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

The theme of this column is.....

World Champions Reactions

Over a number of years I have sought the opinion of bowlers who win Gold Medals and World Championships on what they saw as the prime factors contributing to their ultimate success.

I sought the information to help the bowlers I coach, some of whom themselves went on to win the ultimate world level events.

This is my summary recollection in point form of what they said and on record here in full appreciation of all of those elite bowlers contributions:

- Must want it (winning)
- Train with purpose, with intensity
- Train as if competing to win
- Delivers naturally and where jack finishes that is where they compete
- Does not bother with specific lengths for ends
- When they are down/ behind simply asserts themself demonstrating a level of confidence to confuse opponent so never gives up the ghost so to speak
- Always did drills even the formally assigned drills that seem repetitive
- Modified training to give it a game flavour (that is called games sense training which we do in the elbows squad)
- Jack throw is vital
- priority is the first 2 bowls in singles
- Always wants to outdraw opponent with first bowl to virtually say.. beat that pal!
- Had a goal
- Had a game goal
- Sheer dedication
- Remember it is fun
- Be positive at all times
- Be accepting of your variation in form, and, cope with it
- Accept you do not, and cannot, win every time you compete

Lachlan Tighe
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