

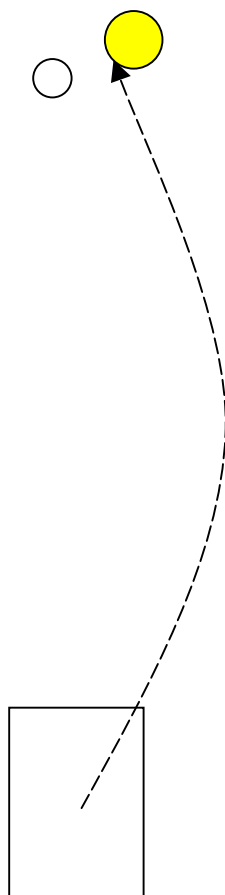
MasterClass coach workshop lesson - changing hands (2 of 4)
(Noted ideas from the June 2014 workshop presenters and attendees worth applying.)

Lessons from coach presenters

1. With a bowl in your line you have 50% chance of success if stay on the hand, however only have 12.5% chance of success having changed hands.
2. Weight control can be trained.
3. Know line and your bowl by varying training.
4. Warm up ideas.

Training session for Lesson Two – (Lessons 3, 4 to follow)

Use the head below for 10 attempts on the FH at the three weight variations, which are mat length over, then a metre over, finally two metres over, hence a total of 30 deliveries. (Your training partner will need to reset the head each time it is disturbed).
And obviously do this exercise on the BH next.



Lachlan Tighe, 2015.