

PRACTICE TECHNIQUES

The following is a guide to help you improve and enjoy our great game. This article is for those wanting to gain that edge or are eager to improve their skills.

There are many advantages to doing structured and purposeful individual training, with many basic drills and tests to keep your sessions interesting. Skills are not developed in games- skills are developed in practise and the improved skills are the taken into games.

A warm up is the best way to start-

- *Roll 3 or 4 jacks for say 4 ends to get a feel for the green speed and also to get your delivery and process going.*
- *Now, using your bowls only (no jacks yet) for 4 to 6 ends establish the lines on both hands with the objective to group all bowls together on the line at varying lengths. When you are able to group them together in a range you are happy with, then you are warmed up.*
- *You could now begin a 40 bowl test or you may choose to try other drills etc. that would be suited to your position in your Pennant team. If you choose to do the 40 bowl test, keep your score after each session and track your efficiency during the season to help you maintain your form. When you review your scores after each test you may detect a weakness on a particular hand or length that you can work to correct. Use the score you obtain as a golfer would his handicap, and with the next practise session try to beat your previous score. The advantage of a 40 bowl test is that if you want to bowl well, and increase your score- the exercise forces you to concentrate and therefore greatly replicates Saturday's pennant conditions.*
- *Putting aside some quality time each week will keep you on top of your game and your process. **Having a good steady reliable process is a key to consistency.***
- *Of course it is also important that rink and team training is productive and each team member contributes. Fruitful training sessions lead to positive game day performances.*

COACHES TIP

Take your time+ visualise the shot+ step on the mat+ replay it.