

## **CIRCUIT TRAINING**

**When training groups the limited number of bowls used by each bowler keeps the rotation of the training session flowing also keep in mind over crowding creates delays which can affect the training program.**

**When using two rinks place the mat on the first rink and place a mat on the opposite end of the adjacent rink.**

**Place your targets either on the centre line or a offset position on the rinks and place the mat at the desired length maintaining the same distance for both rinks to achieve the objectives.**

**Circuit training is ideal for pennant training which can provide you with the bowlers personal performance for your record book and what shot the bowler should concentrate on or weakness to improve his performance.**

**When using seven rinks a variety of targets can be used for the training of a full side or a group training routine making sure that both back and forehands are implicated. Keep in mind that too many targets laid out without a program will not be beneficial to the coach nor bowler in which will be become un- attractive.**

**The training program should be rehearsed by the coach and his mentors before the program is presented and outlining the objectives of the whole practice and routine.**

**One of the main factors by using coaching aids is that they delete all flukes and provide a disrupted training or practice routines also maintain longer concentration periods for repeated shot practice when required.**







