Brisbane District Bowls Association

TRAINING MANUAL

For

Leads, Seconds, Thirds & Skips
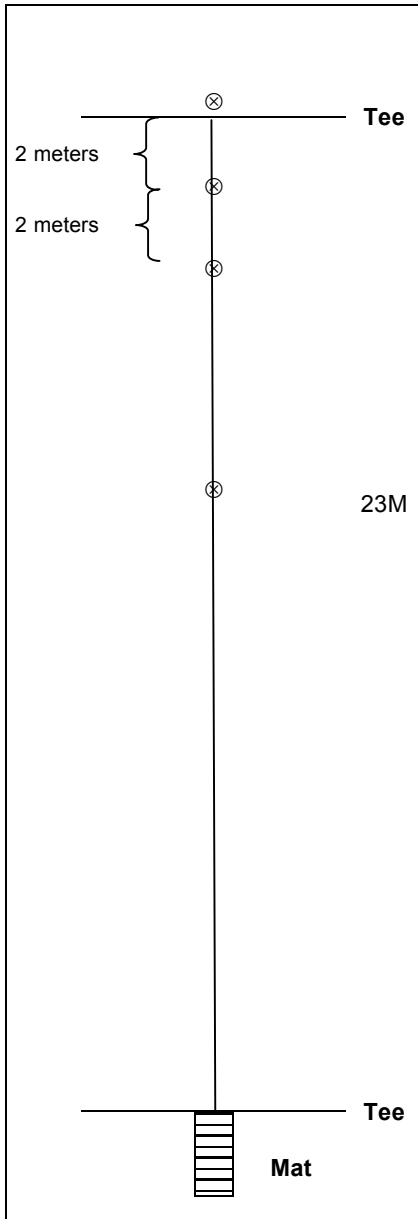
Name: _____

Revision History

Version	Date	Author	Description of Change
0.1	2009	BQ & CDBA	Original Bowls Queensland Training Manual
1.0	Jan 2010	Keith Brown	Customised to meet the requirements of the BDBA
1.1	Jan 2010	Bill Baker	Provided Hints & Tips
1.2	May 2010	Bob Woodland	Reviewed as a Level 3 Coach

Table of Contents

1. Jack Rolling Skill

Rink Layout

Objective
Roll 4 Jacks, one to each target.

Requirements
4 Jacks, 8 Discs, 6-End Scorecard

Setup (Both Ends)
1. Place 1st Disc on the Tee
2. Place 2nd Disc 2 meters short of the Tee
3. Place 3rd Disc 4 meters short of the Tee
4. Place 4th Disc 23 meters from the mat
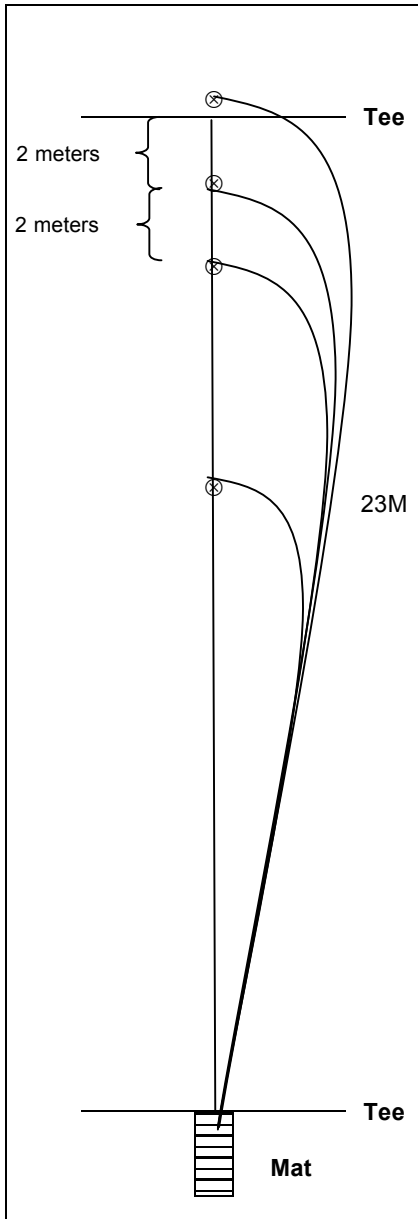5. Mat is always on the Tee

Execution
1. Deliver 4 Jacks, one to each Disc

Scoring
- 5 points if within 1 mat **width** of the targeted Disc
- 3 points if within 1 mat **length** of the targeted Disc
- 1 point if within 2 mat **lengths** of the targeted Disc
- -1 points if outside 2 mat **lengths** of the targeted Disc

2. Four Lengths Draw Skill

Rink Layout

2 meters

2 meters

Tee

23M

Tee

Mat

Objective
Draw as close as possible to each target Jack.

Requirements
8 Jacks, 6-End Scorecard

Setup (Both Ends)
1. Place 1st Jack on the Tee
2. Place 2nd Jack 2 meters short of the Tee
3. Place 3rd Jack 4 meters short of the Tee
4. Place 4th Jack 23 meters from the mat
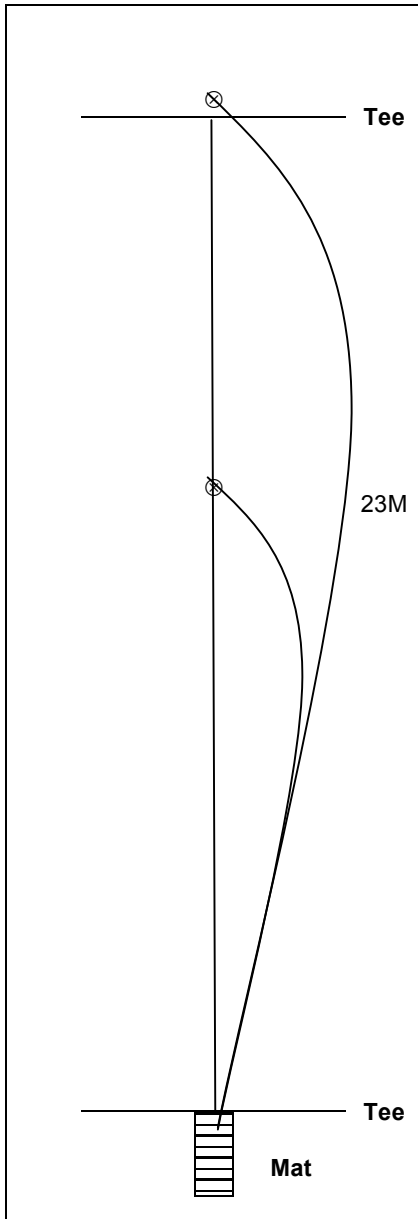5. Mat is always on the Tee

Execution
1. Play 4 forehands in one direction
2. Play 4 backhands in the other direction

Scoring
- 5 points if within 1 mat **width** of the targeted Jack
- 3 points if within 1 mat **length** of the targeted Jack
- 1 point if within 2 mat **lengths** of the targeted Jack
- -1 points if outside 2 mat **lengths** of the targeted Jack

3. 48 Bowl Drawing Skill

Rink Layout

⊗ Tee

23M

⊗

Tee

Mat

Objective
Draw as close as possible, maintaining good line and length over minimum and maximum length ends.

Requirements
4 Jacks, 12-End Scorecard

Setup (Both Ends)
1. Place 1st Jack on the Tee
2. Place 2nd Jack at minimum length

Execution
1. Deliver 2 bowls to short Jack
2. Deliver 2 bowls to long Jack
3. Play forehand one direction and backhand in the other
4. Mat always on the Tee

Scoring
- 5 points if within 1 mat **width** of the targeted Jack
- 3 points if within 1 mat **length** of the targeted Jack
- 1 point if within 2 mat **lengths** of the targeted Jack
- -1 points if outside 2 mat **lengths** of the targeted Jack

4. Draw Between Skill

Rink Layout

2 Mat Lengths

Tee

23M

Tee

Mat
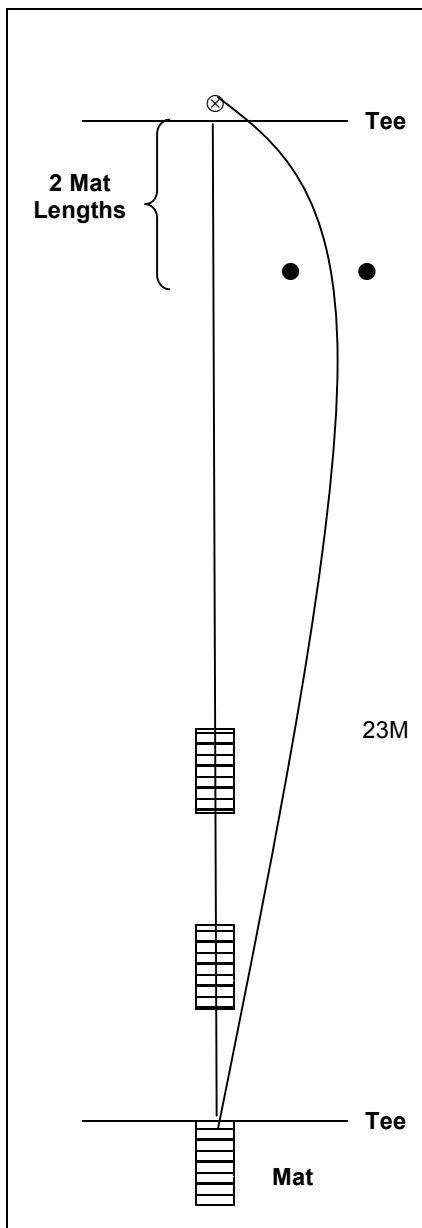
Objective

Draw as close as possible to the Jack through target area.

Requirements

2 Jacks, 4 bowls, 6-End Scorecard

Setup (Both Ends)

1. Place 1st Jack on the Tee
2. Place 1st target bowl 2 mat lengths short and ¾ mat lengths wide of Jack
3. Place 2nd target bowl 1½ mat lengths wide of 1st target bowl
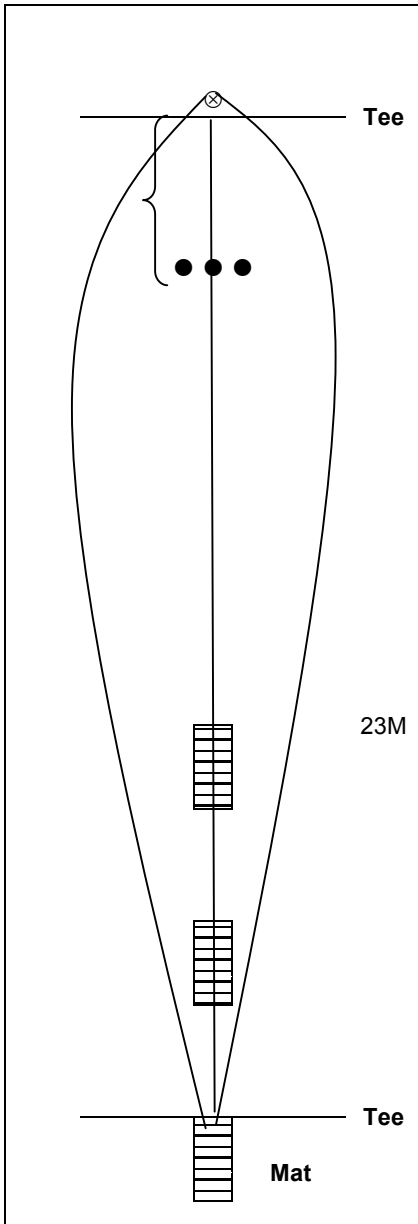
Execution

1. Play 4 forehands one direction
2. Play 4 backhands the other direction
3. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring

- 5 points if within 1 mat **width** of the Jack
- 3 points if within 1 mat **length** of the Jack
- 1 point if within 2 mat **lengths** of the Jack
- -1 points if outside 2 mat **lengths** of the Jack or outside target bowls

5.   Shot Drawing Skill

Rink Layout

Tee

23M

Tee

Mat

Objective
Draw as close as possible to the Jack around obstacle bowls.

Requirements
2 Jacks, 6 bowls, 6-End Scorecard

Setup (Both Ends)
1. Place 1 Jack on the Tee
2. Place 3 obstacle bowls together, 2 mat lengths short of the Jack

Execution
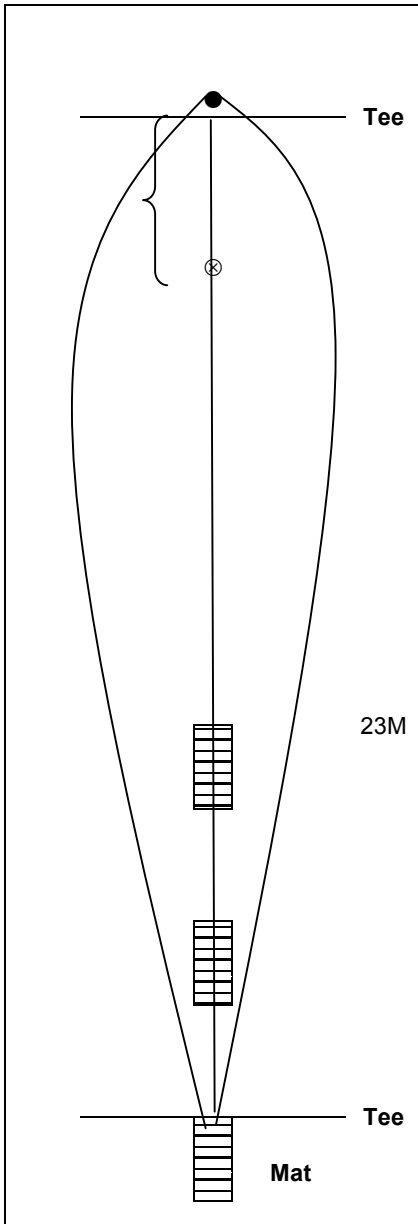1. Draw to Jack around obstacle bowls, 2 forehand and 2 backhand
2. Repeat in other direction
3. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring
- 5 points if within 1 mat **width** of the Jack
- 3 points if within 1 mat **length** of the Jack
- 1 point if within 2 mat **lengths** of the Jack
- -1 points if outside 2 mat **lengths** of the Jack or contact is made with obstacle bowls

6. Positional Draw Skill

Rink Layout

Tee

⊗

23M

Tee

Mat

Objective
Draw as close as possible to the positional bowl behind the Jack.

Requirements
2 Jacks, 2 bowls, 6-End Scorecard

Setup (Both Ends)
1. Place 1 positional bowl on the Tee
2. Place 1 Jack 2 mat lengths short of the bowl

Execution
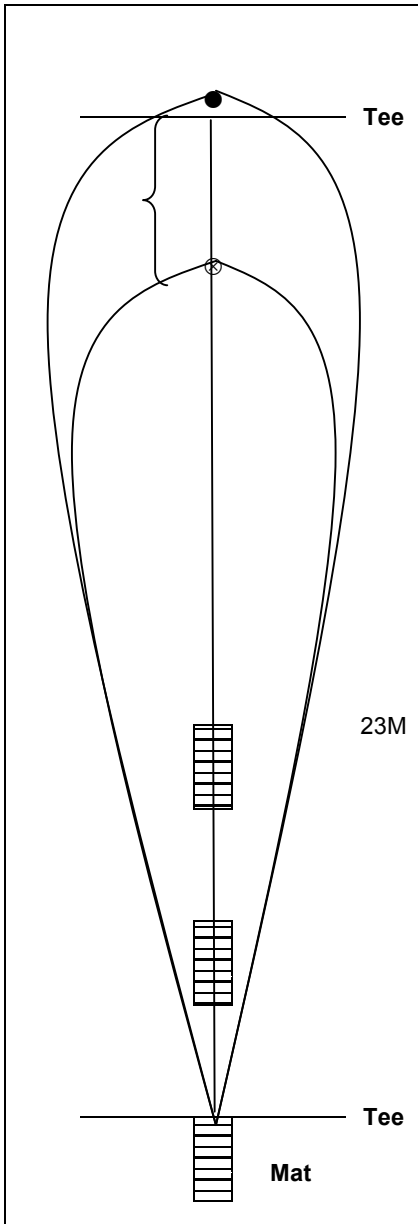1. Draw 2 forehand and 2 backhand as close as possible to the positional bowl behind the Jack
2. Repeat in other direction
3. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring
- 5 points if within 1 mat **width** of the Jack
- 3 points if within 1 mat **length** of the Jack
- 1 point if within 2 mat **lengths** of the Jack
- -1 points if outside 2 mat **lengths** of the target bowl

7. Shot and Position Skill

Rink Layout

Tee

23M

Tee

Mat

Objective
Draw as close as possible to a Jack, then draw as close as possible to the positional bowl behind the Jack.

Requirements
2 Jacks, 2 bowls, 6-End Scorecard

Setup (Both Ends)
1. Place 1 positional bowl on the Tee
2. Place 1 Jack 2 mat lengths short of the bowl

Execution
1. Draw 1 forehand to the Jack
2. Draw 1 forehand to the bowl
3. Repeat on the backhand
4. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring
- 5 points if within 1 mat **width** of the Jack / bowl
- 3 points if within 1 mat **length** of the Jack / bowl
- 1 point if within 2 mat **lengths** of the Jack / bowl
- -1 points if outside 2 mat **lengths** of the Jack / bowl

8. "Off Centre" Draw Skill

Rink Layout
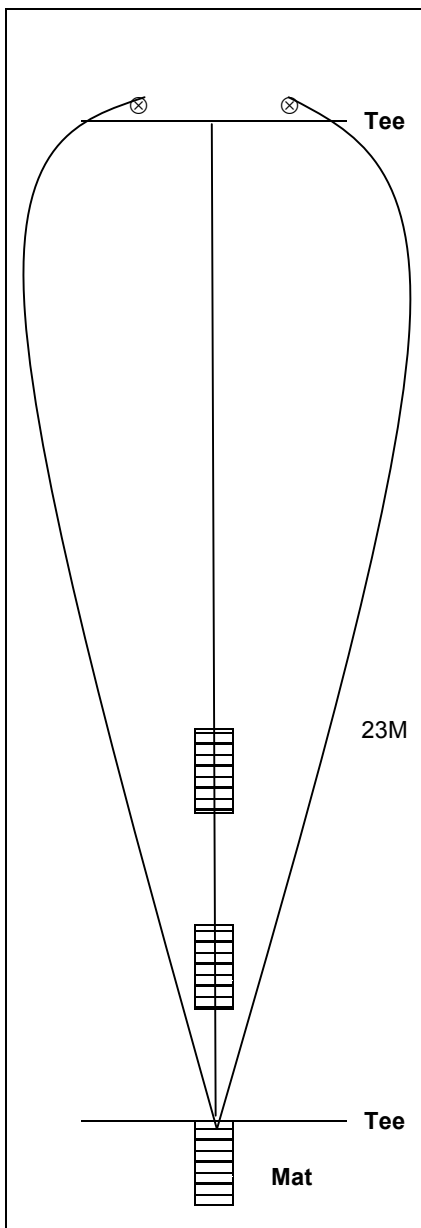
Objective

Draw as close as possible to the Jacks, in "off centre" positions.

Requirements

4 Jacks, 6-End Scorecard

Setup (Both Ends)

1. Place 1st Jack 2 mat lengths to the right side of the Tee
2. Place 2nd Jack 2 mat lengths to the left side of the Tee

Execution

1. Draw 2 forehands to right Jack
2. Draw 2 backhands to left Jack
3. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring

- 5 points if within 1 mat **width** of the Jack
- 3 points if within 1 mat **length** of the Jack
- 1 point if within 2 mat **lengths** of the Jack
- -1 points if outside 2 mat **lengths** of the Jack

9.   Shot and "Off Centre" Position Skill

Rink Layout

Tee

23M

Tee

Mat
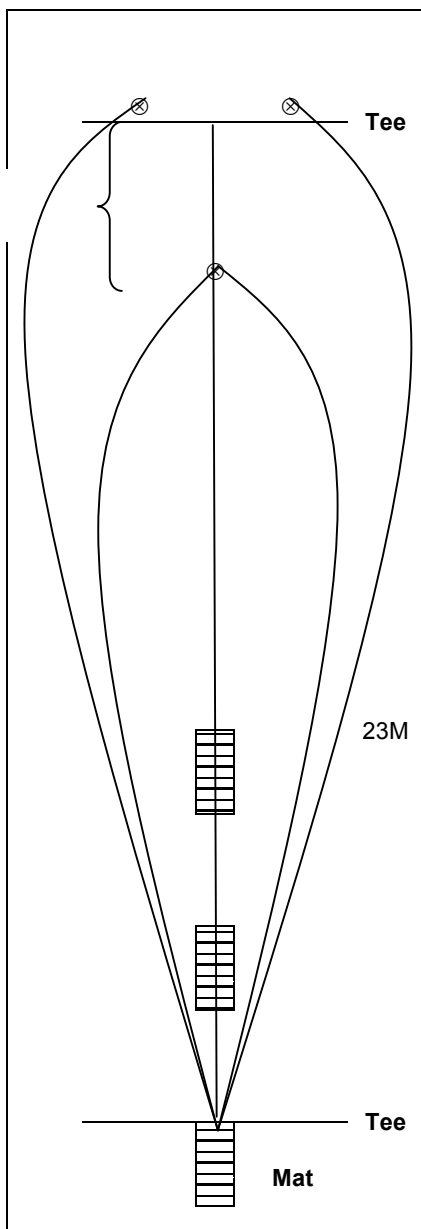
Objective

Draw as close as possible to the Jack, then to an "off centre" positional Jack.

Requirements

6 Jacks, 6-End Scorecard

Setup (Both Ends)

1. Place 1st Jack 2 mat lengths to the right side of the Tee
2. Place 2nd Jack 2 mat lengths to the left side of the Tee
3. Place 3rd Jack 2 mat lengths short of the Tee on the centre line

Execution

1. Draw 1 forehand to centre Jack, 1 forehand to right Jack
2. Repeat on backhand
3. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring

- 5 points if within 1 mat **width** of the Jack
- 3 points if within 1 mat **length** of the Jack
- 1 point if within 2 mat **lengths** of the Jack
- -1 points if outside 2 mat **lengths** of the Jack

10. Ditch Drawing Skill

Rink Layout

⊗

Tee

23M

Tee

Mat

Objective
Draw as close as possible to the ditch without losing your bowl in the ditch.

Requirements
2 Jack Markers, 6-End Scorecard

Setup (Both Ends)
1. Place 1 Jack Marker on the bank on the centre line

Execution
1. Play 2 forehand and 2 backhand to Jack Markers
2. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring
*   5 points if within 1 mat **length** of the ditch
*   3 points if within 2 mat **lengths** of the ditch
*   1 point if between 2 mat **lengths** from the ditch and the Tee
*   -1 points if lost in the ditch
*   -2 points if short of the Tee

11. Shot and Ditch Draw Skill

Rink Layout
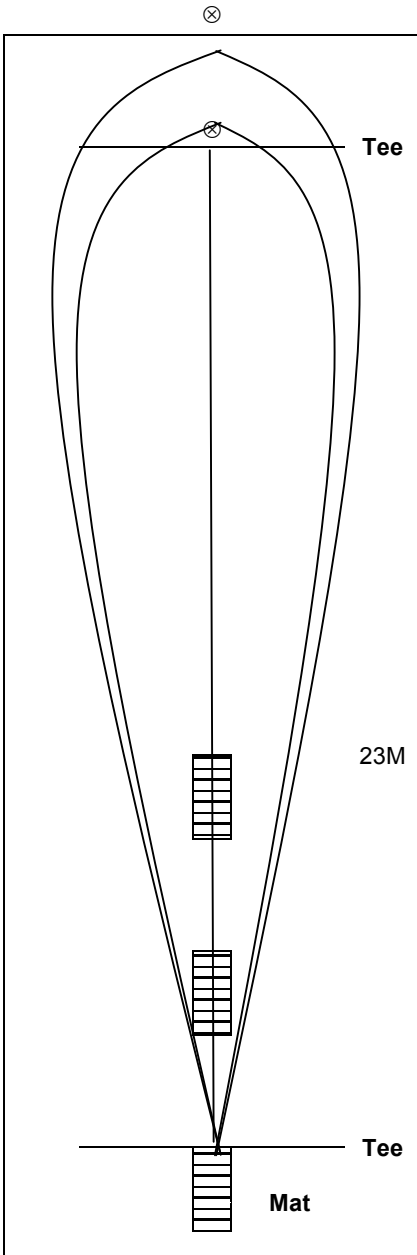
Objective

Draw as close as possible to a Jack, then draw as close as possible to the ditch without losing your bowl in the ditch.

Requirements

2 Jacks, 2 Jack Markers, 6-End Scorecard

Setup (Both Ends)

1. Place 1 Jack Marker on the bank on the centre line
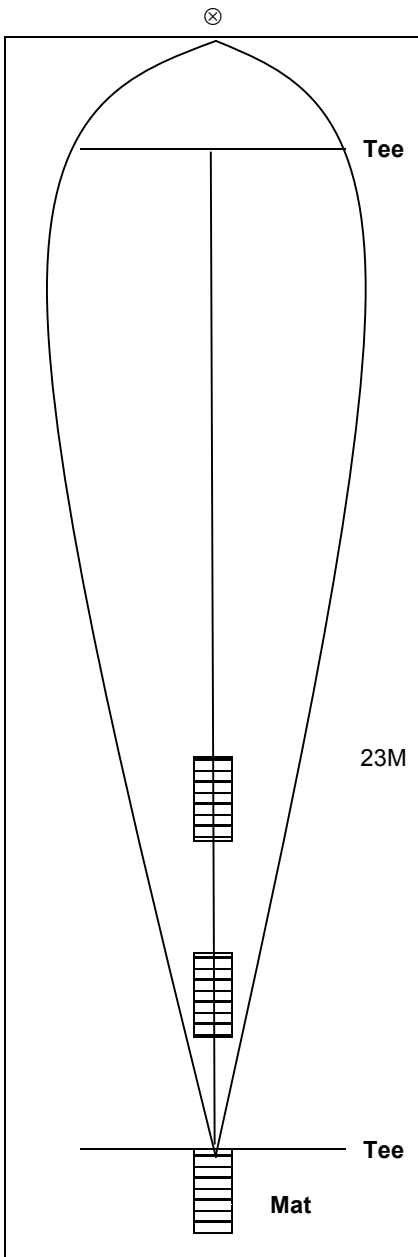2. Place 1 Jack on the Tee

Execution

1. Draw 1 forehand to the Jack
2. Draw 1 forehand to the Jack Marker
3. Repeat on the backhand
4. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring

- 5 points if within 1 mat **width** of the Jack / Jack Marker
- 3 points if within 1 mat **length** of the Jack / Jack Marker
- 1 point if within 2 mat **lengths** of the Jack / Jack Marker
- -1 points if in ditch or short of the Tee

12. Conversion Skill

Rink Layout

Tee

23M

23M

Tee

Mat
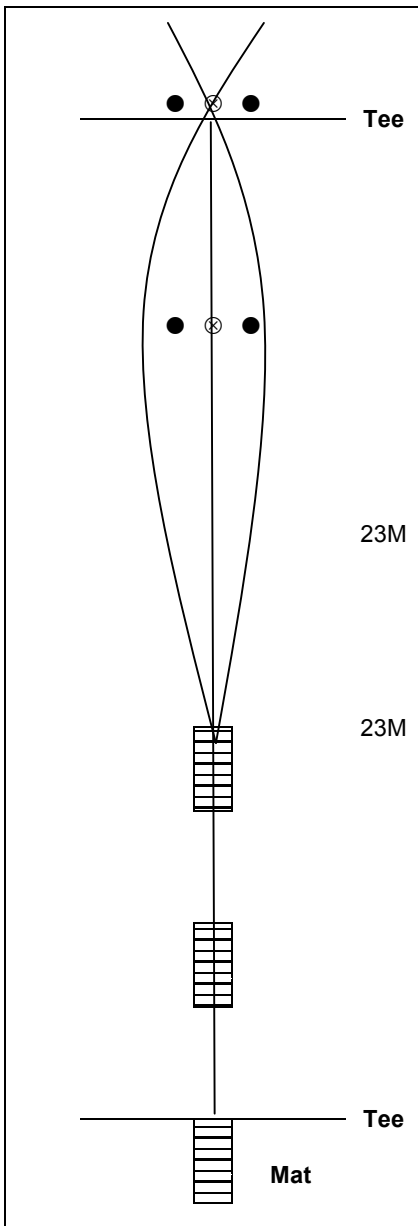
Objective

Play through target whilst controlling weight and remaining on the Green (In Scoring Zone).

Requirements

2 flapjacks, 6-End Scorecard

Setup (Both Ends)

1. Short End – Place flapjack on the Tee both ends, Mat on the 23M mark
2. Medium End – Place flapjack and the Mat ½ way between the Tee and the minimum length
3. Long End – Flapjack and Mat on the Tee

Execution

1. Play 2 forehand and 2 backhand each end
2. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring

Accuracy
- 5 points if Jack contact only
- 3 points if bowl is contact
- -2 points if flapjack missed

Weight Control
- 2 points for finishing between the target and the ditch
- -2 points for not finishing between the target and ditch

Mat

13. Running Skill

Rink Layout

Tee

23M

23M

Tee

Mat

Objective
Hit target with controlled weight, whilst missing obstacle.

Requirements
2 flapjacks, 4 Mats, 6-End Scorecard

Setup (Both Ends)
1. Place 1 flapjack on the Tee
2. Short End – Place 1 Mat transversely to block drive
3. Medium End – Place 1.5 Mats transversely to block drive
4. Long End – Place 2 Mats transversely to block drive

Execution
1. Play 2 forehand and 2 backhand each end
2. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring
- 5 points if Jack contact only
- 3 points if bowl is contact
- -2 points if target missed, Mat contacted or bowl **not** in ditch

14. Driving Skill

Rink Layout
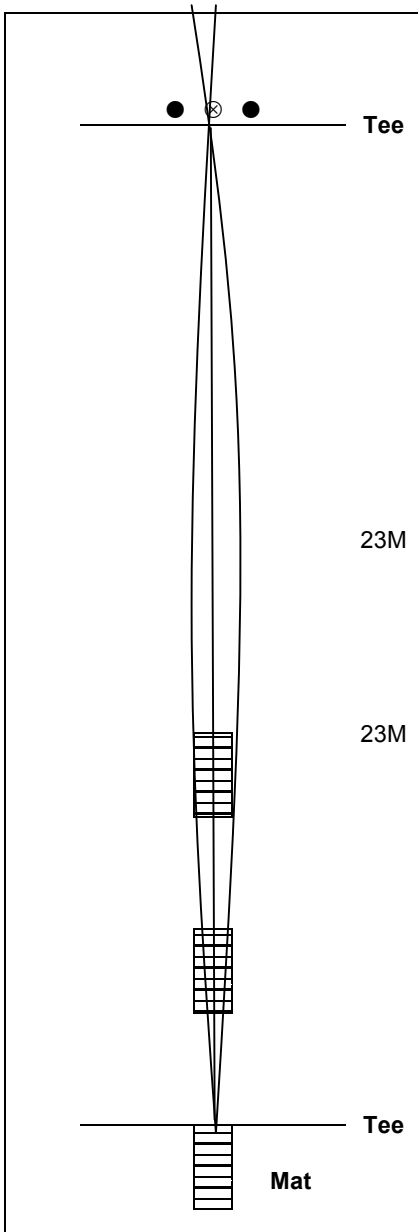
Objective

To develop the ability to consistently hit a sizeable target in a competitive state of mind, while providing objective benchmark analysis of a player's respective skill level.

Requirements

2 flapjacks, 6-End Scorecard

Setup (Both Ends)

1. Place 1 flapjack on the Tee

Execution

1. Play 4 drives - 2 forehand and 2 backhand each end
2. Play 2 minimum, 2 medium and 2 maximum length ends
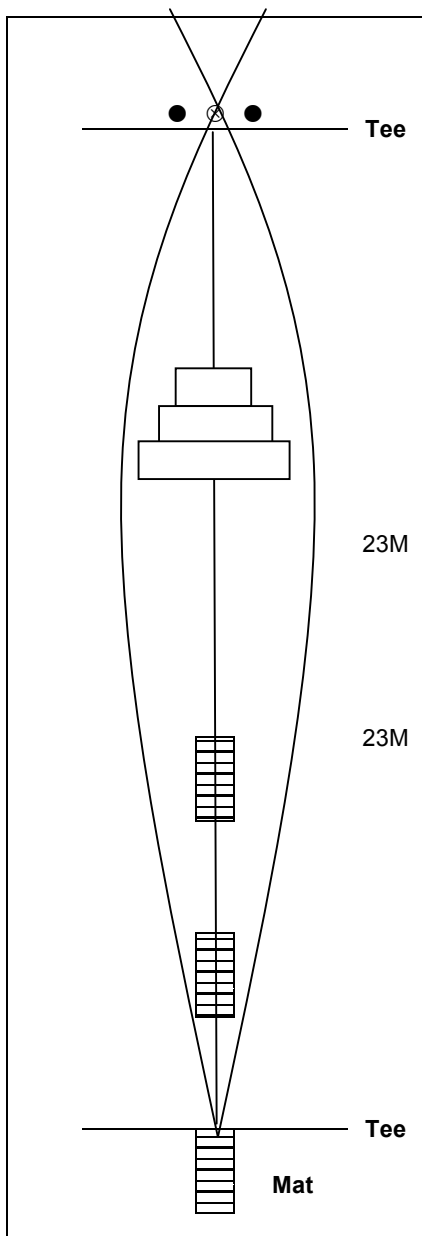
Scoring

- 5 points if Jack contact only
- 3 points if bowl contact
- -2 points if target missed

Tee

23M

23M

Tee

Mat

15. Draw and Swing Skill

Rink Layout
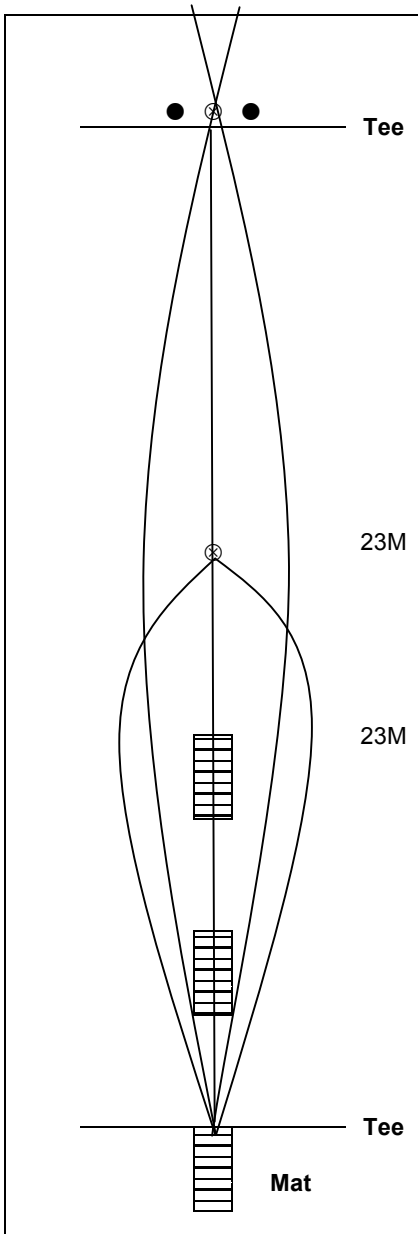
Objective

Draw as close as possible to the Jack, then swing through target avoiding obstacles.

Requirements

2 flapjacks, 2 Jacks, 6-End Scorecard

Setup (Both Ends)

1. Place 1 flapjack on the Tee
2. Place Jack 23 meters from Mat

Execution

1. Play 1 forehand to Jack, then swing 1 forehand through target avoiding obstacles
2. Repeat on backhand
3. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring

Drawing

- 5 points if within 1 mat **width** of the Jack
- 3 points if within 1 mat **length** of the Jack
- 1 point if within 2 mat **lengths** of the Jack
- -2 points if outside 2 mat lengths of Jack

Swing Shot

- 5 points if Jack contact only
- 3 points if bowl is contact
- -2 points if target missed

16. Drive and Draw Skill

Rink Layout

Tee

23M

23M

Tee

Mat
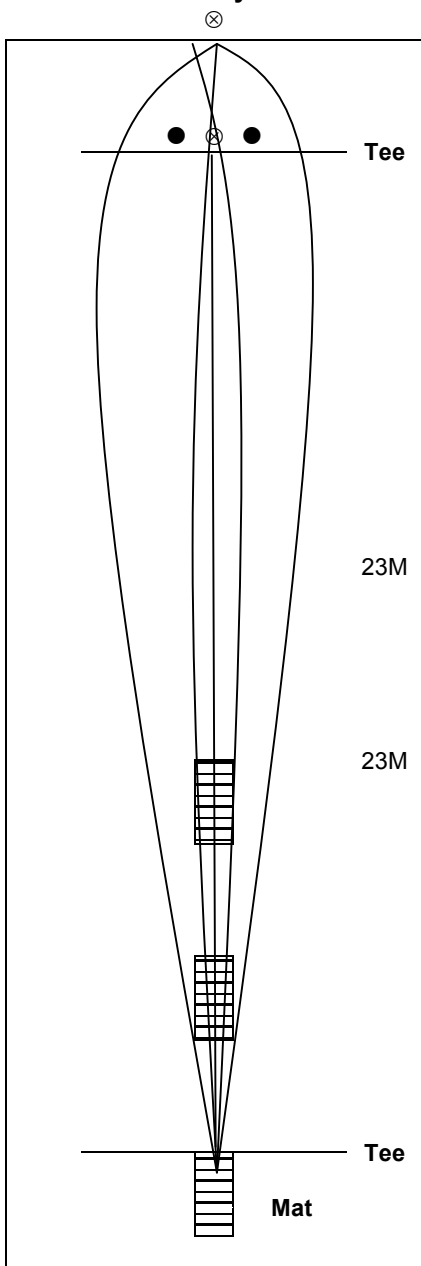
Objective

To drive through a target, then draw to the ditch.

Requirements

2 flapjacks, 2 Jack Markers, 6-End Scorecard

Setup (Both Ends)

1. Place 1 flapjack on the Tee
2. Place Jack Marker on the Bank on the Centre Line

Execution

1. Play 1 forehand Drive and 1 forehand Draw to the ditch
2. Repeat on the backhand
3. Play 2 minimum, 2 medium and 2 maximum length ends

Scoring

Driving

*   5 points if Jack contact only
*   3 points if bowl is contact
*   -2 points if target missed

Drawing

*   5 points if within 1 mat **length** of the ditch
*   3 points if within 2 mat **lengths** of the ditch
*   1 point if between 2 mat **lengths** of the ditch and Tee
*   -1 points if short of Tee
*   -2 points if bowl is lost in the ditch

17. Training Scores Summary

Date	Skill	Score	Date	Skill	Score

18. Warm Up

18.1 Off Green Warm Up

- Walk at a moderate pace
- 3 squats
- 3 lunges
- 10 leg swings front to back
- 10 leg swings side to side
- 10 torso twists
- 5 arm circles horizontal
- 5 arm swings vertical
- 5 neck swings side to side
- 10 deliveries
- Walk at a moderate pace

18.2 On Green Warm Up (Routine during Trial Ends)

- Walk at a moderate pace
- 3 squats
- 3 lunges
- 3 leg swings
- 3 torso twists
- 3 arm swings
- 3 neck swings
- 4 practice deliveries

90 cm
40 cm
Width = 30 cm, Length = 60 cm
Value
0 points
1 point
2 points
3 points
4 points
5 points

19. High Performance Scoring Zone

Rink Layout
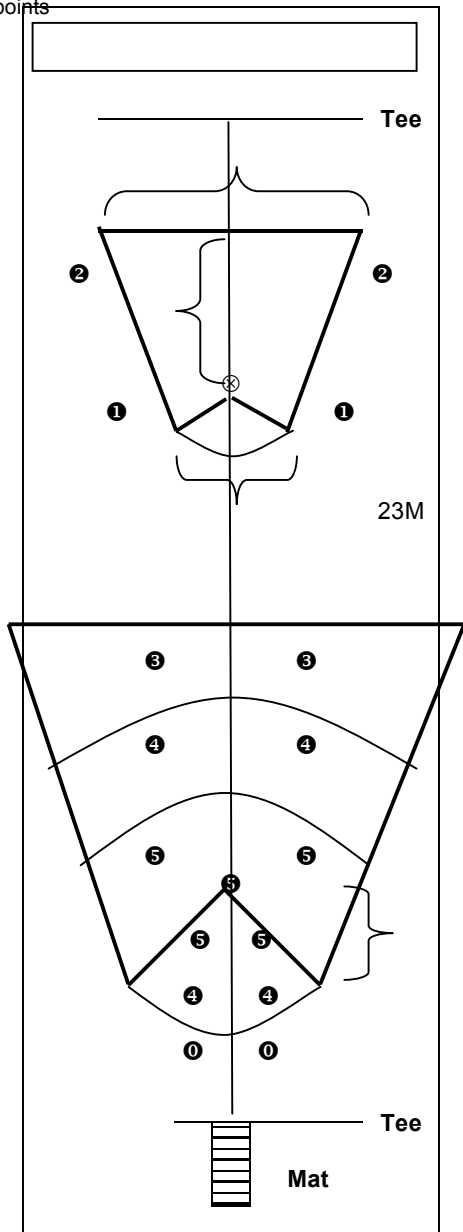
Objective

The scoring zone is the area enclosed by the five straight lines. It may be anywhere on the rink, not necessarily on the centre line. The sector in front of the target is the promotional area. Bowls placed outside of these two areas will most likely be of little value to the team. All members of a team should focus on their scoring zone.

Promotional Area

A bowl in this area has a chancy existence:
- It may be promoted by our team to gain shot
- The opposition may promote it to be shot
- The opposition may use it via a run-through or deflection to gain the shot

Lead

The lead's objective is to get shot or second shot, preferably on the centre line. Jack high bowls may be used by the opponents.

The best shot for the lead's first bowl is a resting toucher, in front of the jack. This limits the opposition's response. Getting both bowls in the scoring zone is important.

Second

The second's bowls must be played with positional sense per the skip's instructions. Anywhere in their scoring zone is important.

Third

The third may have to;
- Draw to any position on the green using the same scoring zone principles as the rest of the team
- Remove an opposition bowl or the jack
- Kill the end

If the jack hasn't moved, the rear of the scoring zone would be a good place for their last bowl.

Skip

The skip may have to play any of the third's shots and more. If the team has placed the large majority of their bowls in the various scoring zones then the skip will be in a position to win the end.

20. Performance Evaluations

A player's performance may be evaluated by giving each bowl a score where the score is based on "what the Skip requested" and "what the Player delivered".

The "High Performance Scoring Zone" may be used to score all draw shots.

The same "Mark Legend" of -1 to 5 may be used to evaluate all other types of shots from on-shots to drives.

A marker is required to score both the BDBA player as well as their opponent.

The BDBA use a system which will automatically produce separate evaluations for Leads, Seconds, Thirds and Skips. The system will plot each bowl delivered as well as analyse the player's performance over the whole game.

Other statical information is captured which evaluates the team's performance. The evaluation looks at the various segments such as Ends 1 to 3, 4 to 6, 7 to 9, etc. This evaluation is based on the team's score card.

20.1 Sample Player Evaluation

| Sunday, 10 May 2009 | | Brisbane | vs | Gold Coast Tweed B |

Brisbane

Round 1 of State District Sides 2009 played at Mermaid Beach on Sunday, 10 May 2009 at 8:50. Green Speed = 15 secs. Conditions:- Calm & sunny with a slight breeze. Marked by:- Jack Cahill (Observer = Keith Brown).

End	1st Bowl	2nd Bowl
1	2	3
2	-1	3
3	2	-1
4	5	4
5	2	-1
6	4	5
7	5	3
8DE	1	5
8	2	4
9	2	2
10	2	-1
11	3	3
12	-1	-1
13	-1	-1
14	-1	4
15	5	3
16	4	3
17	3	1
18		
19		
20		

Game Won by Gold Coast Tweed B

Player 1

Mark Legend		Mark	1st Bowl	%	2nd Bowl	%	Total	%	Summary	
-1	Short Bowl & not in scoring zone	-1	4	22%	5	28%	9	25%	31%	
1	Below Standard	1	1	6%	1	6%	2	6%		
2	Fair / Average	2	6	33%	1	6%	7	19%	19%	
3	Good	3	2	11%	6	33%	8	22%		
4	Excellent	4	2	11%	3	17%	5	14%	GET% = 50%	
5	Top Bowl	5	3	17%	2	11%	5	14%		
GET	Good, Excellent, Top Bowl category		18	100%	18	100%	36	100%	Score	14	22

20.2 Sample Team Evaluation

The following is an example of a team evaluation. Most of the information is obtained from the scores on the scorecard. It is a reasonably simple exercise to identify trends such as;

- How well did the team start in each game
- How well did the team perform in the middle ends of each game
- How well did the team finish each game
- How many ends were lost by more than two shots
- etc

Training exercises can be developed to address any trends which are impacting the team's overall performance.

The best use of the information is by the team members. They are the ones that know what happened in each game. Maybe they have a weakness on fast greens, or short / long ends, or in the last game of each day, etc.

| | Brisbane | | | | | | | | | | | | | | | | |
| | Score | | Team Summary | | | | Ends Won | | | Ends Lost | | Shots per Segment | | | | | |
Rnd	For	Agt	Margin	Wins	Effect Rate	Ends Played	Ends Won	<= 2 Shots	> 2 Shots	<= 2 Shots	> 2 Shots	1 - 3	4 - 6	7 - 9	10-12	13-15	16-18
1	14	22	-8	L	35%	17	7 / 41%	6 / 35%	1 / 6%	7 / 41%	3 / 18%	-4	-6	+2	-4	+5	-1
2	27	8	+19	W		15	11 / 73%	7 / 47%	4 / 27%	3 / 20%	1 / 7%	0	+7	-2	+6	+8	
3	16	8	+8	W		16	8 / 50%	6 / 38%	2 / 13%	8 / 50%	0 / 0%	+2	+6	-1	-1	+3	-1
4	19	12	+7	W		17	10 / 59%	8 / 47%	2 / 12%	6 / 35%	1 / 6%	-1	+1	0	0	+5	+2
5	26	9	+17	W		15	12 / 80%	8 / 53%	4 / 27%	1 / 7%	2 / 13%	+2	+3	+5	+7	0	
6	8	18	-10	L		18	6 / 33%	6 / 33%	0 / 0%	10 / 56%	2 / 11%	-1	+2	-3	-2	+2	-8
7	16	23	-7	L		18	10 / 56%	8 / 44%	2 / 11%	3 / 17%	5 / 28%	0	+1	-7	-7	+3	+3
8	23	12	+11	W	49%	18	12 / 67%	10 / 56%	2 / 11%	4 / 22%	2 / 11%	+6	+5	-5	+5	+1	-1
9	15	16	-1	L		17	9 / 53%	7 / 41%	2 / 12%	6 / 35%	2 / 12%	-1	-1	-1	-4	+1	+5
10	10	18	-8	L		18	7 / 39%	7 / 39%	0 / 0%	10 / 56%	1 / 6%	-3	-3	+1	-6	-1	+4
11	13	13	0	Draw		16	7 / 44%	6 / 38%	1 / 6%	8 / 50%	1 / 6%	-1	+8	-2	-2	-2	-1
12	19	14	+5	W		15	11 / 73%	8 / 53%	3 / 20%	2 / 13%	2 / 13%	+6	+4	0	-2	-3	
	206	173	33	6.5 / 54%	N/A	200	110 / 55%	87 / 44%	23 / 12%	68 / 34%	22 / 11%	+5	+27	-13	-10	+22	+2

21. Hints & Tips

The following list has been provided as a guide;

1. Always think, walk, talk and dress like a champion. Keep your head up at all times.

2. Use affirmations like "Keep … It … Simple" to control your timing and rhythm. The "Keep" is at the top of the backswing, the "It" is at the bottom of the swing, and the "Simple" is at the top of the follow-through.

3. Always use positive language when giving directions to players

4. Keep directions simple and precise.

5. Have a team plan

6. Take a long hard look at the obvious when investigating improvements in your team game;

   • Giving shot or shots away when you are holding. This FAULT is one of the most common errors.

     CORRECTION: Have a good look at the situation and take an extra one or two bowl widths of line or green width

   • Not achieving a back or position bowl when required. Do not think a jack will not 'go there'. When you have a 'good end' cover the possibilities.

     CORRECTION: Treat a position bowl as important as any other and have the position indicated by a team mate's foot. Leave the foot there until delivery completed.

   • Not being up when you are down and it is important that you must arrive. This is really a bowler's sin and should not occur.

     CORRECTION: Think about the 'weight' for a couple of seconds and either grip the bowl a little firmer or use arm elevation.

   • Missing a bowl in the way with a firm shot or drive. Fear of hitting a front obstruction is the main reason for hitting it or missing it.

     CORRECTION: Aim at the offending bowl and the percentages of contacting it or them is very low.

   • Playing weight or excessive speed into a head with not enough of your own bowls in it. This is a recipe for disaster and so many matches are lost by bowlers in the negligence of this very important occurrence.

     CORRECTION: The only suggestion in these situations is to take a long hard look at any position of danger and weigh up all the possibilities.

22. Team and Squad Selection Policy

For all male and female players eligible for selection to represent the Brisbane District, the following criteria may apply:

The player should:

1. Demonstrate compatible team attitude and commitment to BDBA

2. Be available to represent the District in representative matches in positions as selected

3. Be available to represent their Club in District organised events

4. Be available to attend most District Training sessions

5. Keep records of their High Performance Training Programmes[1]

6. Maintain skill and physical fitness levels that will enhance a players performance at Inter-District events

7. Keep the Selection Committee Chair persons informed of any current injury or potential condition 11which may impair performance to the requisite level

8. Not be under any form of disciplinary action levied by their Club, District, State or National Associations that may preclude them from Selection

9. Be aware of the Anti-Doping Policy[2] in Bowls and advise the District if any medications being taken that may return a positive test (Confidentiality will be strictly adhered to)

The BDBA Selection Committees should:

1. Adhere to the Selection criteria specified in this policy

2. Select the best and most compatible Representative Side available.

3. Monitor players selected in the Representative Squad. Any player who fails to reach the desired performance level will be considered for replacement by other eligible players.

4. Appropriate team positions will form part of the consideration and will be at the discretion of the Selection Committees or their nominated representatives for the event.

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[1] High Performance Training Programmes are available from the BDBA Coaching Committee. If requested, a Squad member's records are to be available for examination by the BDBA Selection committee or nominated delegates.

[2] Clarification of the Anti-Doping Policy may be obtained from the District Secretary. Alcohol is one of the test criteria.

23. Notes