

Hare or Tortoise

Activities where teams of players compete to complete a task before another team are a very effective way of challenging and improving both physical and mental skills. Players learn that rushing pre shot routine and/or time on the mat results in poor execution. These are just two examples of races and are a great way to end a group training session.

Learning Outcomes:

1. Communication
 - agree and communicate tactics
 - Encouragement and support
2. Distraction control
3. Skill under pressure



Mat race:

- ✓ 3 or 4 players per rink with 4 bowls each
- ✓ Target mats (1m⁵) on each rink on 2 m mark. Larger mats can be used for inexperienced players
- ✓ Mat at same length each rink.
- ✓ Teams race to get 75% of their bowls (9 or 12) on the target mat
- ✓ Any bowl that does not finish on the mat must be retrieved by the player who delivered it.
- ✓ Any bowl displaced off the mat must be retrieved by the player who displaced it and replayed by the player who played it.
- ✓ Once any one player has 4 bowls on the mat they may go to the mat end and return the bowls.

Variation: The 2 teams swap rinks for a second leg of the race. Losing team from first leg has to wait out the margin of the first leg before starting.

Skills Race:

- ✓ Pairs of players with 4 bowls each race other pairs to complete a set of skills. This example is draw and drive.
- ✓ Mats on 2m four jacks (or tennis balls) spread across the front 2m mark
- ✓ Player 1 draws 4 bowls to the jacks in order left to right while player 2 "marks" and encourages
- ✓ A bowl that finishes within a mat length scores. The target is lifted and the player then draws to the next jack. (highly skilled players can use mat width)
- ✓ After 4 bowls the players swap and player 2 continues where player 1 finished.
- ✓ Bowls must be carried between "ends" and players continue until all four jacks have been drawn to.
- ✓ Jacks are then replaced and players continue as above this time driving each jack until all 4 have been hit.
- ✓ Place the mat on the 23m mark and repeat both skills