

Henselite Consulting Coach ...On line Delivery column

Welcome to this January 2011 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website;

Playing from the mat at the bottom of the page/ screen up to the head

THE HEAD SCENARIO- opposition first bowl is jack high and a bowl from the jack the left diagram the black bowl is lying flat; the right diagram it is on its running surface a training partner is required as the head needs to be reset every time which is their role.



The choice of options below reflect the attitude/ approach of the skip (in team format) of the singles player. No one option is better than another, however, the choice says a lot about how you are reading and playing the game.

Try numerous attempts at each option for each diagram, for example do 4 attempts at all for each of the options, a total of 40 deliveries, then swap with your partner doing their deliveries;

then do diagram on the right same amount of 40 deliveries in total and see what it feels like to use all options:

- option 1** forehand draw to black bowl to be second shot (caterpillar)
- option 2** forehand draw as a back bowl a ML behind to be second shot
- option 3** forehand draw anywhere within mat length(ML) to be second shot
- option 4** forehand draw to be shot
- option 5** forehand draw within ML of ditch
- option 6** forehand push/ wrest into shot bowl to force it out for you to be shot
- option 7** forehand trail the jack delivery for you to be shot
- option 8** forehand drive to remove shot bowl
- option 9** forehand drive at the jack
- option 10** forehand drive into head

Find out what works, and, what not to try.

Lachlan Tighe,
January 2011