

## COACHES CORNER

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Vol. Twenty One November 2017

### ATTACK or DEFEND

Players: Four- Play in teams of pairs. Play 2x2x2x2.

Equipment: Four bowls per player: Two mats per rink: One jack per rink:

Aim: To develop a mind set for the shot selection under conditions where you may need to be "Defensive" or "Attacking".

Process: End one and End Two- You the team with the mat is the scoring side (Attackers). They must score two or more shots to win that end for (one point). The non-scoring side (defenders) try to stop the scoring side from scoring the two shots. The defenders can't score. Attackers choice for length of each end. End Three and Four "swop roles".

Continue alternating every two ends to reach the number of ends you want to play or to a set score for the winners.

Dead ends- replay or spot the jack on the "T", your choice.

### ELIMINATION OF BOWLS.

Play 1-2-3 or 4 players.

Equipment: One Mat- One Jack- and four bowls each.

Aim: Assist the players adjust to playing with less bowls and identify the importance of the bowl in your hand.

Set Up: Play as a normal singles game or "4x4" pairs game.

Process: Each player starts with "four" bowls and loses a bowl after completion of each end. On end five you take one bowl back and on each end till you play your fourth bowl. Game ends on the eighth end count up your score for winner. You score the same as any game.

I wish you well and hope you challenge yourself to the best level that you can achieve.

GOOD BOWLING.