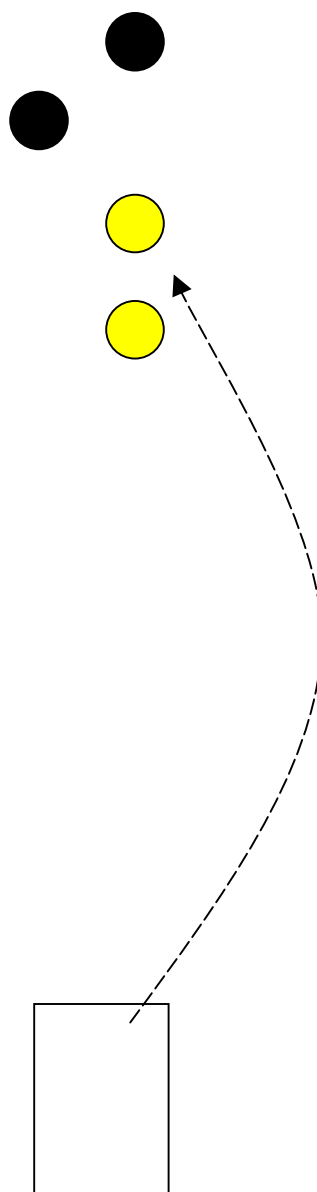


Training - varying length, line

Firstly, I would implore every bowler to take eight (8) bowls out to train every private session you do; obviously in a squad/ team setting that may not be suitable. What I would conduct below is a player has to get 4/8 bowls to caterpillar on a right hand forehand (caterpillar is where the bowl literally rests on the previous delivery- in this case on the four bowls set up in the diagram) on the first bowl set at 23m. minimum length, then the next bowl set 26 metres along, then the third bowl which is 29 metres along but off the centre line, now the fourth bowl set at maximum length. And you do not proceed to the next target bowl till you get 4 successful deliveries at the earlier target. Coaches will take each delivered bowl from the head once it finishes its roll.



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Elbows: attitude, all about practising habits