

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

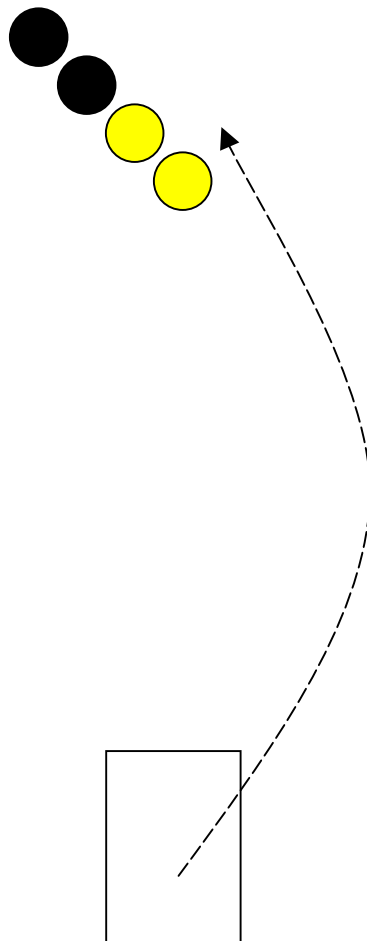
Lessons from coach presenters

1. With a bowl in your line you have 50% chance of success if stay on the same hand, however only 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 Four (4) – warm up routines:

First routine is to set the mat four (4) metres from ditch and deliver back into the ditch four (4) metres away. The purpose is to stay down until the delivery hits the bank, ensuring you delivered over the same spot each time.

Second routine is to do two (2) ends of caterpillar, which is each bowl finishing as close to the previous as illustrated below.



Lachlan Tighe, 2015.