

*Welcome to the September 2010 edition of the coaching column titled
'...On Line Delivery' on Henselite's website.*

Playing from the mat at the bottom of the page/screen up to the head

Most of us in bowls are at the start of another year of bowls;

Too many of us are to compete in slow paced greens so this warm up drill session is geared to assist you minimise the number of short bowls we are bound to deliver in competition;

Place a jack at either end of the rink and deliver ALL four deliveries one metre beyond the jack as your MEASURE of effectiveness;

The purpose is to allow you to cope with the sight of the jack yet aim to be a metre behind;

Premise is that on a slow green when you do deliver a poor/ short bowl it might probably end up on the jack or at worse perhaps 30cm/ a foot short- not too bad an outcome;

deliver for 4 ends and see how many of the 16 deliveries actually finish that metre behind the jack



Lachlan Tight
September, 2010