

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

The theme of this column is.....

Singles Tactics Options using first two deliveries

'How do extraordinary sporting achievers get to be so great at what they do?

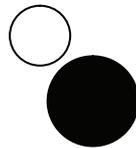
I asked that question once before, and, the answer hasn't changed ...**DELIBERATE PRACTICE**; which is identified as the key to exceptional achievement.

'**Deliberate Practice**' to prepare yourself to win any, and all, important singles championships

The scenario we have is your opponent draws a resting toucher first delivery, below;

You are only 'measuring' your first 2 deliveries - however have 10 attempts using the 2 deliveries to gain a measure of your success (for each option);

Here are three options to train for (can be easily done alone at training though a coach supervising the head is preferable) so you know to be able to use them with effect and confidence when, note when, this occurs on the championship event you are trying to win.



First

- Deliver two bowls and you must have at least one of the two deliveries within a mat length (ML) of the jack

Second

- With your first delivery you play a 1-2 metre weighted delivery, intention to alter the head, however, delivery 2 has, note has, to be within a ML of where the jack is

Third

- With your first delivery you play a full drive delivery, intention to alter the head, even kill the end, however, delivery 2 has, note has, to be within a ML of where the jack is

P.S. Bowls Canada (BCB) has recently advised me that the COACH'S CORNER (a resource I initiated in 2011) set up on their BCB website within the national teams menu is there for me to continue using/ adding as my international resource for coaches and bowlers.

Feel free to refer that site in addition to these monthly Henselite columns.

Lachlan Tighe
April, 2013