

Coaches Corner

Lindsay Kerr & Jordan Blair-Bremner

Team Roles - Part 4 - "The Skip"



● HOW DO YOU BECOME A GOOD SKIP?

- To become a good Skip you have to be, a great Lead, Second and Third and understand those roles.
- Keep the game simple, call and play the shots that have the best percentage chance of results!

● TOP TIP

- You **must know** the drawline of your team players bowls!! This can also help you predict your own bowl projection, by watching their bowls.

● ROLE OF THE SKIP:

- Provide Leadership, Motivation & Communication to your team.
- Accurately assess the head and call shots within the team's capabilities.
- Watch the opposition for their strengths and weaknesses and exploit them during the game.
- Support and encourage your team, applaud good shots and discuss the game plan and tactics.
- Be confident with your third and go up to head to discuss the shot if required.
- Must know and understand the rules of the game.

● KEY SKILLS

- Be able to play all shots, draw, position, up shots and drives.
- Communicate with your team, at least 3 times during the game and update them on the game plan, tactical changes and reinforcing what needs to be achieved.
- Identify risky shots!! and know when it is ok to lose an end by one shot.
- Maintain concentration and focus, where possible do not talk to the opposition skip.
- Positive body language, do not show displeasure and encourage your team.

● PRACTICE ROUTINES TO BUILD SKILLS

- At least, one in eight practice bowls should be a weighted shot or drive.
- Eliminate narrow bowls, bowl to say 30cm jack high, left or right as required.
- Change practice lengths from short to long and 3/4 regularly. Then move the mat, to simulate pennant conditions.
- **Always** practice with a purpose to sharpen the key skills required.

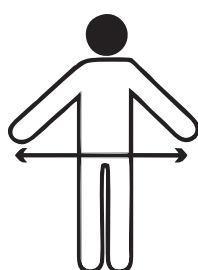
Use bowls sign language and ensure your team understands it.



Forhand



Backhand



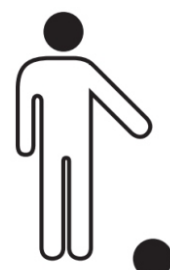
Either hand



Our Bowl



Away Bowl



Shot Bowl