

Welcome to the July 2012 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website.

The theme of this column is.....

Skill Audit

...introduction for this session only of the full range of skill ratings,

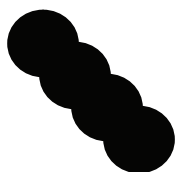
...and, knowledge of your technical skill

...use the audit rating in principle to apply for any one delivery in other training sessions

WARM UP physical toning exercises

(10 Minutes)

Caterpillar all 4 deliveries to touch one another for 2 to 4 ends. At worst the three deliveries should be no further than a mat length from the original delivery



SKILL Rating,

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 all deliveries at both lengths)	Min. Length B/Hand	Min. Length F/Hand	Max. Length B/Hand	Max. Length F/Hand
1. Jack		n/a		n/a
2. Draw				
3. Wrest out toucher				
4. Add a yard				
5. Trail shot – limit m.				
6. Trail shot – hide jack				
7. Yard on shot				
8. 2 yard on shot				
9. Drive				
10. Draw to ditch, ML				
11. Draw spot right/ left				
12. Resting toucher				
13. Widen the head				
14. Firm shot & stay				
15. Plug / block entry				
16. Firm up shot swinger				

In a normal training session choose one or two skill deliveries and again choose to attempt one of the hands and lengths as indicated. Never do all as that skill rating is not my intention of a typical training session.

Enjoy the read.

Lachlan Tighe
July, 2012