

MasterClass coach workshop lesson - changing hands (1 of 4)
(Noted ideas from the June 2014 workshop presenters and attendees worth applying.)

Lessons from coach presenters

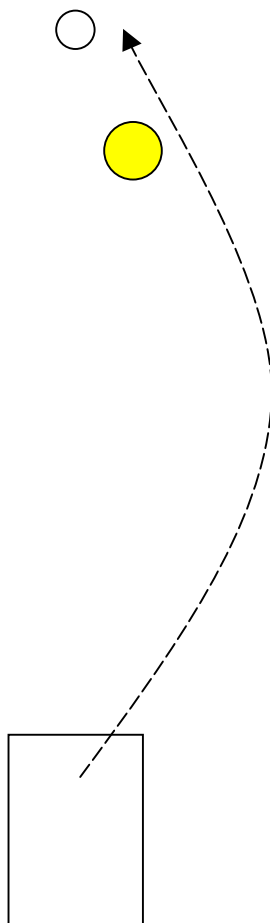
1. With a bowl in your line you have 50% chance of success if you stay on the hand, however only 12.5% chance of success having changed hands.
2. Weight control can be trained.
3. Know line and your bowl by varying training.
4. Warm up ideas.

Training session below for Lesson One (lessons 2,3 4 to follow):

Draw forehand to a jack 10 times, and record performance.

Now set up a bowl near, but not on, your grass line and have 10 forehand attempts and record the outcome.

Now change hands for both those programs and compare the difference(s).



Lachlan Tighe, 2015.