

***Henselite Coaching Column... 'On line Delivery'***  
***Coach consultant, Lachlan Tighe***

**January, 2012 edition** of the coaching column titled '...On Line Delivery'

The *theme* this column is.....lessons learnt from attending the BA Hall of Fame Inaugural award night, December 2011 in Adelaide.

I had the sheer joy to attend the awards and also to separately dine with icons John Snell, Peter Belliss and Jon Bosisto ( whose dad was made the only legend of our sport). In their company I picked up these pearls for us all to heed.

***Hall of Fame***

**Lessons**

- Train as if you were competing in the final of the Australian Open
- Compete against your own standards and not worry about the opposition
- Develop standards at training
- Discipline yourself to train such as 20 consecutive deliveries over a chalk mark
- Don't be greedy, maintain advantage then gain
- It is not necessary to get the shot too early
- The best players recorded their performance in training AND in events
- Know your weakest delivery, improve it, visualise it even when away from the green, say when walking around the street

Enjoy the read.

Lachlan Tighe,  
January, 2012