

Henselite column- August 2012

Lessons from Session: Skill rating

TRAINING SESSION PURPOSE: lessons from Skill rating

PURPOSE of the session SKILL AUDIT as outlined in July column

- ...introduction for this session only of the full range of skill ratings,
- ...and, knowledge of your technical skill
- ...use the audit rating in principle to apply for any one delivery in other training sessions

LESSONS

Observations of skill development is on player capacity to have discipline in

- Pre delivery routine

- Fundamental factors of delivery are sound

- Ease and fluency of delivery

- Get down, stay down

- Disciplined to watch the bowl flight, detect, repeat or correct

... Choose to work on scoring for 2 - 3 of the ratings each session;

...keep inserting the known 'pb' current for each delivery

for each of these in the table below and note who else you train with has a 'pb' for set deliveries

Questions for skill development

Competition

- What is your quest

- How are you going to achieve it

Technical

- How good are you

- How good to you need to become

Tactical

- What competence do you have

- What is lacking

Mental

- What skills do you possess

- What do you need to develop