

Welcome to the January 2012 (monthly) edition of the coaching column titled ‘...On Line Delivery’ on Henselite’s website.

The theme of this column is.....

Lessons learnt from attending the BA Hall of Fame Inaugural Award Night, December 2011 in Adelaide.

I had the sheer joy to attend the awards and also to separately dine with icons John Snell, Peter Belliss and Jon Bosisto (whose dad was made the only legend of our sport). In their company I picked up these pearls for us all to heed.

Hall of Fame Lessons

- Train as if you were competing in the final of the Australian Open
- Compete against your own standards and not worry about the opposition
- Develop standards at training
- Discipline yourself to train such as 20 consecutive deliveries over a chalk mark
- Don’t be greedy, maintain advantage then gain
- It is not necessary to get the shot too early
- The best players recorded their performance in training AND in events
- Know your weakest delivery, improve it, visualise it even when away from the green, say when walking around the street

Enjoy the read.

Lachlan Tighe
January, 2012