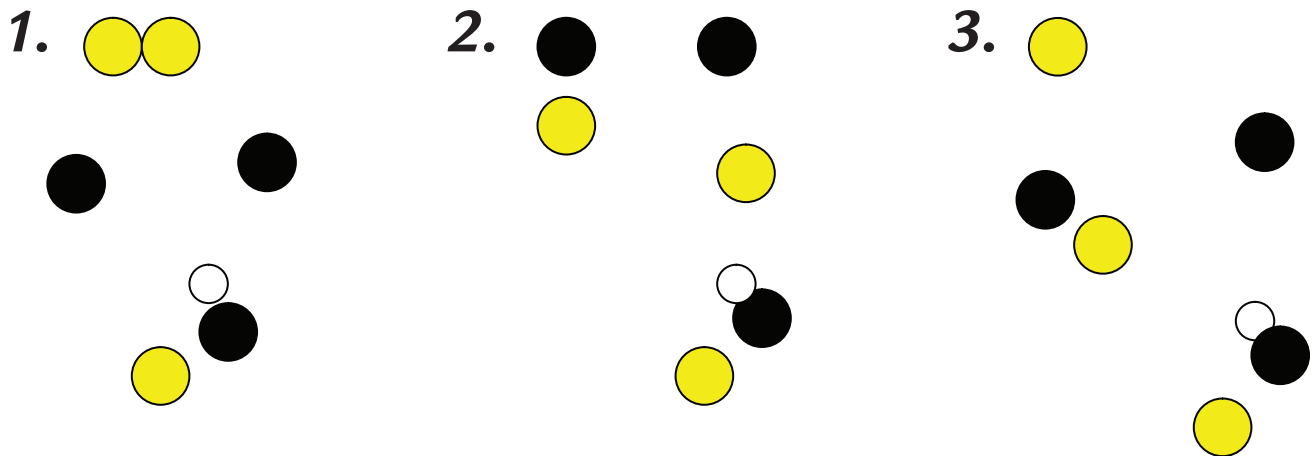


Welcome to the April 2011 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website.

Playing these 3 separate heads assuming the mat is at the bottom of the page/ screen

The Yellow player has the next and final FOREHAND delivery.

The immediate back bowls in the diagram are set about a mat length from the jack;



Situation... force yourself to practice sensory awareness

- the weight (feel) for each head
- the weight (visual) for each head
- the weight (outcome) for each head
- the weight (correctly delivered despite missing the target) for each head
- the discipline of your pre delivery routine

SO

- is it a caterpillar onto the jack
- a ML onto the jack
- a metre over onto the jack

Try all options at training. Find out what works, and, what your weight control is like.

Lachlan Tighe
April. 2011