

Advice to Clubs John Riches visit 3-10 November

Days/Times have been allocated to Clubs and State Development/Players for the visit of the ACA Director of Coaching.

Clubs will need to advise their requirements in regard to Association coaching.

John has supplied a list of topics for Clubs to design their programs.

SESSION 1

Technique: roquets (and how to practice)

Tactics: If you cannot load your next hoop, place two balls together,

Leaves: Standard leave after first 9 hoops (diagonal spread for hoops 1,2,5,6, or 1b).

SESSION 2

Technique: hoop approaches

Tactics: hoop loading

Leaves: standard leave after first 9 hoops (for hoops 3,4 3b or 4b)

SESSION 3

Technique: splits (allowing for pull and drag; controlling distance ratio with mallet slope.)

Tactics: Trap-lines and how to use them.

Leaves: standard leave after going to peg (for 4b); and when to go to peg.

SESSION 4

Technique: take-offs, wide-angle splits and thick take-offs (allowing for ball-slip)

Tactics: cannons and how to use them (including disjoint and promotion cannons).

Leaves: ideal leaves for single hoops.

SESSION 5

Technique: rushes, pass rolls, stop-shots, pass-rolls, equal rolls.

Tactics: "load and hold" shots and when to use them.

Leaves: ideal leaves for two hoops.

SESSION 6

Technique: hampered strokes

Tactics: next break strategy. Always shoot. Aunt Emma. Never return wide of partner.

Leaves: wiring, contact leave, sextuple leave.

SESSION 7

Technique: jump shots, peels, bombardments.

Tactics: openings

Leaves: 3-ball leaves and strategies.

SESSION 8

Triple peels - standard and delayed.
turns after the bell.

Psychology; preparation and peaking for events; importance of continued coaching.