

Donvale Bowls Club Skills Training Program

Preface

Mission Statement: Develop within the club a **training with a purpose and pursuit of excellence culture** underpinned by a **caring, sharing behaviour environment** with identified and expected **standards of performance**.

Vision: Donvale Bowls Club to become the club of first choice for bowlers seeking to participate to the best of their ability and up to the highest level of competition.

Goal: There are essentially two types of shots. The draw bowl, the drive bowl. The draw bowl constitutes a good 95% of shot selections during a game. Therefore, through a process of continuous improvement in the pursuit of excellence, the goal is to **develop the skill sets** that master the **draw bowl**.

Objective: Produce well-rounded, competent bowlers with the key technical, tactical, team oriented and mental skills to perform to the best of their ability and up to the highest level of competition at club, regional, State and National levels.

The Skills Training Program is part of a coordinated club coaching initiative approved and funded by the club administration.

Skills Training Program Components

Focus: Train promising, committed, dedicated bowlers who desire to improve their bowling skills to perform to the best of their ability and up to the highest level of competition.

Features:

- These players, who will be nominated or agreed to by the Club Selectors following a briefing session for both experienced and inexperienced but enthusiastic members, need to be prepared to commit to a full training program with every player's performance measured and progressively recorded.
- Skills training sessions to be part of a coordinated approach to club training supervised and implemented by club coaches
- 2 hours skills training sessions for two separate groups over half season.
 - The first group, (32 players, 16 X 16 each 2 hours session) to commence prior to the commencement of the pennant season and finish mid-way through.
 - The second group, (32 players, 16 x 16 each 2 hours session) commence on completion of first skills training group and finish at end of pennant season.
 - Other sessions will be available at the discretion of coaches, mainly Thursday morning and afternoon plus a session late afternoon on Thursdays.
 - Skill training sessions to concentrate on the fundamental elements that underpin the draw bowl
- Training manual provided for target group and made available for scrutiny and use by all club members
- Training resources/score card developed and available for all skills training sessions

- Focus workshop/s and debrief

This manual includes understandings, knowledge, experiences about bowls from Papa, Tiger, Danny, Bear.

Draw Bowl Skill Training Focus:

- Pre-delivery routine
- Visualisation – line - shoulder
- Delivery technique
- Finish

Training Session Format:

Warm-up. (15 minutes)

- **Stretching** (3+ minutes)



Sit and Reach Stretch



Neck Stretch



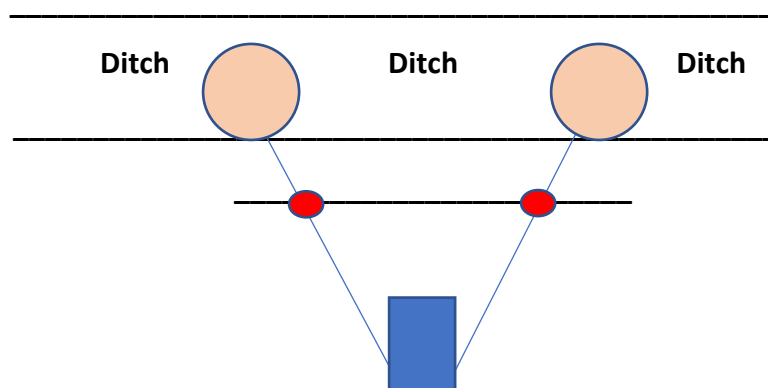
Inner Thigh Stretch

- **Line of Fire** (3+ minutes) Mat placed 5 metres from the six feet mark. Draw four bowls forehand and four bowls back hand over marker into the ditch. (8 bowls) **Repeat**

Objective: Fine tune pre-delivery and delivery technique. Stay down on the mat and consistently deliver draw bowl down the line over target. Hold delivery position until bowl is in the ditch. Key slogans.

“eyes down, head down, stay down - focus on the process - extension, finish down the line”

Line of fire

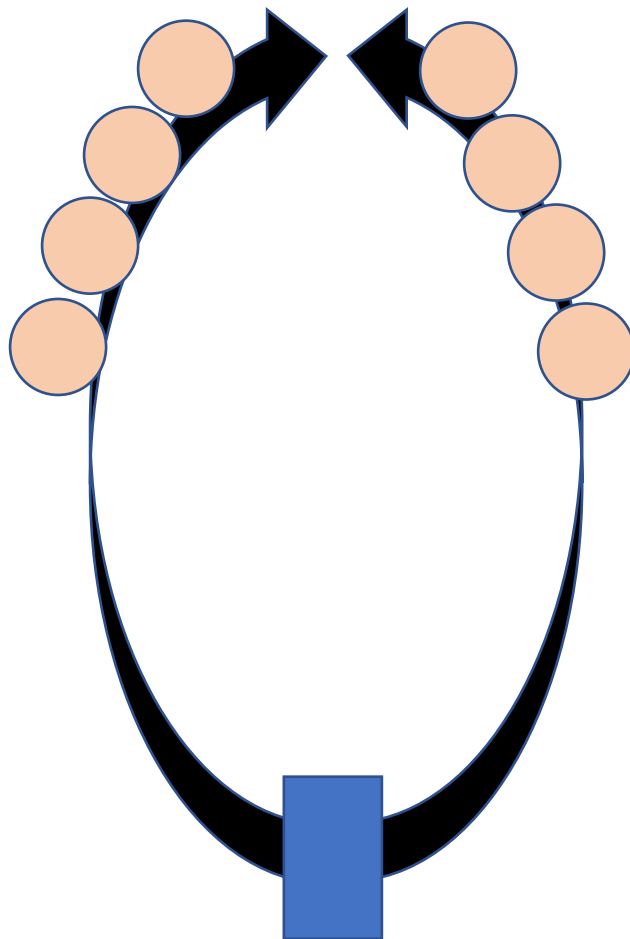


- **Caterpillar** (9+ minutes) Place mat on green. Draw bowl 4 bowls on forehand so that each bowl finishes head to tail. Return on back hand. Draw bowl 4 bowls on back hand so that each bowl finishes head to tail. Return on forehand. (16 bowls)

Objective: Find consistent line and shoulder. Each bowl to be a routine repetition of the previous bowl so that all 4 bowls finish in a line. Walk up and retrieve bowls. Key slogans.

“eyes down, head down, stay down” - “focus on the process”

“make each bowl count” - “extend, finish down the line, hold position for the count of 3”



Skill Drill Sessions: Sessions focus on key elements of bowling essentials/fundamentals (draw bowl). Drills designed to reinforce and improve skill development, build confidence and consistency in meeting **performance targets**. Skill training drills are structured and repetitive requiring discipline and commitment to a consistent routine/process.

Training participants,

- **Pair/buddy up.** Choice of partner important. Your buddy is your confidante. They encourage, support, provide feedback and help record your progress. Your buddy is your teammate, someone you trust, you enjoy training and playing bowls with.

Partner videos your delivery routine test on your mobile phone. Personal reference feedback.

- **Team up.** Each pair will pair up. Be **mindful** of the combination. An important ingredient of team performance and success is **compatibility**. Team choice/selection needs to be on the **same page** as you. Sessions involve **competition**. Team decides composition, playing positions.
- **Testing.** Each participant will be tested. There will be 3 tests. Beginning, middle, end. Each participant is **accountable** and takes **responsibility** for their own development. The **onus** is on you to be **committed, disciplined** and to **self-monitor** your progress. Apart from the standards set in this program, you need to set **your own goals and performance standards**. When you go out on the green do not **short-change** yourself.

Tests: Tests conducted in pairs. Your partner assesses, records for reference your delivery routine on your mobile. Your partner is a **positive** but **critical** observer of routine, attitude, commitment. They provide valuable feedback to help you **keep on track**.

- **Jack the mat.** Minimum length. Maximum length. (page 9)
- **Land the mat** draw bowl forehand. Minimum length. Maximum length.
- **Land the mat** draw bowl backhand. Minimum length. Maximum length.
- **Tunnel vision.** Forehand. Backhand. (5,10,15 metres) challenge variations.
- **The slide.** Forehand. Backhand. Line/speed/weight (5 metres) (10 metres)

Team combinations: An important element in skills training is to develop an understanding and appreciation of what **team means** and the **role** that each team member is expected to play. Skills training is not just about the technical competencies around the game. In my view this aspect requires lesser attention than what takes place **above the shoulders**. Skills training will focus on what I call **“train the brain”**. The training materials you will use are designed to **challenge your thinking, condition your responses, provide experience**. Structured drills are designed to build **muscle memory** to a point where it **just feels right**. Some of you will be taken outside your comfort zone. It is important you face new challenges, experiences and see things in a different way. We increase and improve our learning by **taking the blinkers off** through experience. Accept there is more than one way to achieve something.

“experience is the great teacher – that’s how you learn”

“before you learn to win you must first learn to fail many times over”

“the more times you fail the closer you are to winning”

The Meaning of Team: (Luke Hodge Hawthorn Legend)

“know your role - accept your role – play your role”

Skills training is about player, team behaviour. Each person has a part to play. Expected performance is known, understood, measured. **Know, accept, play** your part in the team. Training **sets standards, discipline, commitment to excellence**. Make sure each time you go out on the green you **“train with a purpose, train with meaning”**. **“Make each bowl count”**.

“You play as you train” – “Have a Game Plan”

Pennant Structure: Teams are 4 players. (one team) Within the one team there are two (2) teams. **Front End** (2 players) **Back End** (2 players)

Front End: (engine room)


Role of the front end is to establish solid foundations for **building the head**. The front end is not required to necessarily **hold shot**. Training will focus on players being skilled at consistently **“landing the mat”**. This is the most basic, essential skill to be mastered. **This is your job/role to perfect**. What does this process require/mean?

- ✓ place mat and deliver jack as instructed to game plan (**jack the mat skill**)
- ✓ land the mat (**visual zone**) on chosen hand
- ✓ ensure 2/4 bowls delivered land the mat behind jack
- ✓ short bowls not to be more than one (1) playing mat short of the jack
- ✓ put pressure on your opposition by getting shot or at least second shot
- ✓ put pressure on your opposition by strategically placing bowls behind the jack
- ✓ change hand without question when instructed
- ✓ play without question **“back end”** shot selection
- ✓ keep accurate record of team score card and update team scoreboard
- ✓ keep accurate record of team performance assessment score card (page 21)
- ✓ be positive and support team/side members
- ✓ refrain from anti-social behaviour
- ✓ participate and support a team debrief
- ✓ be honest, proactive in discussing team **game plan** and **leadership** performance

Back End: (fix and finish)

Role of the back end is to **win the end**. This means bank end players have got to be competent all-round bowlers, have a game plan, be good communicators, show strong, strategic, composed, decision making and leadership. Bank end bowlers must be masters of **“landing the mat”**. The bank end must also be technically competent in what I call the **5 C’s**. **1. Consolidate** start from the front end. **2. Cover** to protect jack movement or removal of bowl. **3. Convert** to gain shot advantage. **4. Close the gate** to prevent open access by the opposition to the head. **5. Change the head** when the head is fragile or going pear shaped.

- ✓ land the mat, draw bowl delivery to add, reduce, hide, protect or cover
- ✓ play a weighted draw bowl to convert the head, hide jack, trail jack, shunt team short bowl, shunt opposition bowl
- ✓ play drive to clear/disturb head, jack in the ditch, kill head, take out a bowl/s
- ✓ have a game plan, believe, trust in it. This is what you should train for
- ✓ communicate precise clear instructions
- ✓ make strategic, smart decisions
- ✓ refrain from playing glory shots considering potential impact on team and side. The ultimate glory is the big board not your ego
- ✓ exhibit and maintain a positive and supportive demeanour

- ✓ show responsible leadership and role model skills dealing directly with any team performance/behaviour issues that arise
- ✓ provide positive feedback for  the team player assessment scorecard
- ✓ conveniently meet with team members during game to reinforce team game plan and strategies/changes to implement (break pennant into quarters for review)
- ✓ involve team members in performance and progress of game
- ✓ deliver bowls as instructed without question (**team**)
- ✓ assess opposition strengths/weaknesses and revise game plan to suit
- ✓ apply and maintain consistent expected standards of performance. Set the bar
- ✓ be in control of the game dynamics against opposition skip and team members
- ✓ be honest and proactive in discussing team performances
- ✓ provide feedback on performance, training requirements, team composition
- ✓ take **ownership & responsibility** to improve your team before you **change your team.**

Training Plan/Schedule: All training sessions commence with warm-up (15 mins) followed by a selection of structured repetitive drills. (see below) Three sessions focus on testing performance levels.

1. Jenny Craig Weight Control: There are 2 versions of this drill. **The Slide. Back Flip.**

Objective: Develop consistent line and feel for the bowl on release. Build mind/muscle memory of what it **feels like** to deliver the bowl over **different lengths.**

“eyes down, head down, stay down”.

“focus on the process”

“make each bowl count”.

“extension, finish down the line”

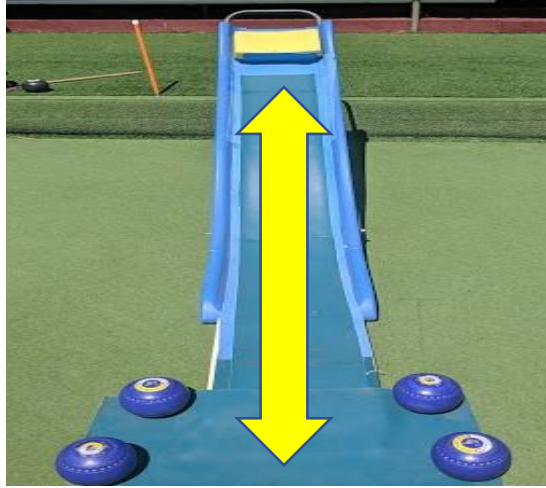
“don’t accept second best – challenge yourself”

- **The Slide:** Mat is placed 5 metres (length can be varied to challenge delivery line) from the slide which is on draw line. Using 1 bowl play a draw delivery up the slide so that it comes back to you. Repeat the process. Each bowl you put down must be a **carbon copy** of your previous as with the caterpillar drill. You go through the exact same routine each time you deliver the bowl. You are building **consistent repetition** with the goal to **“make each bowl count”**. Master the ability to do 10 repetitive, then 15, then 20 etc. Choose level on slide you want bowl to reach to develop **feel** and **muscle memory** for the speed/weight/length needed.

“If my Mind can see it and I trust and believe it,

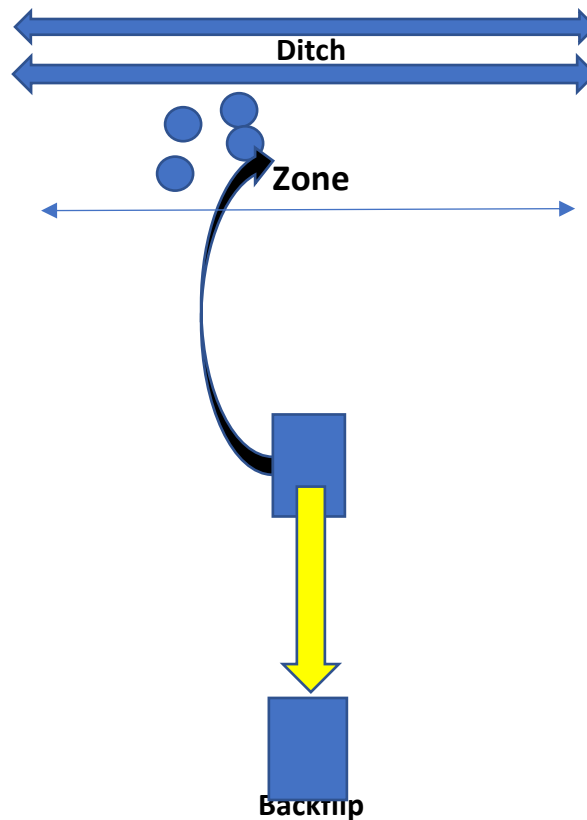
Then,

I can achieve it”



The Slide

- Back Flip (5 times):** Mat placed 7 metres from the ditch. Use 4 bowls. Practice one hand. Switch over to other hand next session. Deliver bowl so that each of the 4 bowls stays within the zone, not in ditch. When you successfully get all 4 bowls in the zone **back flip** playing mat twice. Repeat process. Same **repetitive routine** each time you deliver the bowl. **“focus on the process”, “make each bowl count”**. Each time you get 4 bowls in the zone with 1 attempt **back flip** mat twice.
Back Flip variation: More demanding **“land the mat”**. Same as above.





Backflip

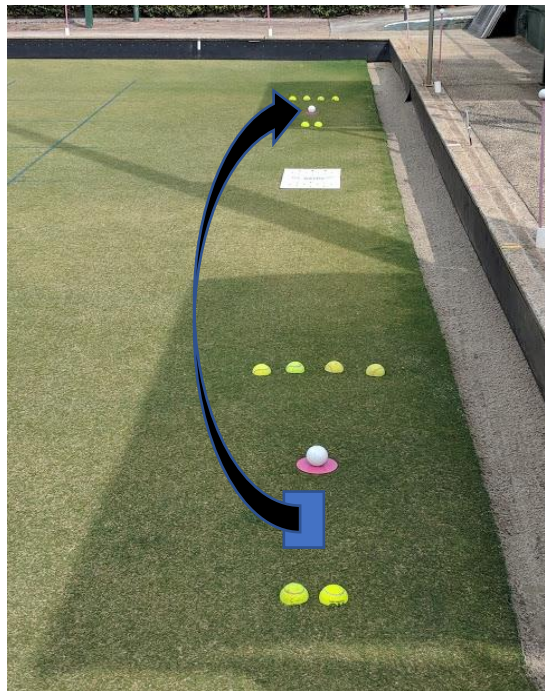
2. Stay Positive:

Objective: Train for **accuracy** and **consistency** to finish in or on the positive side of the draw line. Bowls that **cross the head** finish in the ditch. Practice forehand and back hand. **Tunnel Vision** is used as a training aid to help with line consistency.

“focus on the process”.

“visualisation”.

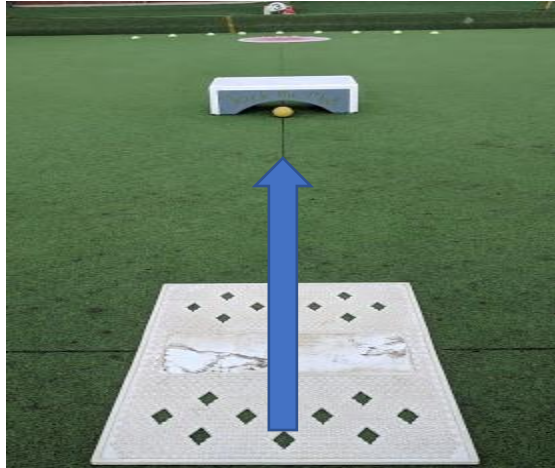
“stay positive”.



Stay Positive

3. Jack the Mat:

Objective: Develop consistency and accuracy rolling jack to “**land the mat zone**”. Jack practice minimum and maximum length. **Performance standard.** Do not lose jack. Roll to zone 80%.



Jack Practice

4. Nothing ventured, Nothing Gained:

Objective: Every **draw** bowl must reach the **zone** through the head. Walk up and **retrieve any bowl** that falls short of the zone. **Tunnel Vision** is used to assist developing an accurate, consistent process. Your goal is to impact the head. You impact the head by **reaching the head**.

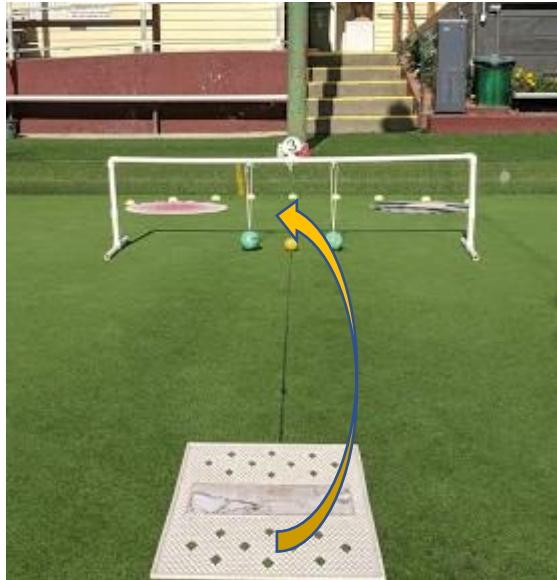
Repetitive draw bowling to reach the head **off-line**. This training activity will include 2 focus drills. 1. **Bulls Eye**. 2. **Jack in the Box**.



Nothing ventured – Nothing gained

- **Bulls Eye:** Draw bowl to reach the target by passing through the head. Your goal is to impact the head set up to gain an advantage. You achieve this by disturbing bowls in the head and/or picking the jack up and moving it back towards the target.

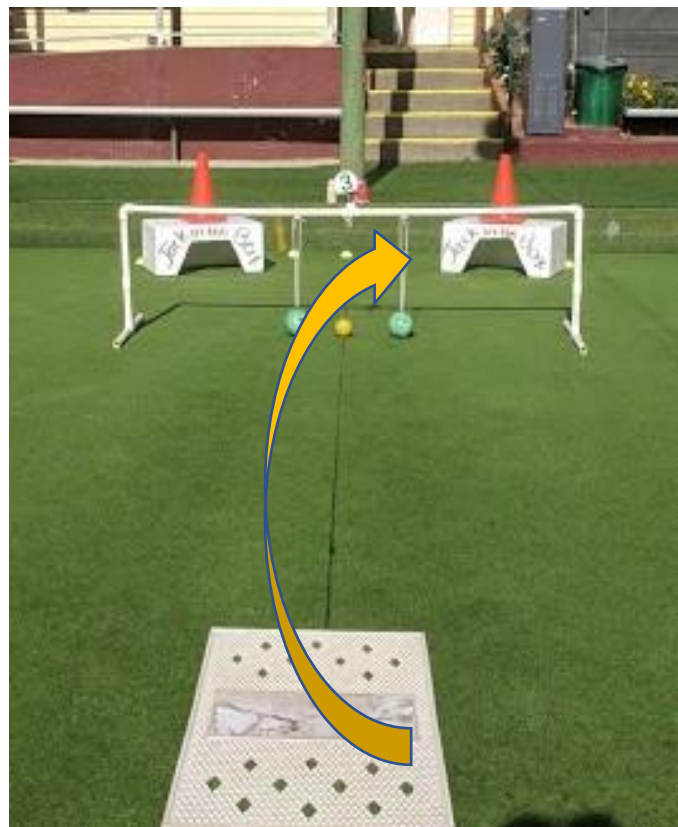
“eyes down, head down, stay down” – “visualise”



Bulls Eye

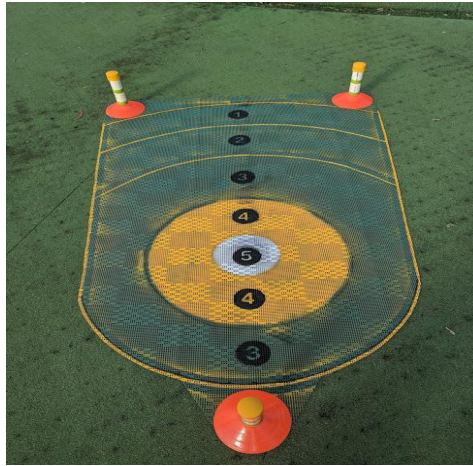
- **Jack in the Box:** This is a more challenging and exacting drill. Draw bowl to reach the target. In this process pick up the jack and land bowl and jack in the box. If you can achieve this outcome give yourself a 👍. You have just sent the selectors a message.

**“accept the challenge”- “learn from experience”
“focus on the process – the result will take care of itself”**



Jack in the Box

- 5. Land the Mat:** This is the most fundamental and important bowling skill. Learn to consistently draw bowls in the **land the mat zone**. Training uses various techniques/resources to teach participants the **art** of being able to consistently place bowls strategically in the **land the mat zone**. Training focus will concentrate on minimum and maximum lengths. **Land the Mat Challenge** (page 20) illustrated below.



The Zone - Land the Mat score target

Training is designed to assist bowlers develop a consistent methodology, process, technique to refine **their bowling action** (video feedback from test) and **thinking** to achieve sound, consistent processes, technique. **Train the brain** should underpin all your training and playing.

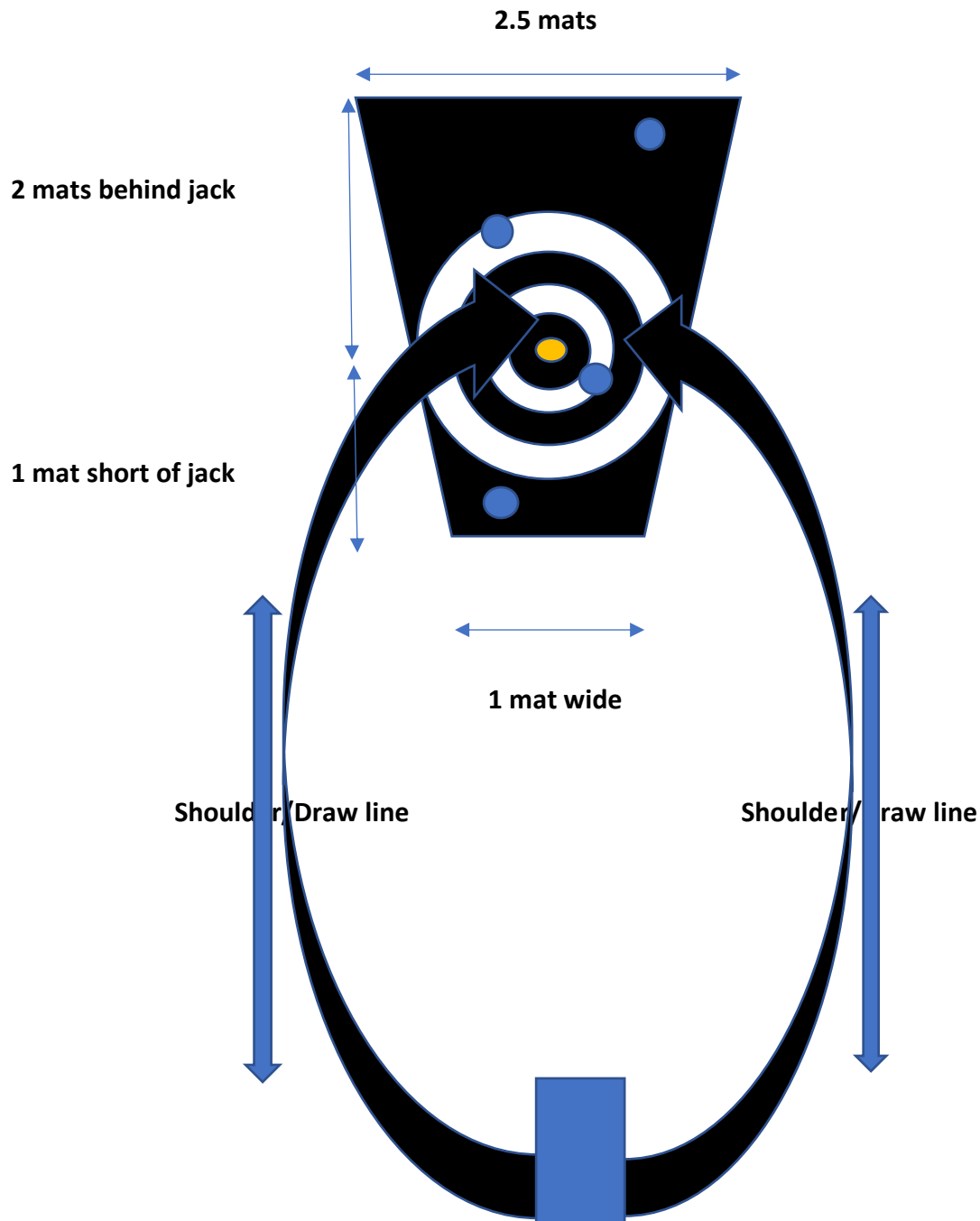
Getting the essentials right: (mindfulness) Training will focus on the key fundamentals to be a consistently good bowler. **Keep it simple. Just get the line and length right.** Know what you should be doing, enjoy what you are doing, set standards and see yourself improving against the set standards. **Learn to visualise.** Believe in it and trust it through disciplined training. **“to realise you need to visualise”.** It will give you confidence, enjoyment, a willingness to go above and beyond. The real secret to **your** improvement and success is your **attitude**, the level to which you **take control of your own destiny**, and the extent to which you take **control of your thought processes** (mind thinking). Going above and beyond requires **countless extra hours of training you put in.** Set goals, standards in the pursuit of excellence. This requires repetitive **“practising of good habits”.** Get your **thinking right. (make each bowl count)** The ability to **know, control thought processes** are the **ultimate keys to success.** Learn how and when to **switch on** and **switch off.** Once the bowl has gone the result has already been decided so, **“train the brain”** to be **ready for action.** What is happening above the shoulders, **your mind**, determines and controls everything that you do. **Your coaches can only take you so far. The rest is up to you.**

Diagram 1 Land the Mat.

1. Sets a Standard of Expected Performance
2. 2/4 bowls must finish behind jack. Game Plan
3. Establishes training discipline. **Walk up and retrieve any short bowls.**
4. Focus on minimum length and maximum length.
5. Focus on the pre-delivery and delivery process

6. Focus on visualisation, line. Tunnel vision, slide support drills. **Perfect this technique.**
7. Focus on “eyes down, head down, stay down”. Pre-deliver and delivery technique.
8. Focus on pendulum, full body motion, momentum swing, the **finish**
9. Focus on make each bowl count. **Hone the zone**
10. Focus on muscle memory. What does it feel like? Depth perception. (weight)

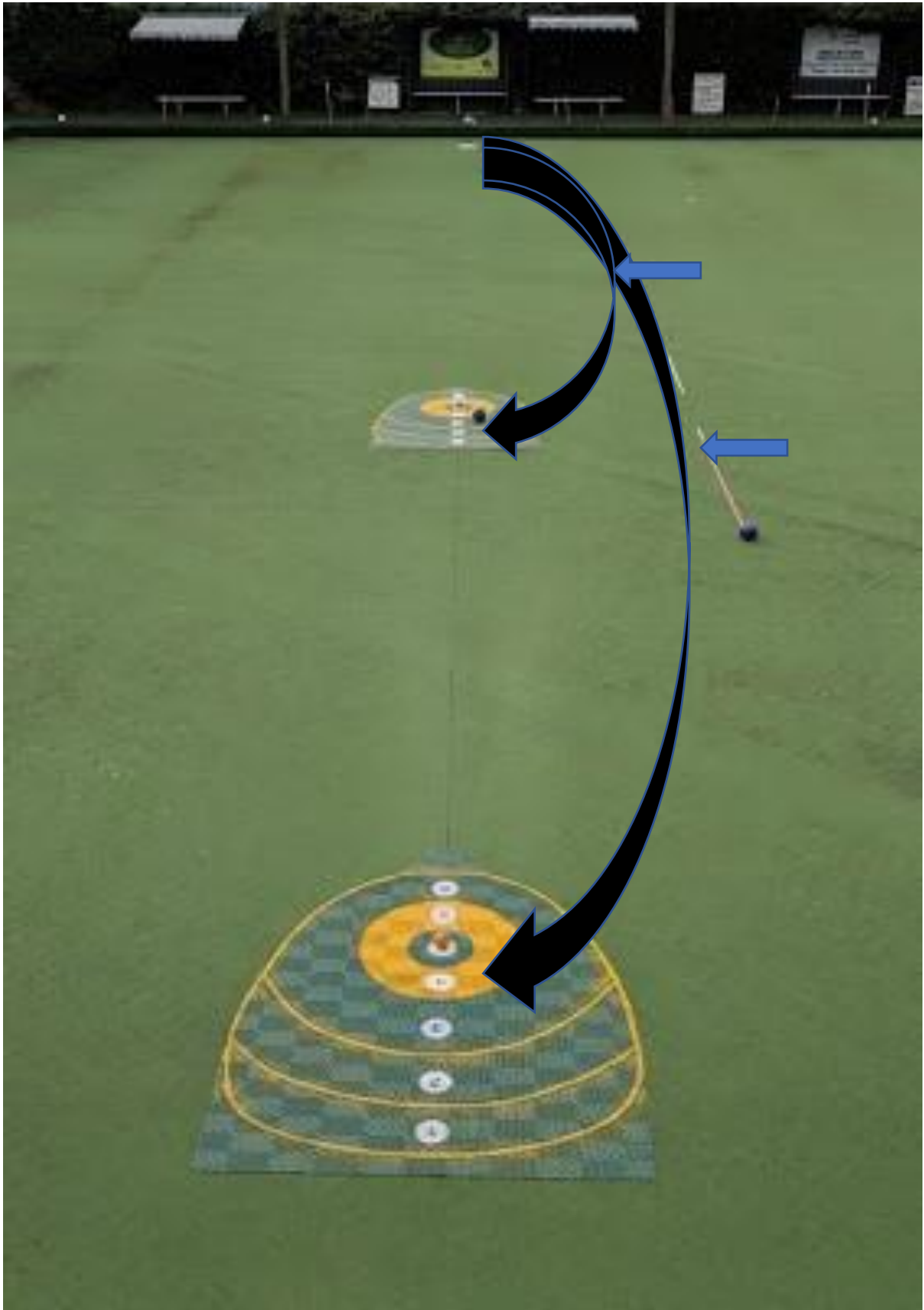
The Zone - Land the Mat (diagram 1)



Things to be mindful of.

1. In sport you need to have an intimate knowledge of and understand your tool/s of trade. How does the bowl feel in the hand? How does it behave/perform on the green running surface conditions? Your mind, body, feet, hands, bowl are your weapons.
2. Where along the draw line does your bowl start to turn? Bowls turn around 2/3rds of the way up the green. Will vary with different bowl. Work on between 65 – 70 % over bowling length. On a short end say 22 metres you can expect somewhere around 16 metres, medium end 27-29 metres around 19 metres and long end 34 metres around 22 metres. This information helps to visualise and calculate where you need to get your bowl to (**depth perception**) on the draw line to achieve the result you want. This process of **visualising** where to **hit** the draw line is in my view the important focus for determining **weight. (depth perception) “to realise you need to visualise – then do”**.
It just feels right - muscle memory recognition - connect the mental & physical zones
3. A point of difference perhaps between myself and others is the consideration regarding weight. I do not think weight I think line. Where my bowl finishes links to the line I have visualised and the point on the draw line that I want my bowl to get to for the turn. It then comes down to my pre-delivery and delivery technique, visualisation, body motion, flow, rhythm, balance on the mat, extension. I find **weight is about feel**. It is instinctive. **Weight is body motion memory messaging developed through repetitive structured training**. We know when the bowl has left the hand that **this just feels right**.
4. My preferred delivery technique is based around the pendulum swing. I am not a push bowler. For short end start low, stay low. As the length increases start higher with body position and motion and stay higher. **The 5, 4, 3 o'clock Danny principle**. Watch a golfer hitting with driver and then pitching wedge to the green. Body positioning, feet and flow help provide a momentum shift for controlling length/weight.
5. I place high value on straight arm position, taut wrist, hand, fingers with delivery technique. Important focus on a fast-paced green together with staying down, extending action down the line. The fingers on a quick green fine tune where you want your bowl to get to on the draw line. Slow green use more full body motion with the swing.
6. You can focus on weight as much as you like but if you do not have the right line you do not get the expected chosen result.
7. **Visualisation**. Making the right line assessment is the key. **Visualisation is the vital key to getting it right**. You need to make a slight adjustment to the draw line when you change from short end to long end and anywhere in between. Diagram 2 The Draw Line
8. Diagram 2 demonstrates targeted points of impact along the draw line from short end to long end to **“Land the Mat”**. Visualise the line from mat release and point of impact along the draw line you want your bowl to begin its main turn phase to finish in the **“Land the Mat” Zone**. Focus on your pre-delivery and delivery routine. **“eyes down, head down, stay down”** Make sure your attention is on your line of delivery **“nothing else matters”** and you finish your delivery pointing down the line. Adherence to a strict technique and routine coupled with controlled thought processes will produce more consistent bowls.

The Draw Line (diagram 2)



The Draw

Skill Training Focus: Think about what you need to do. It begins from the time you pick your bowl up until release. This **process (mental zone focus)** determines the **outcome/result (physical zone)**. Once it is gone **“it is gone”**. This **concentration span** varies between bowlers. It should be completed within about 15 seconds. If you are going much beyond this time limit you are **over-thinking and complicating the process**. This process involves 4 phases,

- Pre-delivery routine-----Visualisation-----Delivery-----Release/finish

This 15 second **mind mat-ters** process determines the **outcome/result**. It involves shot selection, hand to play, placement of bowl in hand, visualisation, approach to mat, placement of feet in position on the mat, preparing delivery stance, technique, release/finish. All of this within about 15 seconds, **the most important phase you spend each time you play a bowl**. This process is something you must **practise and perfect**. This is what you will train for. Your **attitude, commitment, focus** each time you go out onto the green is to make sure that you **“make each bowl count”**. Nail the process so that it **becomes a habit**. Train the brain to **“hone the zone”**. This is the special place you take yourself to each time you bowl. When you are in the **zone nothing else matters**. Become a Happy Gilmour. These are the goals: **controlled thinking, concentration, zone focus, attitude, commitment, expectations, performance standard**. Adopt these and you will become a more competent, better bowler.

Illustrated below are some examples of delivery technique. Permission was given from relevant sources to use these profiles.

- Olivia Slade. Heathmont Bowls Club. Photo pennant finals 2018-19 season. Olivia was 14 playing in the 4th division pennant side. Season 19-20 Olivia promoted to leading in Heathmont second side Division 2. This side played finals missing out being promoted to Division 1. Olivia has developed a sound delivery routine reminiscent of Jesse Eva, “Elbows Squad” 15 years ago. Jesse was a beautiful bowler reaching national level heights. Jesse won two national junior titles in 2002/2003. I referred to her as “The Ballerina”. Lachlan Tighe likened her delivery process to Tai Chi.
- Malaysian Safuan Said, won two medals at the 2008 World Championships in Christchurch, New Zealand capturing Gold in men's singles and bronze in pairs. He also won singles gold at the World Cup in Australia in 2008.
- Maddison Fennell, State junior champions team and Australian NTC squad member practices her delivery technique.

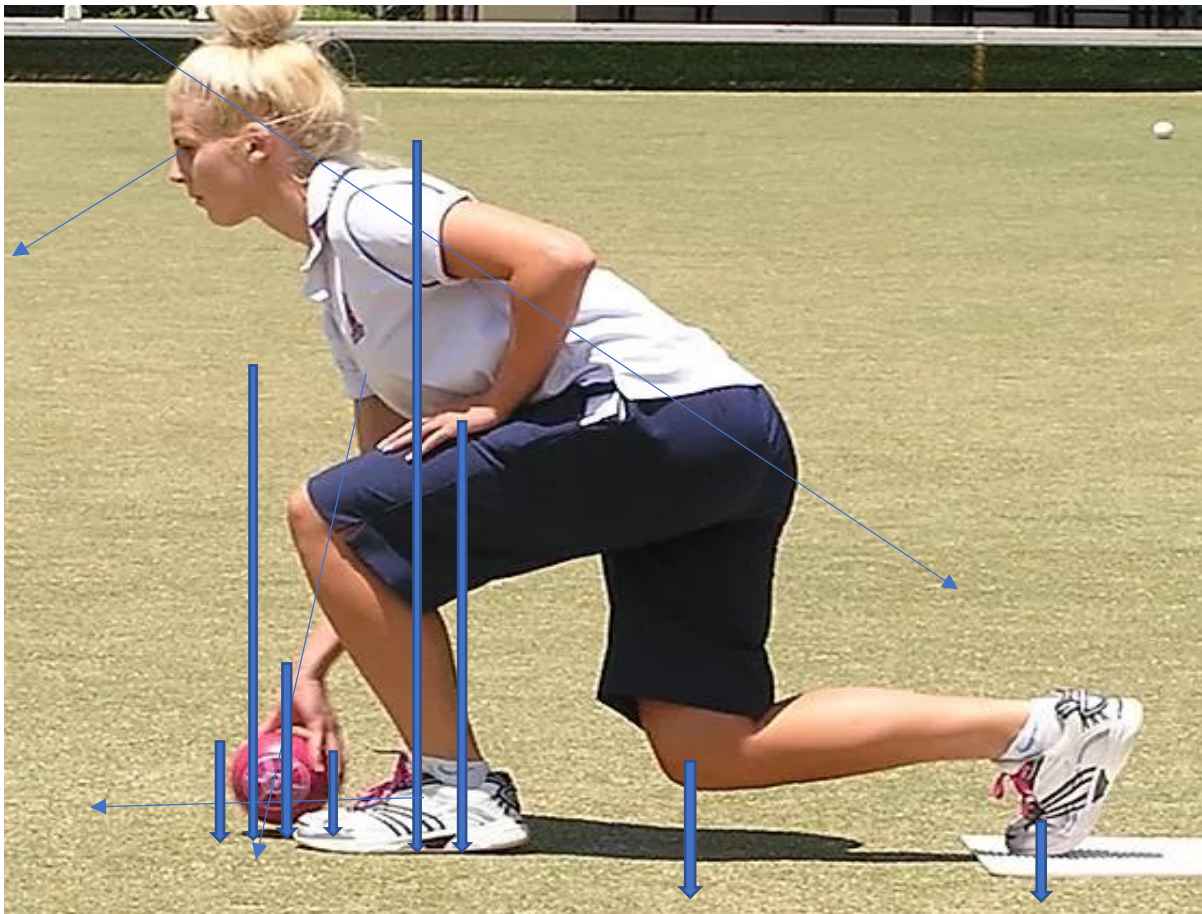
“everything that is going to happen starts and finishes from the mat”

Below are key features of each bowler’s delivery technique. They underpin what you should **focus on** and **practice**, not necessarily replicate. The delivery technique you develop and refine belongs to you. Whatever this becomes must be **consistent repetition**. Accuracy and consistency are the product of doing the same thing **over and over**. This process is implanted in your **brain** just like driving a car or cleaning your teeth. It becomes a **good habit**.

Focus on the Process



Compare the Pair



Delivery technique essentials evidenced from the photos: There are slight differences and variations between each of the three bowlers. Close examination shows that all three bowlers however execute the fundamental prerequisites that underpin what you need to focus on to produce consistent, accurate draw bowls.

- Foot firmly planted on the mat
- Knee well bent almost touching the ground. Right upper leg is vertical. Dropping the knee brings the whole back portion of the body down helping to provide strong balance. Right leg and left leg are parallel in sync.
- Alignment head through the back is straight between 35-45degrees. Shoulders square.
- Centre of gravity is nicely proportioned across whole body motion. Dropping the knee positions upper body lower to the ground preventing a forward lunge. A forward body position contributes to you over balancing and falling from the mat.
- The “eyes have it”. Head down, still/balanced with eye focus on the line.
- Left hand on left knee provides body support and contributes to keeping good balance.
- Lead foot is firmly planted on the green with foot pointed down the delivery line. The step forward is short of a full step. The length of step forward varies between bowlers depending on the foot spread used on the mat.
- Wrist is held back, taut providing greater strength and release control from the hand.
- Key fingers are spread evenly around the bowl providing good positioning and up-right control of the bowl enabling a good feel and touch on release. The fingers are important in fine tuning control of speed/weight. The fingers provide **sensory feedback** to the brain that this process **just feels right**.
- The bowl is released in a perfectly upright position neatly and firmly on the running surface of the green. Consistent clean upright release is important to prevent wobble which impacts on consistent speed/weight and line
- The right arm is straight providing minimum movement of parts causing undue movement through the swing for control strength and feel. The more parts you move in your delivery the more the chance you introduce **inconsistencies into your process**.
- The swing and bowl release is well controlled. Your bowl should be released cleanly close to the toe of your leading foot. Too early behind the lead foot or too late in front of the lead foot affects speed/weight.
- Finally. **“eyes down, head down, stay down”**.

It is all about **“practising good habits”**

”

All three bowlers focus and pay attention to **“eyes down, head down, stay down”**. It is important with bowl release to stay down and finish action with extension down the line.

“focus on the Process the Result will take care of itself”

“don’t be outcome driven be process driven”

To assist the development of a consistent sound process, several training materials have been produced. These are available at the club for all training sessions. I encourage you to make use of these resources. Included in your training, time should be spent doing jack practice.

Hone the Zone – Train the Brain

There are two (2) ways of thinking about the Zone and how it applies to bowls.

1. **The physical zones.** The target area on the green (**draw line**) that you visualise and where you want your bowl to finish (**land the mat**). The training drill is “**Land the Mat**”. Your goal is to consistently land the mat over different lengths. Landing the mat is the **outcome, the result** of what you do down the other end of the green.
2. **The mental zone.** This is the place you take yourself to in preparing and executing shot selection. It is the **process** you put yourself through each time you deliver the bowl. I call this the **Happy Gilmour** moment. This is the most important time you will spend on the green. Nobody can be expected to concentrate for 100% during training or in a game. But what you must train yourself to do is to have the ability and capacity to **switch on** and **switch off** when it **matters**. Train yourself to know how and when to take yourself to that special place, that **moment in time** when all your thinking is focussed solely on the task at hand. The **Happy Gilmour** moment.

Each time you put a bowl down (**training**) your thinking needs to focus on “**make each bowl count**”. This starts with the way you train. Condition yourself at training to be disciplined in maintaining a deliberate and consistent process. On game day when you are challenged by any given situation you will be able to reflect on and draw from those training drills that you have developed conditioned responses from. In the movie Happy Gilmour, Happy takes himself to a place of contentment where emotions and frustrations are put to one side. Happy visualises the shot and in a calm and collected moment in time executes the impossible.

On the bowling green you have upwards of 15 seconds to become a Happy Gilmour each time you bowl, where all your thoughts are positive and focussed on the process – the **Now. Nothing else matters**. Train the brain to switch on and then switch off. During a pennant game this means you will take yourself into **The Mental Zone** around 46-54 times given roll-up and dead ends. Over a 4 hours game this is about 15 minutes, 6% of game time.

In a singles event which could be over 30 ends and take 3 hours you need a dedicated, committed and focussed **concentration span** of 30 minutes about 17% of game time three times more demanding than pennant.

There are different levels of focus and concentration where you seek to gain an advantage over your opponent. You need to find time to relax, tune out and **re-charge the battery** so that when the moment arises you are fully charged, right and ready to perform. During that time never dwell on the past, if only, the what if, the unlucky turnover. The only thing that is important and matters is the bowl you have in your hand and what you need to do with it. Switch on, focus on the **now** the **present**. Remind yourself to “**focus on the process**”. When you pick up your bowl in those 15 seconds tell yourself “**make this bowl count**” and think only “**eyes down, head down, stay down**”. Apply this discipline to each time you train, each time you compete and more-often-than-not the result will take care of itself. “**Train the Brain**”.

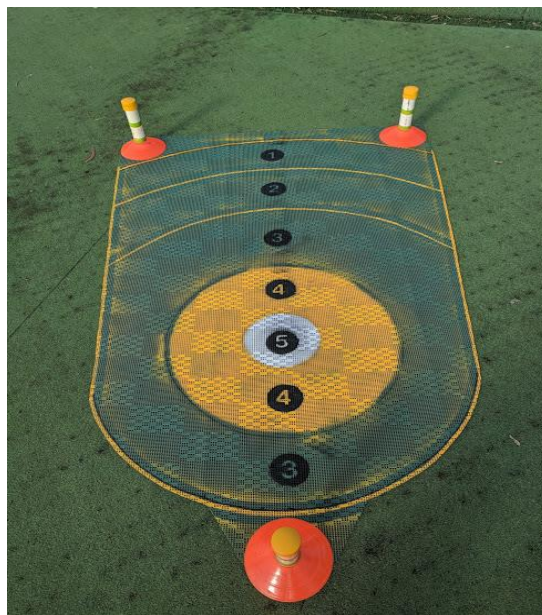
Actress Sharon Stone had a stroke at age 41. Now at age 62 she said ‘my speech, hearing, walking, everything gone. When you get to re-build your brain, you can make better choices’.

Hone the Zone Challenge (test your skill)

The training program has been designed to focus on the essentials around developing a sound delivery process with consistent line and feel for the delivery. It hinges on three important criteria and underpinned with **standards of expected performance**.

- “know your role, accept your role, play your role”,
- know and understand the four (4) delivery process elements,
- disciplined, consistent application of process – “make each bowl count”.

You should regularly check how you are performing. Learn to identify your **strengths** and **weaknesses**. This gives you a focussed training plan to work on. Every training session/level of competition should involve standards based around some type of feedback. Using a score card is one technique. This drill is just one that you can set up and use.




This Mat has score zones. Play this game on your own or compete against another player/s.

How to play and score: (I introduce a money incentive for best score, it costs \$1 or \$2 to play)

- mats are set up over agreed length. I focus on minimum and maximum
- you can play a 3 bowl or 5 bowl game
- 1 or 2 bowls to be forehand in any order
- 1 or 2 bowls to be backhand in any order
- Your 3rd or 5th bowl is a bonus bowl. It is your last bowl. Play either forehand or back hand
- your 3rd or 5th bowl scores double points (4 for the jack and double the zone score)
- all bowls are draw bowls
- you score 2 points each time you touch the jack. The Jack is re-spotted each time it moves
- you score the number of points for the zone your bowl finishes in. You score the higher number should any part of your bowl cut the line
- each bowl played is removed before any other bowl is played
- you can play all 3 or 5 bowls in a row or alternate between your opponent/s
- vary challenge when playing opponent by leaving all bowls where they finish and then score

Sample Score Card (Game Plan)

All organisations have some form of reporting back on performance. Before you report back you first must establish the base line “**Expected Standards of Performance**” – “**The Benchmarks**” against which you have feedback to **assess, analyse** and **train** to improve your game. You must know and understand those standards that you are expected to perform to. This score card is a by-product of my skills training fundamentals ideas. It provides game feedback that you need to focus training around.

- Give  up when a delivery makes a **positive contribution** to the **game plan**. Tick the box.
- When a delivery falls short of chosen target place **S** in the box. Train feedback.
- For **consolidate, cover** and **close gate** tick the box.
- For **conversion** and **change head** bowls score **net result (+ or -)** Train feedback.
- 2 of the first 4 bowls **must finish in zone behind jack** to score.
- Score head position after **front end, each back-end player**. Feedback **team contribution**.
- Circle any poor bowl that impacts the head.

| Player Performance Scorecard | | | | | | | | | | | | | | | | |
|--|--------|-----------|--------|---|--------|---|--------|-------|------|---|---|------|---|---|---|--|
| Team name: | | | | | | | | | | | | | | | | |
| Assessment Standard: 1. Land the Mat. 2. 5 C's | | | | | | | | | | | | | | | | |
| 5C's: Consolidate, Cover, Close Gate, Convert, Change Head | | | | | | | | | | | | | | | | |
| End | J | Front End | | | | | | Third | | | | Skip | | | | |
| | | 1 | 2 | 3 | 4 | + | - | 5 | 6 | + | - | 7 | 8 | + | - | |
| 1 | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | |
| 10 | | | | | | | | | | | | | | | | |
| 11 | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | |
| 13 | | | | | | | | | | | | | | | | |
| 14 | | | | | | | | | | | | | | | | |
| 15 | | | | | | | | | | | | | | | | |
| 16 | | | | | | | | | | | | | | | | |
| 17 | | | | | | | | | | | | | | | | |
| 18 | | | | | | | | | | | | | | | | |
| 19 | | | | | | | | | | | | | | | | |
| 20 | | | | | | | | | | | | | | | | |
| 21 | | | | | | | | | | | | | | | | |
| 22 | | | | | | | | | | | | | | | | |
| 23 | | | | | | | | | | | | | | | | |
| Aggregate Score | | | | | | | | | | | | | | | | |
| Ind | | | | | | | | | | | | | | | | |
| Team | | | | | | | | | | | | | | | | |
| Standard of Team Performance | | | | | | | | | | | | | | | | |
| A Game | B Game | | C Game | | D Game | | E Game | | | | | | | | | |
| I | 21 | | 18 | | 16 | | 14 | | 12 | | | | | | | |
| T | >38 | | 35-38 | | 31-34 | | 27-30 | | <27 | | | | | | | |
| | 50%+ | | 43% | | 38% | | 33% | | <29% | | | | | | | |

Skill Training Score Card

| Jack the Mat | Start | Middle | Finish |
|---------------------------|-----------------------------|-----------------------------|-----------------------------|
| Minimum | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 |
| Maximum | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 |
| Land Mat (min) | | | |
| Forehand | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 |
| Backhand | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 |
| Land Mat (max) | | | |
| Forehand | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 |
| Backhand | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 |
| Tunnel Vision (5m) | | | |
| Forehand | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 |
| Backhand | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 | 1,2,3,4,5,6,7,8,9,10 |
| The Slide (7 m) | 1 | 2 | 3 |
| Forehand | 1,2,3,4,5,6,7,8,9,10, _____ | 1,2,3,4,5,6,7,8,9,10, _____ | 1,2,3,4,5,6,7,8,9,10, _____ |
| Backhand | 1,2,3,4,5,6,7,8,9,10, _____ | 1,2,3,4,5,6,7,8,9,10, _____ | 1,2,3,4,5,6,7,8,9,10, _____ |

Debrief/Player Feedback

- | | | |
|---|-----|----|
| 1. Did you enjoy skills training? | Yes | No |
| 2. Did the skills training meet your expectations? | Yes | No |
| 3. Did the skills training improve your consistency? | Yes | No |
| 4. Did the skills training improve your accuracy? | Yes | No |
| 5. Are you a more confident bowler since skills training? | Yes | No |
| 6. Would you recommend skills training to other members? | Yes | No |
| 7. Is a two hours session for training too demanding? | Yes | No |
| 8. Does a Monday afternoon session suit you for training? | Yes | No |
| 9. Would you like to do another skills training session? | Yes | No |

10. Comments:
