

Welcome to the January 2015 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website.

The theme of this column is.....

MasterClass coach workshop lessons- changing hands

(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 hand, however only have 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 1.

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

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

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

Note: My bowls book 'Winning becomes you' is now available from Henselite and other bowls shops. If interested in purchase, contact me direct on email l.a.tighe@bigpond.com or check the Henselite website for details of availability. Or my own website www.lachlantighebowls.com.

Lachlan Tighe
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