

HARROGATE BOWLING CLUB

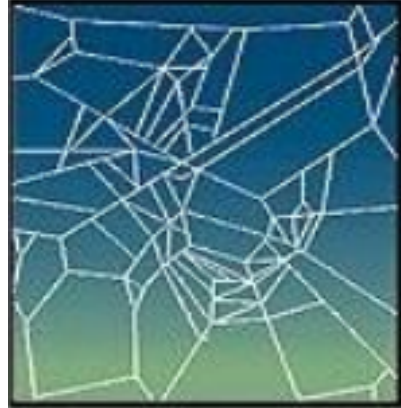


Improvers Coaching

Week 3: The Draw Shot

Drugs in Sport

- ▶ Effects of Drugs on Spiders!
 - ▶ Normal
 - ▶ Marijuana
 - ▶ Amphetamine (Benzedrine)
 - ▶ Caffeine
 - ▶ Chloral hydrate (sleeping pills)



Drugs in Sport

- ▶ Using non-prescribed drugs to enhance performance may upset the fluid and energy balance, causing a variety of unhealthy side effects
- ▶ Stimulants (Caffeine, Amphetamines, Cocaine)
 - ▶ Used to increase alertness and concentration
 - ▶ Can cause depression, anxiety and mood swings
- ▶ Relaxants (Alcohol, Beta-blockers, Cannabinoids)
 - ▶ Used to relax muscles and help the heart work more efficient
 - ▶ Causes poorer hand eye coordination
- ▶ Pain Killers (Narcotics, Cortisone)
 - ▶ Used to reduce moderate to severe pain
 - ▶ Can cause loss of concentration and poor co-ordination of movement

How to Avoid Hooking

- ▶ A common problem is ‘hooking’ your arm across your body, usually on the forehand.
- ▶ On the forehand your arm is thrusting away from your body, which can make the elbow move too far away from your body.
- ▶ The hip can obstruct the movement of the arm away from the body.
- ▶ Solutions
 - ▶ Turn your feet on the mat clockwise, which moves your hip out of the way
 - ▶ Use the ‘shooter’ stance
- ▶ This allows your arm to go forward close to your body in a straight line along your delivery line instead of hooking around your hip

Activity 3.1: Gordons' Challenge

- ▶ Getting both the line and the weight right!
- ▶ Drawing is the 'bread and butter' shot, the shot you will be playing 90% of the time, whatever position you are playing.
- ▶ **Gordons' Challenge**
 - ▶ Set up a number of rinks with different mat positions and Jack lengths (Can be completed on a single rink).
 - ▶ Bowl 2 bowls backhand, and 2 bowls forehand. Re-spot any moved Jacks.
 - ▶ Score 1 point for each bowl within 1 yard of the Jack. Keep a scorecard and note your successes on both hands and compare at the end . . . Which hand is your strongest?
 - ▶ Bonus point if 3 bowls are within 1 yard (for a total of 4 points), 2 bonus points if all 4 bowls are within 1 yard (for a total of 6 points)
 - ▶ Play 8 ends in this way, varying the mat position and jack lengths.
 - ▶ Aim to achieve as high a point total as possible.
 - ▶ 30+ Out of this world!!
 - ▶ 25+ Excellent, but try to beat your best score
 - ▶ 20+ Very Good, but could be better!
 - ▶ 15+ Good, but could do with more practice
 - ▶ 10+ Okay, but needs more practice

Activity 3.1: Gordons' Challenge

Place a full length Jack. Respot any moved jacks.

Play 2 woods f/hand and 2 woods b/hand.

3pts: Touch the jack & remain within 0.5m

2pts: Finish within 0.5m of the jack

1 pt: Finish within 1m of jack

Name/Date	Name/Date

Mat on the 23m line (Mat up).

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

Mat approx midway.

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

Mat on the 2m line (Full length).

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	
Grand Total:			Grand Total:	

Summary: Consistency is the key

- ▶ Consistent approach to the mat
 - ▶ Look at your Aiming Point
- ▶ Consistent position on the mat
 - ▶ Stance (feet and shoulders)
- ▶ Delivery
 - ▶ Line of delivery
 - ▶ Speed of delivery
 - ▶ Follow through - stay down for >3 seconds
 - ▶ Watch the bowls' travel and learn from it.