

Henselite Consulting Coach
...On line Delivery Column April, 2009

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

What better way of starting the column than to suggest your first delivery is truthfully your ...pre delivery (routine).

Not got one!

How about considering this sample below and whether you agree with it or not, find the words to suit yourself and apply them all the time- in practice and in the game.

Pre Delivery Routine

(a sample to consider)

1. Project a line from a chosen bank mark (peg).
2. Visualize the turn of your bowl to the jack.
3. Recall the flight path of your bowl.
4. Take one step onto the mat with your right foot aligned to the middle mat line and your left foot slightly in front of the right. Aim both feet out along the draw line.
5. Use your cloth to rub the bowl and then move it from your left hand to your right hand, checking the bias and correctly gripped.
6. Decide on the weight and pendulum height for this delivery.
7. Breathe easily.
8. Execute a slow, easy delivery.
9. Bend your knees to ensure you take your body low and through.
10. Deliver the bowl with the focus of eyes, mind and body on that 'spot'.
11. Know how many seconds it takes to do your routine.

...know exactly your personal delivery routine, every time!!!

To conclude, it is beneficial to also know how long you stay down after delivery of the bowl too.

Enjoy the site.

Lachlan Tighe, April 2009