



## Train to Play: the club competitor

The main objective of this stage is to encourage the bowls athlete to improve basic skills and begin to learn and use basic tactics during competition. The bowler should be introduced to some physical requirements needed to improve his or her game. While having an enjoyable social experience, it is critical that the athlete needs to focus on learning the identified skills required to progress to the next stage. In order to achieve the performance objectives of the club competitor, more opportunities for practice must be available.

### Technical, Physical, Tactical, Psychological Priorities

- Understands the specific performance of his or her own bowls under different green conditions.
- Demonstrates point of aim using reference points
- Develops correct and consistent delivery of the jack
- Is able to introduce variations to mat placement
- Performs shots to the standards outlined for the club competitor
- Introduces a variety of game strategies including position shots, building a head, opposition weakness, matching bowls and assessing risks
- Participates effectively in a variety of game formats
- Gains experience playing different positions
- Develops the ability to deliver to targets
- Refines weight adjustment skills
- Knows rules of game, etiquette, different formats and scoring
- Understands the basic speed of the green and effect on delivery
- Positions mat and jack to take advantage of own team's strengths
- Is introduced to reading the head and shot selection
- Learns and demonstrates team communication skills
- Is introduced to psychological preparation including goal setting, cooperation with team, pre-game, in game and routines for focus

### Competition

- Participates in inter-club tournaments
- May participate in provincial competition

### Skill Performance Indicators

These benchmarks are based on practice/training drills and the percentages, which may seem high, are accurate – bear in mind that game standards/percentages will be considerably lower.

Skill	Beginning of the Stage	Middle of the Stage	End of the Stage
<b>Controlling the length of the jack</b>	Within 3 metres of the desired length 50% of the time	Within 2 metres of the desired length 50% of the time	Within 2 metres 70% of the time and in play
<b>Bowling to the centre line</b>	Within 80 cm of the centre line 70% of the time	Within 70 cm of the centre line 70% of the time	Within 60 cm of the centre line 70% of the time
<b>Controlling the length of the bowl</b>	Within 3 metres of the jack 70% of the time	Within 2 metres of the jack 70% of the time	Within 1 metre of the jack 70% of the time

