

Training and Development Program 2011-2012

Saturday 3rd September 2011



Today's Agenda

- **Welcome & Introduction – Peter Eagle**
- **Overview – RNSWBA Michael Beaumont**
- **Next Steps – Michael Schwarcz**
- **Questions and Answers - Panel**
- **Concluding Remarks – Peter Eagle**
- **Light Refreshments**



Our Goals for 2011/2012

- Improve bowlers skills.
- Improve our competitiveness.
- Enhance competitive image.
- Implement a new training regime.
- Develop a “Selection Policy”.



Steve Glasson's key comments on representing your club.

- Be proud to represent your club.
- Give it everything.
- Be a contributing team and club member.
- Approach the selectors in a professional manner to discuss your concerns.
- Practice regularly.
- Commit for the season.
- Focus on master board in pennant matches.
- Be united as a team member.
- Be a good ambassador.
- Respect your team mates and opposition.
- Play the game in the right spirit.
- Enjoy yourself.



OVERVIEW

Michael Beaumont
RNSWBA



BACKGROUND

- Australian Sports Commission issued a good-practice guide for sporting organisations called:
Getting it right: Guidelines for selection
- The RNSW BA has also issued a similar document based on the above but focused on Lawn Bowls.
- Both documents are available on line.



**Training, Coaching and
Regular Practice**

Versus

**Roll Ups and Social
Games**



TRAINING PROGRAM

- The RNSWBA has developed a training manual which covers drills for all bowlers:
 - Leads
 - Seconds
 - Thirds
 - Skips
- Each of the drills is set to improve the skills of each team member.



HOW EFFECTIVE IS A TRAINING PROGRAM?

- Where is it used?
 - National
 - State
 - Zone
 - Club
- Who is using the program?
- Has it been beneficial?
- Is it used in the selection of teams?



WHY A BENCHMARK

- Provides a starting point for improvement.
- Enables an evaluation of ability on:
 - Green speed and general conditions.
 - Forehand over short and long distances.
 - Backhand over short and long distances.
- Enables a meaningful comparison between bowlers.
- Helps to identify areas for improvement and coaching.



BENCHMARK TEST

Objective;

Draw as close to the jack as possible, maintaining good line and length over minimum and maximum length ends.

Requirements:

Four (4) Jacks.

20 end score card.

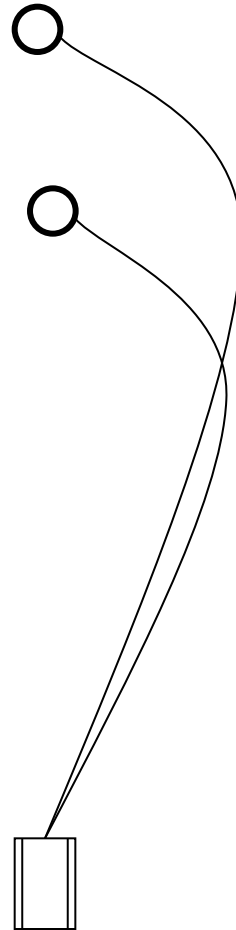


BENCHMARK TEST

Jack on the "T"

Jack 22 metres
From mat

Mat on the "T"



BENCHMARK TEST

Procedure:

Place one jack on the “T” in both directions. Place 2nd jack 1 metre from minimum length in both directions. Play 2 bowls to short jack, followed by 2 bowls to long jack. Play forehand one direction, backhand the other. Roll ups are allowed and you must play forehand first. Mat always positioned on the “T”.



BENCHMARK TEST

Scoring:

5 Points = Draw within 1 mat width of jack.

3 Points = Draw within 1 mat length of jack.

1 Point = Draw within 2 mat lengths of jack.



BENCHMARK SCORECARD

BENCHMARK TEST

Green Speed	15s						
Ends	1st Shot (s)	2nd Shot (s)	3rd Shot (l)	4th Shot (l)	TOTAL	F'hand	B'hand
1 (f)	3	1	1		5	5	
2 (b)	3		5	1	9		9
3 (f)	5		3		8	8	
4 (b)	3	1			4		4
5 (f)	5	1	1		7	7	
6 (b)	5	5	1		11		11
7 (f)	1				1	1	
8 (b)	1		5	1	7		7
9 (f)	1		3		4	4	
10 (b)	3	3	3	1	10		10
TOTAL	30	11	22	3	66	25	41

Short	30	11			41
Long			22	3	25
				TOTAL	66

Key: s = short length; l = long length; f = forehand; b = backhand



NEXT STEPS

CHAIRMAN OF SELECTORS

MICHAEL SCHWARCZ



BENCHMARK TEST

- All Pennant players will be asked to complete the test at least 3 times by mid October.
- The first time the test is completed it must be under the supervision of a selector or coach.
- Copies of the test and score sheet will be provided before the test is commenced.



TEAM DEVELOPMENT

- Once the benchmark skill test is completed the selectors will choose players from grades 5 and/or 6 for additional training activities.
- The objective is to develop the teams and improve their skills so we are well prepared for the next season.



TRAINING MANUAL

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



OTHER DRILLS TO BE USED

- 1. Jack Rolling Skill Test**
- 2. Draw 4 Lengths Skill Test**
- 3. Drawing Skill Test**
- 4. Draw Between Skill Test**
- 5. Shot Drawing Skill Test**
- 6. Positional Draw Skill Test**
- 7. Shot & Position Skill Test**
- 8. Off Centre Draw Skill Test**



TEAM DEVELOPMENT

- It is anticipated that grade 3 players with the help of a coach will use the training drills and benchmark test to improve their skills and team performance.



OTHER DRILLS TO BE USED

- 9. Shot & Off Centre Position Skill Test**
- 10. Ditch Drawing Skill Test**
- 11. Shot & Ditch Drawing Skill Test**
- 12. Conversion Skill Test**
- 13. Running Skill Test**
- 14. Driving Skill Test**
- 15. Draw & Swing Skill Test**
- 16. Drive & Draw Skill Test**



YOUR GOALS

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



SELECTION POLICY

- The proposed policy will cover the following:
 - Training and skill development programs
 - Desired skill mix in teams
 - Team compatibility
 - Coaching
 - Team practice requirements
 - Evaluation criteria
 - Feedback to bowlers
 - Appeal process



QUESTIONS AND ANSWERS

