

Welcome to the February 2015 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website.

The theme of this column is.....

MasterClass coach workshop lessons- changing hands

(noted ideas from the June 2014 workshop presenters and attendees worth applying)

Lessons from coach presenters

1. With a bowl in your line you have 50% chance of success if stay on the hand, however only have 12.5% chance of success having changed hand
2. Weight control can be trained
3. Know line and your bowl by varying training
4. Warm up ideas

Training session for Lesson Two-

Use the head below for 10 attempts on the FH at the 3 weight variations which are:

mat length over,

the a metre over,

finally 2m. over.

This will be a total of 30 deliveries (your training partner will need to reset the head each time it is disturbed).

And obviously do this exercise on the BH next

Note: My bowls book 'Winning becomes you' is now available from Henselite and other bowls shops. If interested in purchase, contact me direct on email l.a.tighe@bigpond.com or check the Henselite website for details of availability. Or my own website www.lachlantighebowls.com.

Lachlan Tighe
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