ASPIRANT BOWLER
Training Manual

"The will to win is important, but the will to prepare is vital."
-Joe Paterno

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Warming Up

On Green Warm Up

Routine During Roll Up
- Walk at moderate pace
- 3 squats
- 3 lunges
- 3 leg swings
- 3 torso twists
- 3 arm swings
- 3 neck circles
- 4 practice deliveries

Off green warm up
- Walk at moderate pace
- 3 squats
- 3 lunges
- 10 leg swings front/back
- 10 torso twists
- 5 arm circles horizontal
- 5 arm circles vertical
- 3 neck circles
- 4 practice deliveries
- 10 deliveries
- Walk at moderate pace

New South Wales aspirant bowler Exercise Manual

The training manual is for the aspirant bowler, consisting of individual drills targeting self confidence and strengthening any weaknesses, in pocket size manual, allowing you to train at your own pace, or at a venue that's convenient to you.

In order for you to get a broader perspective of your capabilities and reach your full bowling potential, set a goal for each PRACTICE SESSION and strive to achieve your personal best, as best results are often achieved when in a competitive state of mind.

If interested in further reading on the subject of being the best that you can be, here are five books worth reading.

- Wayne Bennett, Don't Die With the Music in You
- Li Cinxin, Moas Last Dancer
- Canfield Hansen Hewitt, The Power of Focus
- Don Miguel Ruiz, The Four Agreements
- Terry Orlick, In Pursuit of Excellence

Drawing Skill Test

Objective

Draw two bowls as near as possible to the jack over minimum and maximum length ends in a simulated competitive state of mind, while practicing to concentrate for an extended period.

Requirements
Four (4) jacks, 20 end score card

Procedure
- Place one jack on the 'T' in both directions.
- Place 2nd jack 1 metre from minimum length in both directions.
- Mat always positioned on the 'T'.
- Play 2 bowls to the short jack, followed by 2 bowls to the long jack.
- Play forehand one direction, backhand the other (STAYIN ON THE ONE SIDE OF THE GREEN)
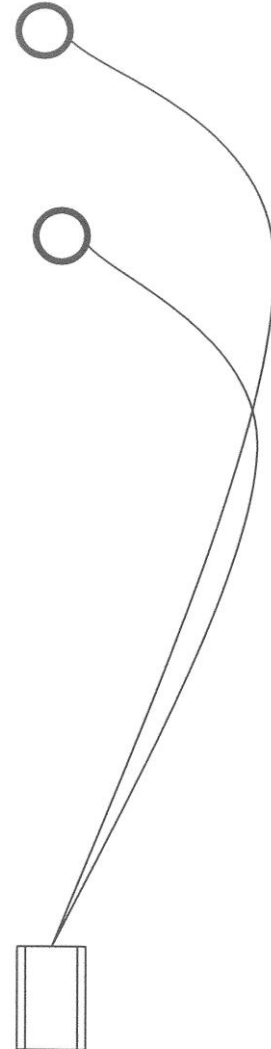- Every bowl earns a score

Scoring

5 points = draw within 1 mat width of the jack'
3 points = drawn within 1 mat length of the jack
1 point = draw within 2 mat lengths of the jack
0 points = finish outside 2 mat lengths of the jack

	Short end Score	Short end Score	Long end Score	Long end Score	End TOTAL
Name					
Date		Category			
Conditions		Speed			
Exercise	Drawing Ability				

	Short end Score	Short end Score	Long end Score	Long end Score	End TOTAL
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					

	Short end Score	Short end Score	Long end Score	Long end Score	End TOTAL
Name					
Date		Category			
Conditions		Speed			
Exercise	Drawing Ability				

	Short end Score	Short end Score	Long end Score	Long end Score	End TOTAL
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					

My Highest Score _____ Date_____

My Training Scores

Date	Score

Date	Score

Ditch drawing skill test

Objective
Testing players skill in drawing as near to the ditch as possible over six varied lengths.

Requirements:
Two (2) jack markers, 6 end score card

Procedure
- Short end – place mat 2 metres from minimum distance marker
- Medium length – place mat at front of chalk line
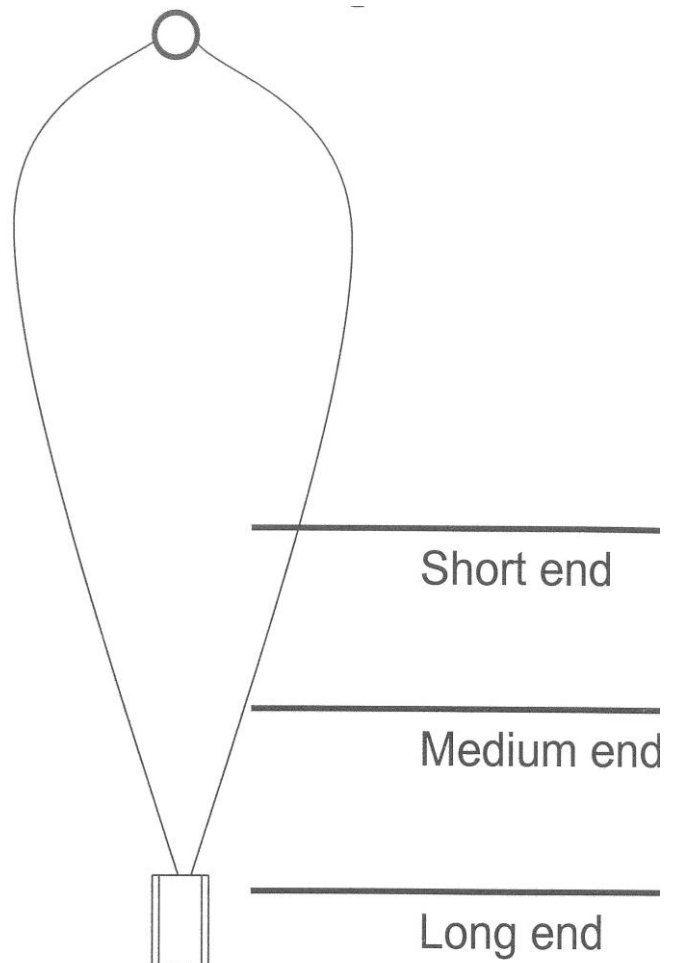- Long end – place mat on T''

Scoring
5 points = draw within 1 mat length of ditch

3 points = drawn within 2 mat lengths of ditch

1 point = draw between 2 mats form ditch and 'T'

1 Point = finish in the ditch

0 points = finish short of 'T'

Short end

Medium end

Long end

Name					
Date		Category			
Conditions		Speed			
Exercise	Ditch Drawing				

End / length	F/H	F/H	B/H	B/H	End TOTAL
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for length	Short	Med	Long		

Name					
Date		Category			
Conditions		Speed			
Exercise	Ditch Drawing				

End / length	F/H	F/H	B/H	B/H	End TOTAL
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for length	Short	Med	Long		

My Highest Score _____ Date_____

My Training Scores

Date	Score

| Date	Score

Conversion Skill Test

Objective
Provides a competitive environment for developing the ability to play conversion shots with the correct weight.

Requirements
Two (2) flapjacks, 6 end score card.

Procedure
- Play 2 forehand, then 2 backhand over varied lengths
- Short end – flapjack on 'T' mat right up
- Medium end – Flapjack half way between 'T' and minimum length marker.
- Long end – flapjack on 'T' and at on 'T'
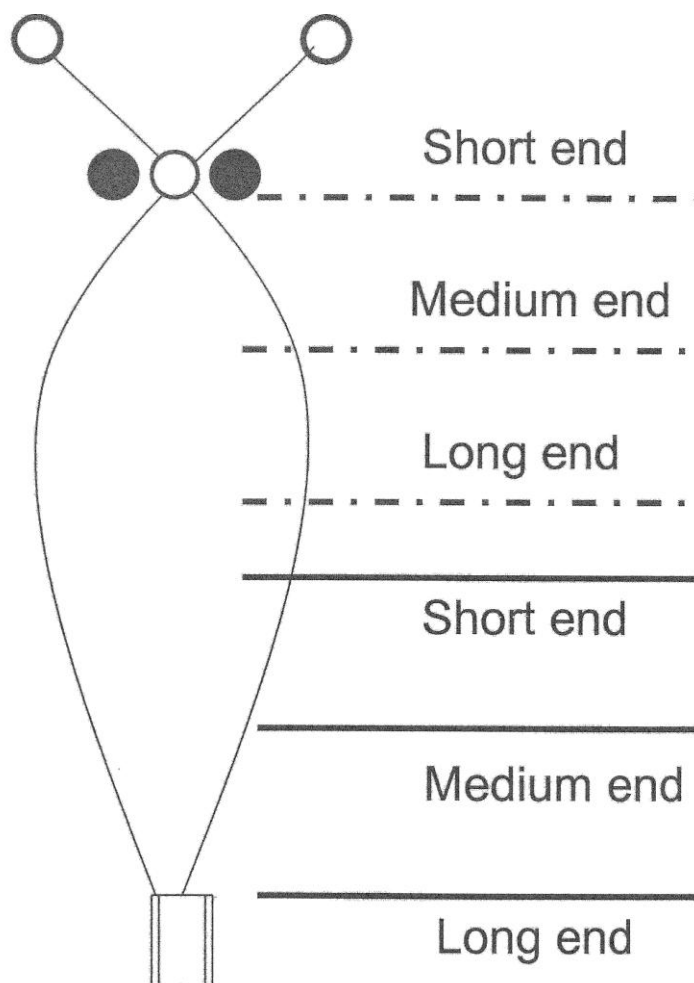
Scoring
Accuracy
5 points = contact jack only

3 points = contact any bowl

0 points = miss flapjack

Weight Control
2 points finishing between 'T' and ditch

0 points = not finishing between 'T' and ditch.

Name					
Date		Category			
Conditions		Speed			
Exercise	Conversion				
End / length	F/H	F/H	B/H	B/H	End TOTAL
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for length	Short	Med	Long		

Name					
Date		Category			
Conditions		Speed			
Exercise	Conversion				
End / length	F/H	F/H	B/H	B/H	End TOTAL
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for length	Short	Med	Long		

My Highest Score _____ Date_____

My Training Scores

Date	Score

Date	Score

Running Skill Test

Objective

To improve one's ability to play firm weight and run the jack in the ditch, testing player's accuracy with 24 running shots (6 ends) in a competitive environment.

Requirements

Two (2) flapjacks, 6 end score card.

Procedure

- Flapjack on 'T', play 2 forehand and 2 backhand running shots.
- Short ends – 1 mat blocking drive
- Medium end 1.5 mats blocking drive
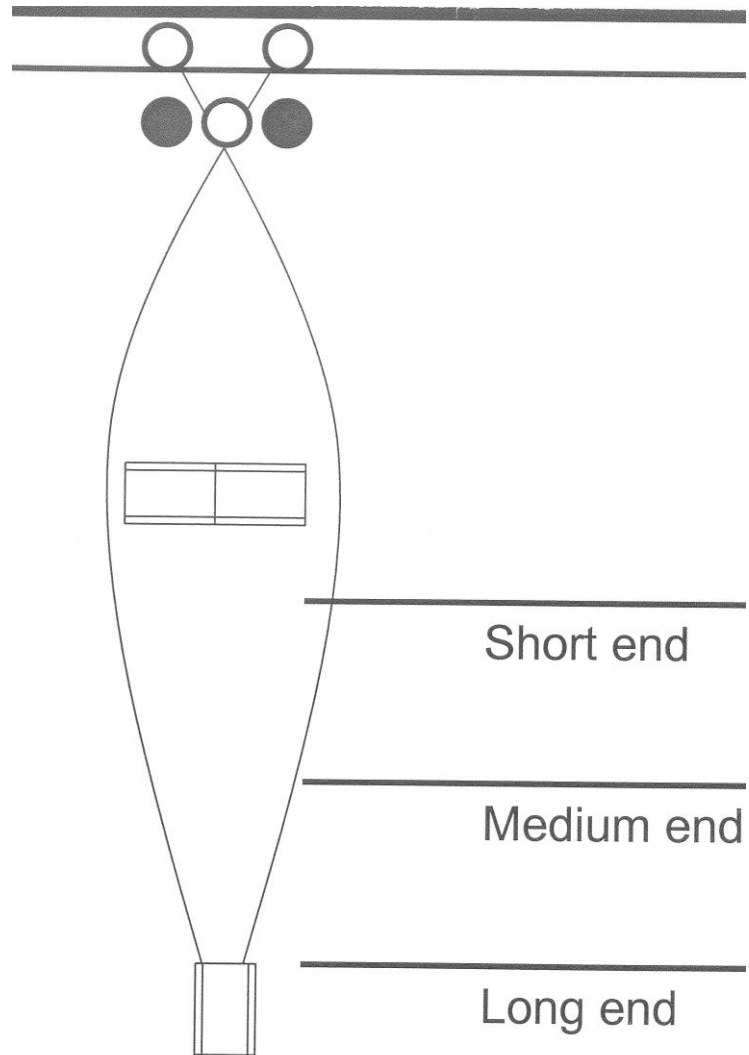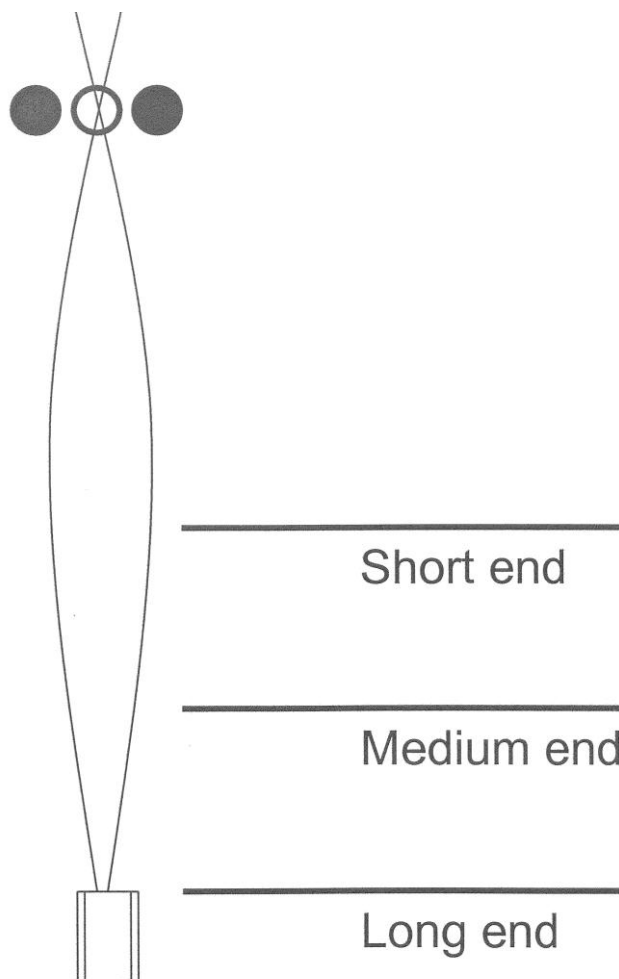- Long End – 2 mats blocking drive
- Play 2 ends on each length

Scoring

5 points = contact jack only

3 points = contact any bowl

0 points = miss target, or contact mat.

Bowl must finish in ditch otherwise 2 point penalty

Short end

Medium end

Long end

Name					
Date		Category			
Conditions		Speed			
Exercise	Running				

End / length	F/H	F/H	B/H	B/H	End TOTAL
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for length	Short	Med	Long		

Name					
Date		Category			
Conditions		Speed			
Exercise	Running				

End / length	F/H	F/H	B/H	B/H	End TOTAL
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for length	Short	Med	Long		

My Scores

My Highest Score _____ Date_____

My Training Scores

Date	Score

Date	Score

Driving Skill Test

Objective

Develops the ability to consistently hit a sizeable target in a competitive state of mind, while providing objective benchmark analysis of a players respective skill level.

Requirements

Two (2) Flapjacks, 6 end score card.

Procedure

- Flapjack on 'T', play 2 forehand and 2 backhand drives
- Short end Play 4 drives, 2 forehand and 2 backhand
- Medium end4 drives, 2 forehand and 2 backhand
- Long end4 drives, 2 forehand and 2 backhand
- Play 2 ends on each length

Scoring

5 points = contact jack only

3 points = contact any bowL

0 points = miss target

Short end

Medium end

Long end

Name					
Date		Category			
Conditions		Speed			
Exercise	Driving				

End / length	F/H	F/H	B/H	B/H	End TOTAL
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for length	Short	Med	Long		

Name					
Date		Category			
Conditions		Speed			
Exercise	Driving				

End / length	F/H	F/H	B/H	B/H	End TOTAL
1					
2					
3					
4					
5					
6					
					Card Total
	F/H Total		B/H Total		
Total for length	Short	Med	Long		

My Highest Score _____ Date_____

My Training Scores

Date	Score

Date	Score

My Highest Scores

Drawing Skill Test
Date_____   Score_____

Ditch Drawing Skill Test
Date_____   Score_____

Conversion Skill Test
Date_____   Score_____

Running Skill Test
Date_____   Score_____

Driving Skill Test
Date_____   Score_____

Six end **SCORE CARD**

Name					
Date					
Conditions					
Exercise					
Green Speed					
Length and end	F/H	F/H	B/H	B/H	Total Each End
1					
2					
3					
4					
5					
6					
Total					

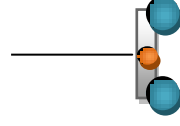|					
Name					
Date					
Conditions					
Exercise					
Green Speed					
Length and end	F/H	F/H	B/H	B/H	Total Each End
1					
2					
3					
4					
5					
6					
Total					

DRIVE THEN DRAW

With 1st bowl play a running shot at the target F/H. Then draw F/H to the jack in the ditch.

With 2nd bowl play a running shot at the target B/H. Then draw B/H to the jack in the ditch.

SCORING
Running shot
3 points for hitting the target
0 points if you miss

Ditch Draw
3 points if your within 2 mat lengths of the jack.

2 points if you pass the tee

0 points if your short of tee or in the ditch
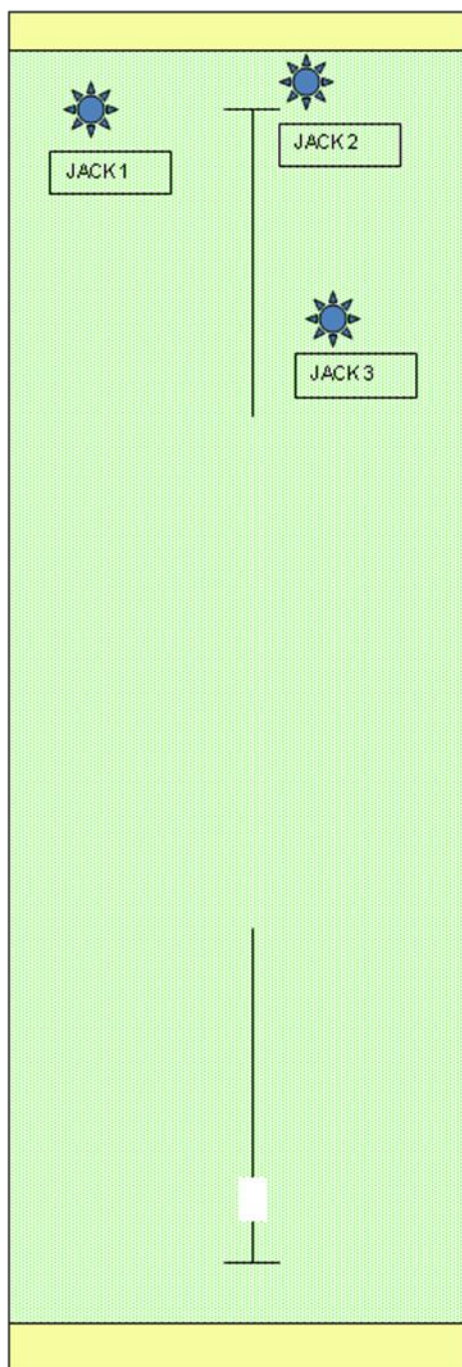
CONVERSION & RUNNING SHOT

Objective is to pass through the target stopping before the ditch with your first two bowls.
Then with your second two, play ditch weight at the target.

SCORING

2 points if you hit the target and stop before the ditch (conversion shot.)

1 point if you miss the target and stop before the ditch (conversion shot)

2 points if you hit the target running.
0 points if you miss the target.

CONVERSION

Objective is to pass through the target stopping before the ditch with your first two bowls on your F/H, do the same on your B/H with your second two.

SCORING

2 points if you hit the target and stop before the ditch.

1 point if you miss the target and stop before the ditch.

0 points if you fall short or go in the ditch.

LONG & SHORT JACK

With your first two bowls draw to the long jack.
With your second two bowls draw to the short.

SCORING

3 points if your within 1 mat length
2 points if your within two mat lengths.
O points if your outside 2 mat lengths.

ROLL JACKS & DRAW

Play four jacks in a row to the target mat, followed up by four bowls in a row to the same target mat.

SCORING

3 points if you land anywhere on the target.
0 point if you land off the target.

Each of these drills can be practiced by yourself or in a team situation. Purposeful practice is a must when performing these drills. Try and do exactly what you would in a game environment.

Tips

- Keep a card in your bag to record your progress.

- Practice in all kind of conditions.

- If it's not working for you, put your bowls away and try another time.

VERSATILITY SKILLS TEST SCORECARD

Name:			Date:	
Conditions:	Easy	Kind	Tricky	Hard

END	Score Circuit 1	Score Circuit 2	TOTAL	%
Jack Control	12	12	24	
Draw Shots	12	12	24	
Short Conv'ions	12	12	24	
Draw Jack Off Line	12	12	24	
Long Conv /Runners	10	10	20	
Drives & Ditch Draw	12	12	24	
TOTAL			140	

END	BOWL 1	BOWL 2	BOWL 3	BOWL 4	MAX SCORE	TOTAL
1	JACK 1	JACK 2	JACK 3	JACK 4	12	
2	B/H LONG	F/H LONG	B/H SHORT	F/H SHORT	12	
3	F/H CONV	F/H CONV	B/H CONV	B/H CONV	12	
4	B/H TO JACK 1	F/H TO JACK 1	B/H TO JACK 2	F/H TO JACK 2	12	
5	F/H CONV	B/H CONV	F/H RUN	B/H RUN	10	
6	F/H DRIVE	F/H DRAW JID	B/H DRIVE	B/H DRAW JID	12	
TOTAL					70	

END	BOWL 1	BOWL 2	BOWL 3	BOWL 4	MAX SCORE	TOTAL
1	JACK 1	JACK 2	JACK 3	JACK 4	12	
2	B/H LONG	F/H LONG	B/H SHORT	F/H SHORT	12	
3	F/H CONV	F/H CONV	B/H CONV	B/H CONV	12	
4	B/H TO JACK 1	F/H TO JACK 1	B/H TO JACK 2	F/H TO JACK 2	12	
5	F/H CONV	B/H CONV	F/H RUN	B/H RUN	10	
6	F/H DRIVE	F/H DRAW JID	B/H DRIVE	B/H DRAW JID	12	
TOTAL					70	

DRAW AND NOMINATION DRILL

JACK 1

JACK 2

JACK 3

Compiled by Geoff Campbell

EXERCISE NOTES

This Training Drill is carried out with 2 bowlers on each rink. It gives training in:

1. Rolling the Jack strategically

2. Importance of First Bowl

3. Drawing to a variety of displaced Jacks

4. Match tactics

5. Draw, Conversion, Runner or Drive depending on Nomination shot with last bowl

INSTRUCTIONS

* To be eligible for the 1 point the shot Bowl must be within 1 mat length of Jack.

• First end toss a coin, winner has option to take mat or give away.

• First Jack is rolled a legal length anywhere within rink including the ditch. Jack is not centered. Player A draws 1st Bowl, Player B draws 1st Bowl. Winner has closest Bowl.

• Winner of 1st Bowl has option to roll 2nd Jack. Both players draw their second Bowl to 2nd Jack. Winner has closest Bowl

* Winner of 2nd Bowl has option to roll 3rd Jack. Both players draw their 3rd Bowl. Winner has closest Bowl

Winner of 3rd Bowl has mat to play 4th Bowl, but before bowling MUST NOMINATE the shot he/she will play. To score a point on last Bowl both players must achieve their nominated shot.

Valid NOMINATIONS are:

Draw, Conversion, Runner, Drive, JID

SCORING:

Jacks 1,2 and 3.

* To be eligible for the 1 point the shot Bowl must be within 1 mat length of Jack. If both bowls are within 1 mat length of Jack the closest Bowl scores the 1 point.

Nomination Bowl only scores 1 point if the nominated shot is achieved. Both Players can score 1 point if they achieve their nominated shot.

HOW TO PLAY UNDER PRESSURE AND WIN

- Focus on key factors of the situation
- Forget consequences of success/failure
- Don't be distracted - if you get distracted, refocus straight away
- Forget the chatter with opponents and spectators
- Concentrate on the things that you can control
- Play slower, be decisive, play with skill and your brain
- Confidence is a must
- Avoid worry, anxiety - remove tension from body
- Switch on – switch off…..smell the flowers
- Breathe to relax and survive!
- Good technique – minimize body movements; smooth delivery
- Have a practiced shot routine – and stick to it every time
- Relax and use your senses - touch, sight & balance (reflex)
- Remember must do's – 2 or 3 each delivery
- Display an winning image all the time even when things look grim – remember this is what the opposition sees
- Every good bowl is worth cheering about
- Team work means discipline and sharing the load - No dissent
- Trust yourself and your team
- Simplify task – in your mind (see this, not that) visualize
- Positive thoughts – look for opportunity
- Stop negative thoughts – if they start
- Expect opponent to succeed at their shot – prepare mentally
- Pressure games are not won by spectacular shots
- Pressure will cause mistakes by the opposition
- Sustained pressure and performance is better than flashes of brilliance.
- Sustained pressure will cause opponents to become desperate and disillusioned.

- Game may not be won until the last 5 ends – be ready for extra effort
- Be patient, be well prepared, be tough, be determined, be confident in yourself and your team.

For any other enquiries or
to speak to a Bowls NSW Development Officer
please call
1300 286 392