

Welcome to the March 2011 (monthly) edition of the coaching column titled ‘...On Line Delivery’ on Henselite’s website.

We all play in teams as bowlers. In Victoria this past weekend we may have even been in finals teams. Sure we contribute, or so we say; however, for the majority who do not win, do we exert influence on team mates to also contribute.

Attitude in Teams (Fours/pennant)

Attitude = ‘practising habits’

- Why does Tiger Woods look to do it so easily
Because when he chooses his 2 iron twice in a round he knows he has hit it 500 times this week, and 475 of those were perfect, i.e. 95%
Can anyone tell me how many bowls they drew into a Mat Length range...then how do you know how far you/the team have to improve to win,
- Repetition of perfect practice
Do you just play games, that’s not perfect practice- short/long/wide bowls are evident and what you practice is what you bring as that standard into competition – does the team even practice??????
- Pre shot/ delivery routine
You need to know by practice what you do every time you prepare to deliver and whilst you deliver
- Fail to plan, plan to fail
Do you and the team expect to win the pennant event
Do you expect to win a championship
If so...
Are you preparing for the next round competitor (player/team/club)
In your position (say leader) are you precise in your jack delivery at max/min length
able to always get one bowl per end within mat length of the jack
Have you/the team set goals for the season,
why not...don’t expect anything in that case
why not as a team member...too afraid of being seen as different
Make goals measurable for technical skill, pennant competition level

Communication

- Good communications = listening, encouraging, positive body language, personable, welcoming, honest.
- 2 ears, 2 eyes, one mouth to be used in similar proportion

Being human we do have a capacity to influence our destiny, the pity is so many bowlers, including you, never make use of that capacity. The question to ask, do you want to soar with the eagles, or, mix with the turkeys.

Lachlan Tighe
March. 2011