

1-hour Practice Plan – Session 2 of 5

Youth Challenge Team (5) – Experienced Bowlers – T2C

Intro

Welcome back. Today we are practicing **follow-through and target hits**. During our first practice I noticed our follow through completions were only about 50% and our middle % was also about that same amount. A complete and persistent follow through will increase your odds of hitting your strike and spare targets.

Before we get going let's remind ourselves where the fire exits are? Where the muster point is? Our chief first aid provider is?

For today's practice we will not use any pins!

Warm up

-5 minutes - Jimmy will lead us you through stretches. Jimmy be sure to focus on arm stretches and knee bends today.

We've all been sitting at desks most of the day. Let's get limber to avoid injury.

While you are doing that, I'll be looking for any safety concerns

Body

-5 minutes of throwing warm up balls

-5 minutes to demonstrate the final FT position I want to see. Bring bowlers to the lane and have one be the demonstrator while you adjust them. **Don't forget to ask for permission.**

Look for airplane position, low centre of gravity, hand between shoulder and ear height, arm/hand towards target, rudder foot and leg in line with target and foot anchored

-15 minutes to watch each bowler (5) throw 5 balls and video each one (iPad and use Coach's Eye). Tape three from the side and 2 from the front. At the same time the others are throwing balls and recording how many times they are hitting their strike targets and whether they held a FT or not.

-10 minutes all bowlers will take turns throwing 3 balls and the others will critique what they see while the bowler holds their finished position

-10 minutes for target hitting % challenge -everyone throws 12 balls and plots how many times they hit their target **and** held a FT (combined)

Cool down

-5 minutes - David will lead the team through more stretches

Wrap up

-5 minutes - Todays session was to remind us we need to commit to the shot for the entirety of the approach and delivery. Did we see any improvement in % of target hits?

Be sure to practice and hold your FT's this week. Hold your FT's, at least until the ball hits the pins. Our next practice is next Thursday.