

Welcome to this edition of the '...On Line Delivery' coach column on Henselite's website

The previous month we looked atwhat you know, now I will outlinewhat bowlers NEED, a big difference between the two. Essentially what every bowler needs to work on for ongoing success.

What bowlers need (to succeed)

- Every bowler should review their past year performances
- Every bowler should set new annual goals
- Training should highlight your level of intensity, commitment, mental skill
- Fitness levels of good bowlers is better as they cope with events that continue beyond 2 days
- Mediocrity holds you back- near enough is not good enough- omit that mindset and apply the new approach at training
- Composure under perceived pressure and it follows composure in teams is a necessity for success
- Omit 'worry warts' from the side, train to be positive in teams, strong characters to hold the emotional thread together
- Tactical skill training as players do not have to hold the shot every delivery
- Communication skills in teams- verbal, positive, body posture
- Ability to measure their technical delivery skill
- Learn from the best – watch, meet, listen, share, apply

To conclude, if you are honest and serious you would evaluate yourself and say yes I can move this way to success if I agree to the changes.

Enjoy the read.

Lachlan Tighe, 2009