

MasterClass coach workshop lesson - changing hands (3 of 4)

(Noted ideas from the June 2014 workshop presenters and attendees worth applying.)

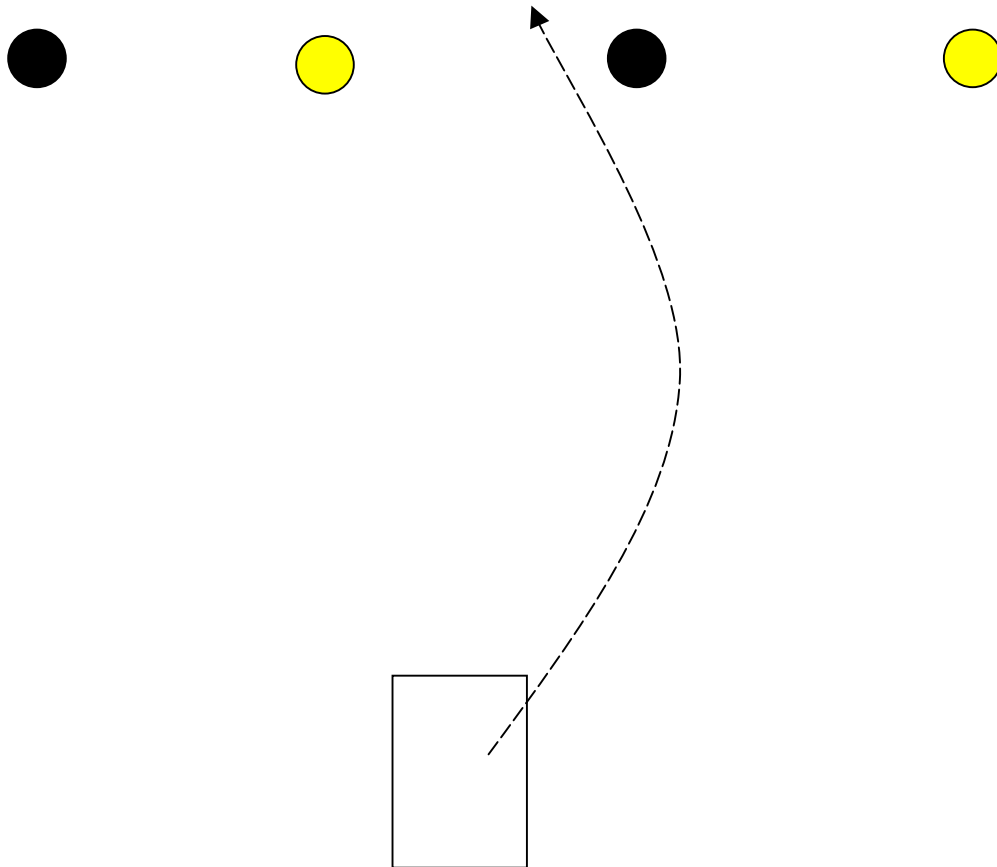
Lessons from coach presenters

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 hand.
2. Weight control can be trained.
3. Know line and your bowl by varying training.
4. Warm up ideas.

Training session for Lesson Three - know the line of your bowl

Tried in Canada in Halifax with Terry and Jacque.

Mat placed side on to these bowls and bowler has to deliver to finish by touching bowls left to right, then, deliver to find the gaps between bowls from left to right, then, deliver to push out bowls left to right.



Lachlan Tighe, 2015.