

Henselite Consulting Coach Column...On line Delivery

Welcome to the April 2011 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website.

We all play in teams as bowlers. Sure we contribute, so we say, however can we measure how well we contribute. Worse would we get a fright if we were measured for our contribution.

QUESTION for you the bowler

What can I do as a pennant player to increase my intensity levels if the pennant level is not personally demanding enough.

Personal measure in Team (pennant)

For example can you answer such

- ...state your average 'pb' mat length deliveries in pennant, e.g. maybe 22/50 deliveries, i.e. 44%
- ...state your 'pb' mat length deliveries in pennant, e.g. maybe 35/50 deliveries which is 70%
- ...state your 'pb' mat length deliveries with the first bowl in pennant, e.g. 12/25 ends, reads as 48%

And for singles you may want to set goals as

- ...state your average 'pb' mat length, effective deliveries, e.g. 44%
- ...state your 'pb' mat length, effective deliveries e.g. 55%
- ...state your average 'pb' mat length with the first 2 deliveries e.g. 22 %
- ...state your 'pb' mat length with the first 2 deliveries e.g. 45%

- All of these are ways of altering the focus by making your contest with yourself, though guided by a skip in pennant and team events;
- That does not alter your focus as you had to decide to deliver anyway just that someone else (the skip) chooses your delivery;
- You are then distracted both from the result and the level of comp. as it is all about you setting higher standards which are transferable into all events;
- with my international coaching, I always use 'pb' as a measure because at times selectors put you in dud sides so you need self motivation;

The problem with Divisions one or two is that they have bowlers of good standard, but at these pennant levels it has too many self satisfied players;

The question to ask, do you want to develop your skills or remain at the present level.

Lachlan Tighe, 2011