

# MULGRAVE COUNTRY CLUB



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Mulgrave  
Country  
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## MULGRAVE COUNTRY CLUB NEWS FROM THE COACHES

### Welcome to Season 2010-2011

Welcome back to all bowlers and we hope that everyone has an enjoyable and successful 2010-2011 season. The coaches look forward to continuing their work with new and experienced bowlers to assist you in enjoying your bowls even more than before.

In addition to providing individual sessions, importantly this season, the Coaches will provide **increased opportunities** for new and experienced bowlers to improve their skills, by conducting additional SQUAD sessions.

Commencing September 20<sup>th</sup>, and continuing every Monday through the season, coaches will be conducting SQUAD sessions (1:30pm to 3:30pm). New and experienced bowlers are invited to attend these sessions where the coaches will be able to help with improvement in skills, fault rectification and development of practice routines.

In addition, in conjunction with the Selectors, the Coaches will be conducting SQUAD sessions on Thursday (4:00pm - 6:00pm), commencing 30<sup>th</sup> September. Note that some sessions times will be adjusted to better suit those bowlers who find that attendance at that time difficult because of work commitments. These sessions will provide advanced drills and circuit training with the aim of getting more players exposed to the type of drills and training that are required if improvement is to be achieved, and that the drills etc acquired during the program will be carried over into our "normal" practice. Participation will be by invitation only, issued by the Selectors. Players attending will be expected to comply with some conditions, including commitment to attend all 3-4 sessions and arriving on time. Success of the program will depend largely on the willingness of all participate as directed. Because it is a 3-4 week program, approx 70 players will over the course of the season be invited to attend these Squad sessions.

Of course, individual coaching sessions will continue to be available at mutually agreed times. If you are unsure who to approach, please do not hesitate to speak with Jeff Janetzki, Chairman of the Coaching Panel (Tel: 9769 9419 or Mob:0417 519 180), who will arrange for a coach to contact you to make suitable coaching arrangements.





## MULGRAVE COUNTRY CLUB NEWS FROM THE COACHES

### Perfect Practice Makes Perfect

Or is it "Perfect practice makes practice perfect"? However you say it, the end result is the same. If we undertake practice without any plan, it becomes simply another "roll up". Perfect practice requires that you start with intent. In any one week, you should have at least one session devoted to (at least) just 2 or 3 drills where 40/60 bowls are delivered in each drill that endeavours to address a weakness or a situation that you may encounter in a match. Some of these drills can be done with a team mate, but whatever the situation, the session demands your utmost concentration. A weekly practice session over 90-120 mins. devoted to drills WILL achieve success.

Some individual and multi-player practice suggestions are included in the following pages.

### Tips For Playing On Slow Greens

Early in the season, you will be faced with slow greens. You may need to adjust your technique and you will need to revise your tactics to ensure success on slow greens

- Slow greens draw less, so short bowls will cause real problems
- Technique - start with a more upright stance. Stay down longer. Get a firmer grip on the bowl. Take your delivery arm back slightly earlier on the backswing. Keep delivery smooth, not hurling the bowl.
- Aim to draw 1-2 metres past jack high.
- If down at the head, a draw on the open hand is not necessarily the best option. Draw into the opposition's bowls to minimise the count and/or get shot.
- Watch your line. A wide bowl will often mean a wasted bowl, whereas a narrow bowl and reaching the head can be very effective.
- Avoid the drive in preference to a fast running shot.
- Be aggressive and expect the jack to move, so get bowls out the back.
- Generally the skip will have to play with weight, so bowls out the back can be very effective.





## INDIVIDUAL PRACTICE – Repetitive Drills

Regular repetitive drills with simple consistent measurement of performance are the most effective means of improving your skills. They will help you and your coach to recognise your strengths, and areas that need attention.

Complete these drills on both hands and at extreme lengths. Too many players only practice medium length ends.

Record your results and challenge yourself to better your score next time you practice

### **DRAWING DRILLS:**

- Draw with mat up to peg and jack on 2m mark (minimum length end), 12 bowls and repeat for 2m mat to 2m jack (maximum length end).
- Draw to ditch with mat right up to peg 12 bowls and repeat with mat on 2m.
- Draw to jack one foot inside rink (off centre) with mat right up to peg 12 bowls and repeat with mat and jack on 2m.
- Have flapjacks or discs set up 2 feet apart with jacks 1m behind and placed off centre. Play between flapjacks and draw to the jack. This is simulating the controlled forcing shot. 12 bowls on

**Scoring: 1 point for within a mat length and 2 points within a mat width**

### **DRIVING DRILL:**

- Have flapjacks or discs set up bowl-jack-bowl with a total width of no more than 1 mat width. Have 10 drives on FH and 10 on BH with mat and targets both on 2m marks. Repeat at minimum length.

**Scoring: 2 points for "jack" and 1 point for "bowl"**

Be tough and consistent and get into the habit of recording your success rates and setting a personal best score for all of the skills. Keep the scores in your bowls bag and challenge yourself to better your score each time you practice.





## INDIVIDUAL PRACTICE – Draw Bowls (BASIC)

This drill measures a player's ability to draw accurately to a variety of lengths

If jacks are used as targets they should be sitting on a disc as all scoring should be relative to the original position

### **BASIC CHALLENGE:**

Place the mat on the 2m

Place 4 targets on the centre line so they are evenly spread between 23m and full length

Forehand (FH) draw to first target jack until you get a bowl within a mat length

Forehand (FH) draw to next target until you get a bowl within a mat length

Continue until you get a bowl within a mat length of all 4 targets

A bowl that accidentally reaches the wrong target does not count

If a jack is moved, return it to its original position then score it

Repeat on the backhand (BH)

Count the number of bowls it takes

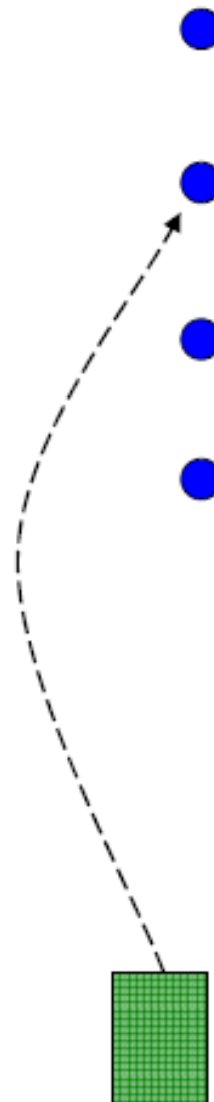
Repeat regularly to improve your Personal Best

FH draw to each target in sequence

BH draw to each target in sequence

### **EQUIPMENT:**

- Mat, 4 Bowls
- 4 Jacks, discs or tennis balls





## INDIVIDUAL PRACTICE – Draw Bowls (ADVANCED)

Players who can achieve the basic drill in 4-6 bowls on each hand can challenge themselves by playing the 8 draws randomly rather than in sequence

If jacks are used as targets they should be sitting on a disc as all scoring should be relative to the original position

Work in pairs. Partner keeps scorecard and nominates each draw in a random order

For example: BH3, FH1, FH4, BH2, FH3, BH1, BH4, FH2

(Note: BH = Backhand, FH = Forehand)

### **ADVANCED CHALLENGE:**

Place the mat on the 2m

Place 4 targets on the centre line so they are evenly spread between 23m and full length

Draw to nominated target jack until you get a bowl within a mat length

Partner nominates next shot

Continue until you get a bowl within a mat length with each nominated draw

A bowl that accidentally reaches the wrong target does not count

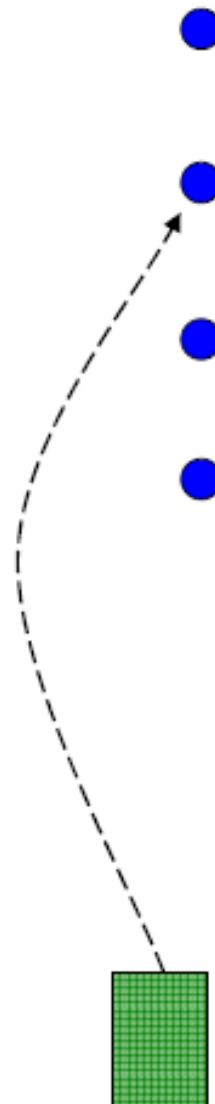
If a jack is moved, return it to its original position then score it

Count the number of bowls it takes

Repeat regularly to improve your Personal Best

### **EQUIPMENT:**

- Mat, 4 Bowls, Scorecard,
- 4 Jacks, discs or tennis balls





### INDIVIDUAL PRACTICE – Centre Line Drill

This drill provides a measure of a player's ability to consistently hit the centre line.

- Using 4 bowls and staying on one hand play 2 ends with mat on 2m and 2 ends from a short mat with no jack.
- Repeat on other hand.

#### SCORE EACH BOWL:

- 3 pts on the centre line
- 2pts within a mat width wide of line
- 1 pt within a mat length wide of line
- 0 wider than 1 mat length
- Minus 1pt within a mat width narrow
- Minus 2pt within a mat length narrow
- Minus 3pt more than a mat length narrow

**Record your total**

Repeat regularly to improve your personal best score

#### SEQUENCE OF PLAY:

- 2m mat - f/h 2 ends
- 10m mat - f/h 2 ends

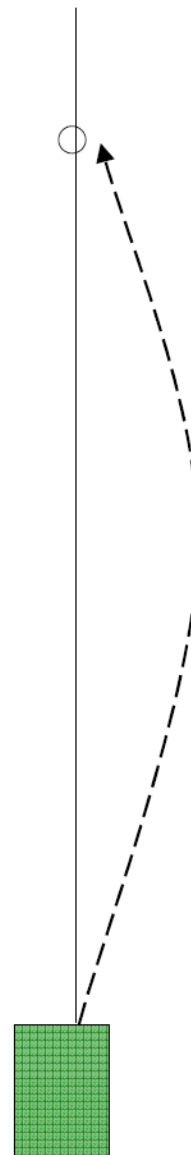
**Record score**

- 2m mat - b/h 2 ends
- 10m mat - b/h 2 ends

**Record score**

#### EQUIPMENT:

- Mat
- 4 Bowls
- Line or discs to mark centre line





### INDIVIDUAL PRACTICE – Weight Control Drill

This is an excellent drill to develop the skill of fine adjustments of bowl speed.

First bowl to be played to finish between two jacks - the target zone, each subsequent bowl must finish past the previously played bowl.

If any bowl (even the 4th) fails to pass the previous bowl or finishes outside the target zone, all bowls are returned to the mat and the drill started again.

Count how many bowls it takes on each hand.

Record results and repeat regularly at varying lengths to establish your own personal best.

#### REVERSE VARIATION:

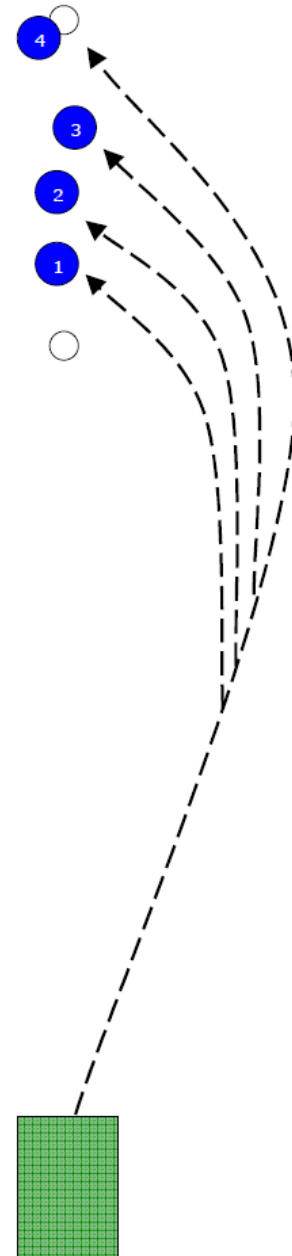
Try the same challenge starting from the back bowl.

#### PROGRESSION:

As your skill improves decrease the size of the target zone. Novices can start with a 4m zone, very skilled players use a 1-2 metre zone.

#### EQUIPMENT:

- Two Jacks
- Mat
- Four Bowls





## INDIVIDUAL PRACTICE – Singles Challenge

This drill helps players improve their singles shot options by playing a phantom opponent whose first bowl effectiveness is exceptional.

### **BASIC CHALLENGE:**

- Play as a singles game - 21 shots up
- At the beginning of each end place the jack and the mat where you wish
- Your phantom opponent will only have two bowls. Place one a bowls width directly in front of the jack and the second a cover bowl 1 mat length behind the jack
- Your aim on each end is to change the situation with the fours bowls you have to play
- Record results of each game and note your progress in improving your scoring options

### **ADVANCED CHALLENGE:**

- Place one bowl as a front toucher with the second one mat length behind

### **SEQUENCE OF PLAY:**

- Players choice to place jack and mat on each end

### **EQUIPMENT:**

- Mat
- 8 Bowls
- Jack





## MULTI PLAYER PRACTICE – Skins Game

### LEARNING OUTCOMES:

- Tactical awareness
- Maintaining bowls in the scoring zone
- Beating opponents bowl
- Drawing under pressure
- Playing with good weight control

### THE “Skins” GAME:

- 4 Bowls per player - can be up to 4 players per rink
- Played as a normal game of singles with player holding shot establishing mat placement and length to play
- On each end the player with the bowl the longest distance away from the jack has their bowl removed for the remainder of the game
- Player with the bowl the longest distance away from the jack has last bowl on the next end
- Bowls can not be driven or run out of head - a jack moved more than 2 mat lengths is returned to its original position
- Winner is the last player to have bowls in play

### EQUIPMENT:

- 1 jack
- 1 mat
- 4 bowls
- Sense of Humour





## **MULTI PLAYER PRACTICE – Communication Challenge**

### **LEARNING OUTCOMES:**

- Understanding - Improved understanding of team directions
- Self Awareness - Improved awareness of how ones own communication is perceived

### **THE “Communication Challenge” GAME:**

- Pairs, Triples or Fours with the normal number of bowls per player
- 4 x 3 end sets
- 1st set no communication between players
- 2nd set verbal communication only (hands behind back)
- 3rd set visual communication only
- 4th set verbal and visual

### **DEBRIEF:**

- What worked well ?
- What did not work well ? (caused misunderstanding, failed to inspire confidence etc)
- How will they do better ? Each player makes a commitment to improve at least one aspect of their communication





## **MULTI PLAYER PRACTICE – Pressure Game**

### **LEARNING OUTCOMES:**

The game simulates the situation when a lead has outstanding first bowl effectiveness and challenges player's skills and tactics to:

- Protect a good shot
- Minimise losses

### **THE “Pressure” GAME:**

- Played in any discipline with the normal number of bowls per player
- 3 end sets
- For first set Team 1 has an extra bowl which is placed (front toucher) before first bowl is played
- For second set Team 2 has the extra bowl

### **VARIATION:**

- 1 point for 1 shot, additional shots score 2 points each

