

Welcome to the April 2011 (monthly) edition of the coaching column titled ‘...On Line Delivery’ on Henselite’s website.

PURPOSE of the session

positivity = self belief = mental toughness

- ...history only records the names of those who were (there) first
- ...unwavering faith regardless of the difficulties(which requires discipline)

LESSONS

- Mental toughness is a degree of self belief and of extra effort
- Mental toughness is that ability to return stronger after losing rather than never having failed
- ...we all make mistakes; make the same mistake twice then have a ‘red alert’ signal to alter behaviour
- ...train as if you were only second best in the world
- ...You are worthy of success
- ...Other people don’t do as well because they do not believe it applies to them
- ...Make sure you believe this success does apply to you
- ...Stand tall in that view

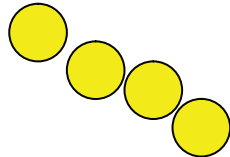
Positive people are amazing

- Learn by seeing positive people behave
- Borrow from positive people without changing you as a person
- Be around positive people
- Find out how they are positive
- Have role models, be a role model

WARM UP physical toning exercises

(10 Minutes)

Warm up catapillar for 2 to 4 ends



Draw every bowl within ML of ditch, repeat till complete

SKILL Rating,

(20 Minutes)

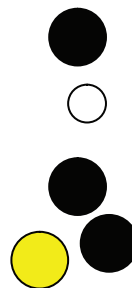
Measuring performance score out of 10 attempts: scoring is done by the number of deliveries ending within ‘Mat Length’ (ML) of delivery being attempted at the distance indicated below;

Type of delivery (10 attempts at deliveries)	Min. Length F/Hand	Max. Length F/Hand
Wrest out toucher		
2 yard on shot		
Widen heads		

TACTICAL & MENTAL / Communications Skill in drills, 10 attempts at all diagrams

(60 Minutes)

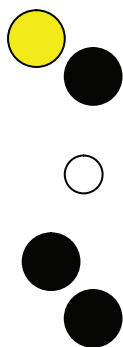
You are the **YELLOW** bowl, must reduce to second shot



- Now you are the **BLACK** bowl, draw another within ML to win 4 shots (bocce)

DIAGRAM RIGHT

- yellow is third shot
- BLACK wrest out yellow as we get 4 shots if we stay
- BLACK must draw third shot to come out as a draw



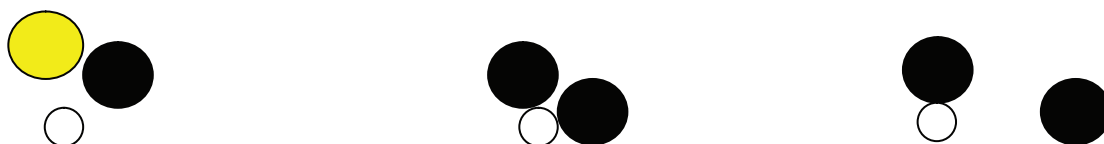
DIAGRAMS BELOW

- you are the BLACK bowl, draw another to win more shots (bocce)



- you are the YELLOW bowl
draw to win shot , forehand then backhand
draw to win second shot, forehand then backhand
drive as want a dead end,
right diagram, caterpillar onto front bowl to move jack for shot
left diagram, firm shot & stay forehand into black bowls

DIAGRAMS BELOW



- if black, caterpillar for another shot
- if yellow, slight push into black to move both bowls and stay for shot

Modified Games

(50 Minutes)

- # simulating pressure: use diagrams to apply to a game for all black and yellow options to win, to add, to reduce,
- # One player is down 0/5 after 5 ends and must win the set (of 9 ends)

KEEP A SCORE OF ANY OF THESE PERFORMANCES

FINISH with FUN Completing session with fun programs

(10 Minutes)

- Noughts / crosses or Caterpillar or football, nearest ditch
- Bocce or Target mat or Specified purpose eg. world series one bowl nearest ditch

Lachlan Tighe
October. 2011