

Coaches Corner

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Team Roles - Part 2 - "The Second"

● HOW DO YOU BECOME A GOOD SECOND?

- Learn **Versatility** to be able to cover a variety of challenges in defence and attack.
- **Practice, practice and practice** the key skills.

● TOP TIP

Stand behind the mat and wait for the Skippers direction, do not anticipate the shot as this will effect your concentration.

● ROLE OF THE SECOND:

- The main role of the second is to continue building the head.
- Good seconds can confidently draw close bowls to the jack when the lead fails to do so.
- Play positional bowls and accurately attack the head when called upon.
- Support and encourage fellow team members.
- The second is also required to maintain the scorecard and scoreboard and confirm correctness with the opposition second.

● KEY SKILLS

- Be consistently reliable on the draw.
- Be able to play a variety of weighted shots to either trail the jack or replace / remove opposition bowls.
- Regularly be able to play bowls past jackhigh over short, medium and long ends.
- Be able to play accurate positional bowls to points on the green past the head.
- Be able to play the metre over the draw shot.
- You must be able to play either hand on request, and understand the different lines (wide / narrow) required.

● PRACTICE ROUTINES TO BUILD SKILLS

- Alternatively change from one hand to the other.
- Set up two jacks, one a metre longer and draw between them.
- **Always** practice with a purpose to sharpen the key skills required.

