

Welcome to the August 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

LESSONS

Observations of skill development is on player capacity to have discipline in

Pre-delivery routine

Fundamental factors of delivery are sound

Ease and fluency of delivery

Get down, stay down

Disciplined to watch the bowl flight, detect, repeat or correct

... Choose to work on scoring for 2 - 3 of the ratings each session;

...Keep inserting the known 'pb' current for each delivery for each of these in the table below and note who else you train with has a 'pb' for set deliveries

Questions for skill development

Competition

What is your quest?

How are you going to achieve it?

Technical

How good are you?

How good to you need to become?

Tactical

What competence do you have?

What is lacking?

Mental

What skills do you possess?

What do you need to develop?

Enjoy the read.

Lachlan Tighe
August, 2012