

Welcome to the March 2013 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website.

The theme of this column is.....

Winning pennant finals

A final say from the coach

(a guide to presenting a pep talk to teams pre finals)

N.B....You came either top or second at the conclusion of the pennant round, so don't throw away all that good experience, that confidence

'.....what do the best in sport do???

We are not the world's best but why not apply some things they do even at our level

FUNdamental

Keep it fun

Keep it basic

Retain a 'reality' check on your game - lose confidence not skill

good teams are those who win even when not playing too well on the day; one in all in from herein

WINNING, What it is to me?

Winning ways....during the game

Pre delivery routine exact and constant every bowl

Visualise every delivery thus we 'bowl' 2 bowls to the opposition's one

Technically be proficient, bend extend low and slow

maintain your standard- accept your mistakes

Tactically make preferred decisions, minimise errors

Team awareness

Everyone reacts favourably to compliments

Front end team -think like that every end

leads set our Tactical foundation

leads have greatest impact with one third of the deliveries,

Don't be greedy

Maintain then gain

bowls in the head reduces the risk factor

four rink teams make the Club side

responsibility is shared equally 25% per player

How often are we monitoring the progress of me, rink, side

CONCLUSION

those who play (games), practice (games) and may not get to finals. Those who compete in bowls as sport, train to win FINALS. If you do what you always do you will get what you have always got. In our case another win, oh surprise, surpriseit was the final

Lachlan Tighe
March, 2013