

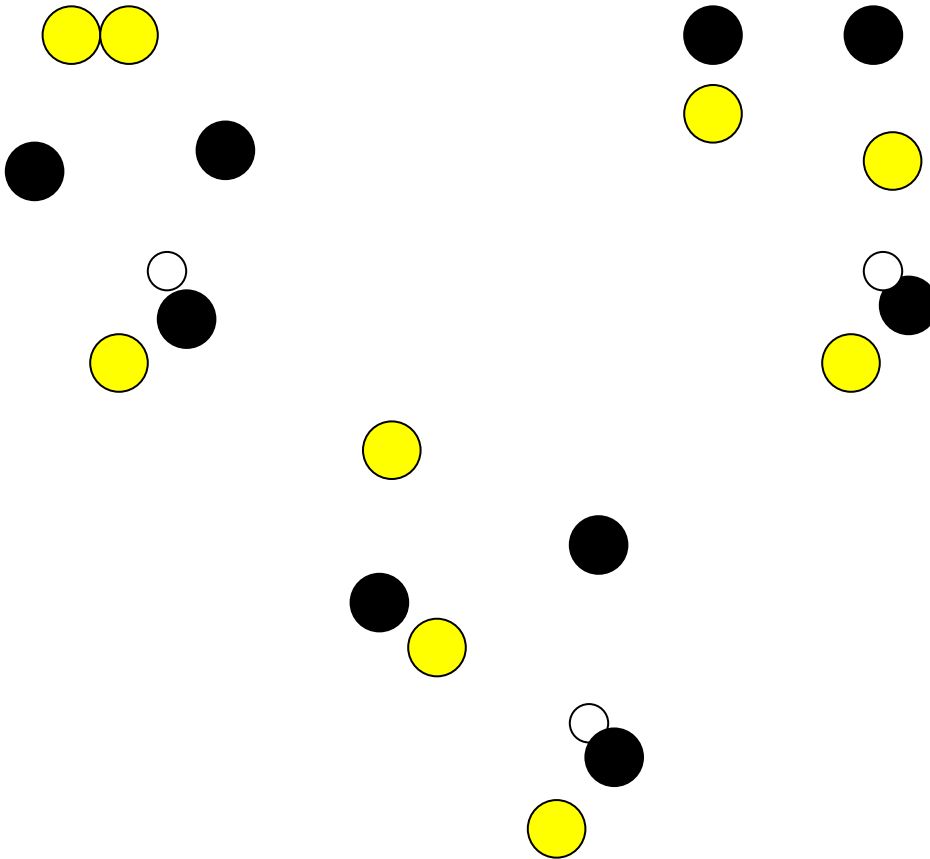
Henselite Consulting Coach ...On line Delivery column

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

Playing these 3 separate heads assuming the mat is at the bottom of the page/ screen

The Yellow player has the next and final FOREHAND delivery.

The immediate back bowls in the diagram are set about a mat length from the jack;



Situation force yourself to practice sensory awareness

the weight (feel) for each head

the weight (visual) for each head

the weight (outcome) for each head

the weight (correctly delivered despite missing the target) for each head

the discipline of your pre delivery routine

SO

is it a caterpillar onto the jack

a ML onto the jack

a metre over onto the jack

Try all options at training. Find out what works, and, what your weight control is like.

Lachlan Tighe,
April, 2011