

MOOROOLBARK PENNANT GAME PLAN

- 1 Keep "Clangers" to a minimum during a pennant game (a "Clanger" is losing an end by a score of 3 or more)
- 2 Keep the opposition's score to 17 or less on your rink and keeping the opposition total score to 70 or less
- 3 Have a rink meeting at least once (say around 6th or 7th end) to see how we are going
- 4 To have a side meeting/chat immediately after the tea-break
- 5 Seconds are to circle the end number on score card if Mooroolbark team was holding one shot or more on the "cross-over" before skips play their bowls
- 6 When each rink has 5 ends remaining they no longer play for the "rink" win but rather the SIDE win
- 7 Always offer your opponent a drink after the game or at least apologise if you are unable to do so. If they do not respond that is an issue for them.

MOOROOLBARK'S MOST VALUABLE PENNANT PLAYER (MVPP)

- 1 To find the Most Valuable/Consistant Pennant Player both in the club and in each side (Saturday only at this stage)
- 2 To find this player we will use a combination of the voting system and the actual pennant results

VOTING

- 3 Each Round every player will receive a score via the voting slips which will be all 4 scores added and then divided by 4
- 4 Votes are calculated as 1 = Poor, 2 = Below Average, 3 = Average, 4 = Above Average, 5 = Good
- 5 Thus a player may have received the following votes for their game from their rink; Average(3pts) Average(3pts) Below Average(2pts) Below Average(2pts) which will add to 10, divide by 4 = 2.5 points

RESULTS

- 6 Points will be awarded based on actual rink & side results in the following way
- 7 Rink Results: 2points for winning on your rink, 1point for a draw, 1 point for a loss of under 5, 1 extra point for a win of 10 shots or more
- 8 Side Results: 2 points for a win and 1 point for a draw
- 9 An example of this would loolike this: Rink wins by 6 shots and Side wins overall by 18. This will score each player in that rink 4 points

COMBINATION

- 10 For this round the above example would give this player 6.5 points
- 11 This will be added to previous total and a Season to date total will be available.

WINNERS

- 12 The player with the most points for the year will be the overall winner
- 13 There will be prizes for each side (except the side where the overall winner has played their games)
- 14 Eligibility for Side MVPP is based on where most games have been played (where level, it will be in the higher side)

PRIZES

- 15 Will be provided by The Head Coach, if the MVPP is a successful operation, perhaps the club can assume ownership in future seasons

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NB When a player does not play they receive 0 votes

NB When a player does not vote/forgets to vote they receive 2 votes (a below average rating) and the other plays receive 3 votes (an average rating)

Talk #1 Discussion Leads & Seconds

What does it take to be a good Leader, what attributes or characteristics are required.....

- 1 Ability to roll the jack reasonably close to where requested
- 2 Ability to play both hands well
- 3 Ability to work out which hand is most suitable
- 4 Ability to work the game plan and not be deterred by opponent
- 5 To be able to out-think their opponent
- 6 Ability to handle change of length

does the lead need to get shot

how should a lead's performance be measured

what should be avoided by leads

A good second, what is in their make-up.....

- 1 Should be a competent leader
- 2 Ability to play both hands well
- 3 Ability to work the game plan and not be deterred by opponent
- 4 To be able to out-think their opponent
- 5 Ability to handle change of length
- 6 Should be able to play wresting/run through shots
- 7 Have the ability to draw off the centre line
- 8 Be a positive link between lead & third

does the second need to get shot

how should we measure a second's performance

what seconds need to avoid

Talk #2 Discussion Thirds & Skips

What does it take to be a good Third, what attributes or characteristics are required.....

- 1 To be in harmony with the rest of the team
- 2 To be in charge of the head when Skip is bowling or absent
- 3 Have the ability to answer the skip's questions quickly and accurately
- 4 Ability to play all shots
- 5 To not control the skip
- 6 Have very good knowledge of the laws of the game
- 7 other observations from players.....

does the third need to get shot

how should a thirds performance be measured

what should be avoided by thirds

A good Skip, what is in their make-up.....

- 1 Should be a competent draw bowler
- 2 Should know the strengths and weaknesses of his rink
- 3 Know and have a game plan
- 4 Try to have the rink playing harmoniously and keep motivation up
- 5 To be able to out-think their opponent
- 6 Ability to read a head and make tactical changes
- 7 Understand Body Language
- 8 Understand Laws of the game
- 9 have strategies to counteract opposing skips
- 10 other observations from players.....

does the Skip need to get shot

how should we measure a Skip's performance

what Skips need to avoid

10 Things

Leads

- 1 Practice rolling the jack.....it is important
- 2 Ask Skip what is the plan, where to put mat, where to roll jack
- 3 Practice well on both hands
- 4 When game starts consult Skip which hand to play
- 5 At away clubs, check to see what opposition are doing
- 6 Give it just 4 ends (2 each way) and re-assess which hand you chose
- 7 Advise Skip what length is your strength, see if he will let you play
- 8 Be able to handle a sudden change of length
- 9 Try and out-play and/or out think your opponent
- 10 Pick up your thirds bowls

Thirds

- 1 Be able to draw shot, so practice drawing in all conditions & scenario's
- 2 Have a good knowledge of the laws of the game.....stuff happens
- 3 Try and develop a working/talking relationship with Skip
- 4 When in charge of head, BE in charge of head
- 5 Answer Skip's questions accurately and quickly
- 6 Try not to be the Skip
- 7 Draw the shot or play the tactical bowl if holding
- 8 Create a positive environment with lead & 2nd
- 9 Be able to play all the shots, even the drive if necessary
- 10 Measure Measure Measure (unless if the opposition looks like they have shot)

Seconds

- 1 Be able to play same hand as the lead (better heads are built this way)
- 2 Be ready to play either hand
- 3 Practice all lengths, unfortunately 2nd's don't have much say in things
- 4 Stick to the game plan and ignore direct opponent if possible
- 5 Keep an accurate & tidy scorecard, confirm with opponent every end
- 6 Practice with the jack off the centre line, it will happen in a game
- 7 Have the ability to play with some weight through a head (so practice this)
- 8 Be a positive link between your lead and third (encourage & make simple positive comments)
- 9 Reach up to head and draw round the back if holding
- 10 Pick up your leads bowls

Skips

- 1 Talk to the team and try and keep them advised of what you are doing
- 2 Listen to any/every member of the rink if they have positive comments
- 3 Know & have a game plan and try and let everyone in on it
- 4 Exhibit good & positive body language
- 5 Advise rink when holding often, do not let the world know how many down you are
- 6 Be alert to changes in opposition, team mates, weather, green
- 7 Be aware of changes that opposition are making, have plan B, C, or D in place
- 8 Don't be a sore loser, smug winner or outwardly hard on your rink
- 9 Understand laws of the game, you will often find that it is a valuable tool
- 10 Buy your opponent a drink and show good sportsmanship

Top Tips For Bowlers

Here is a collection of TIPS given by 2 National Coaches and 2 Australian team players

18 tips worth consideration to bowlers and here they are in no order:

1. Pre-delivery routine: ensures no wrong bias.
2. Position on mat: being pigeon toed is a common fault at delivery.
3. Observe and learn from the best: go watch elite players in major events.
4. Avoid short bowls: emphasis on transfer of body weight, not swing.
5. Head movement: as in golf, keep your head still at delivery.
6. Relax, enjoy the game: you bowl better with this mindset.
7. Skip, play the shot you can get: face reality.
8. Skip, play the percentages.
9. Skip, alter your mindset when down a number: think you are holding and want to add.
10. Fitness training too: no good being the best if you can't go the distance.
11. Training: plan it, do it with a purpose.
12. Hydration: fuel yourself with ample water during the game.
13. Control: think of what you have control over.
14. Delivery: bend and extend, low and slow.
15. Focus: where your mind goes everything else follows
16. Train your weaknesses to improve your performance.
17. Set goals, monitor performance: shows what works, show what to work on.
18. Visit your coach regularly: keeps an eye on creeping bad habits.

Are these tips, or some of them, in your priority list? If not maybe why not?

1 Can predict when you are going to put down a bad bowl!

What are the indicators I am looking for ?

- 1. When you are talking just before your turn**
- 2. When you are focused on what is happening on another rink**
- 3. When you are getting tired**
- 4. When you are getting hot**
- 5. When you are de-hydrated**
- 6. When you are annoyed**
- 7. When you don't like the shot you have been asked to play**
- 8. When you can't see what you have been asked to play**
- 9. When you are not 100% committed to the shot**
- 10. When you have given up**
- 11. When you are worried about the consequences of not playing it right**

What can we do about it ?

- 1. Stop talking and develop a "routine" for each delivery**
- 2. Concentrate on your rink, even when it is not your turn**
- 3. Work on your personal health/diet/fitness/pre-game**
- 4. Keep monitoring your condition on hot days**
- 5. Drink enough water**
- 6. Take a step away and calm/cool down**
- 7. Remember nobody is trying to make you do the impossible**
- 8. Ask for some guide if you can't see the shot**
- 9. Once your mind is made-up, that's it, just play it**
- 10. Never, Never, Ever, Ever give up, simples**
- 11. Think of the possibility that you get it right.**