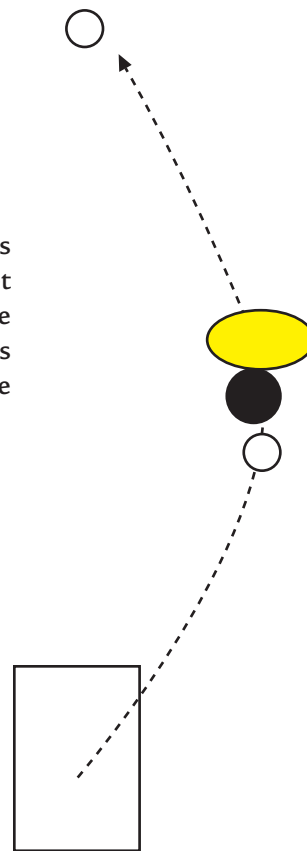


*Welcome back to another year of bowls and 2010.
This (monthly) edition of Henselite's website
'...On Line Delivery' coaching column is titled*

Mind Games

Consistency, Focus and grass line

Bowler to deliver a set of bowls for on one hand for 6 ends takes about 20 minutes; draw thru different sized disks (as set out on grass line in colours) removing larger disk each time your complete 2 ends so finishing with the third disk for ends 5/6 and finish within accepted mat zone, as shown by the white circle;



Alicia Molik, Aussie tennis player, admitted to 'letting her mind wander' during the Tennis Open and thinking about all things other than the match.

My recent attendances throughout Australia in bowls for coaching or competition showed me how many of the bowlers criticise themselves about their poor bowls – it is as if it is all the bowls' fault. What I see and hear is an inability of the bowlers to remain on focus.

Where your mind goes everything else will follow. To address that flaw in your game why not practise simply a repetition of a good sound delivery as per above. That will require you to persist a little in practice by yourself before joining in with others.

Enjoy your bowls.

Lachlan Tighe, February 1. 2010