation document. I'll make up different scorecards for this game. In addition to the usual tallying of shots, you'll score -1 for every short bowl and +1 for every bowl in a useful zone behind the head (+/- 0 for bowls that go further behind than this). We'll usually see that the teams with the fewest minus ones also happen to score the most shots.

PRE-SEASON TRAINING

SATURDAY 30th AUGUST

Circuit Drill – 12:30 pm to 1:30 pm

Circuit focused on shot playing. We'll choose different zones of weight i.e. draw, 1 metre over, 2 metres over, 4-6 metres over, bender, drive.

Fun game – 1:30 pm to 2:30 pm

Democracy bowls

At the cross-over between skip and team, each team gets to choose their worst bowl and place it somewhere else in the head (not shot or right next to the jack). This will help us think about shot calling and reading a head, while also thinking about the types of shots we could play that we just practiced.

Mid Game break - chat – 2:30 pm to 3 pm

No presentation yet (and may not be one). But will have print outs or displays of heads of bowls and we can chat about shot selection as a group. I have some examples ready e.g.



Second circuit drill – 3 pm to 3:45 pm

Circuit focused on consistency. Trying to minimise our bad bowls rather than maximise our brilliant bowls.

Second Fun game – 3:45 pm to 4:30 pm

Penalty pairs

Every end the worst two bowls are taken off the green. Keep playing until there are no bowls left for a team. It might end up with one bowl vs seven!