

Henselite coaching Column...On line Delivery Coach consultant, Lachlan Tighe

August 2013 edition titled Knowing all the options

In a previous column I said ‘**Deliberate Practice**’ meant you prepared yourself to win any, and all, important team/ singles championships, titles.

I tried this head below (presume always the mat is at bottom of page/screen) with **Elbows** and a number of other bowlers last week. I found the other bowlers not to have the discipline to apply the training to the same effect and intensity as the **Elbows** squad. When we had mini games where I gave them options , the Other bowlers all take the drive option every time displaying to me their lack of discipline, their lack of options to call upon for the big events.

Here are three options to train for as right forehand (have 8 attempts at all three option)
Bowl on the right is a mat width, 35cm, from jack and you are down 2 on the head



first

- Draw to be second shot

second

- Push or wrest out shot bowl and stay to hold shot

third

- Drive to either hit the jack OR hit the bowls (you may wish to do 8 attempts to hit the bowls and 8 attempts to hit the jack)

Record how you went with the 8 deliveries per option and aim for a 4/8 strike rate for each option;
What you now know is your success rate at any option and what score you have to improve on.

Competition

Now compete against a partner for 3 ends using all 4 bowls each where you are down and have to
For one end choose option one as your first delivery only;
For second end choose option two as your first delivery only;
For third end choose option three as your first delivery only.

Lachlan Tighe, August, 2013