

Welcome to the October 2014 (monthly) edition of the coaching column titled '...On Line Delivery' on Henselite's website.

The theme of this column is.....

Pressure - Training to cope

Changing the head

Skip & 3rd together & have series 8 attempts at each option of right forehand at minimum, where all black bowls are approx. mat length from jack, then swap.

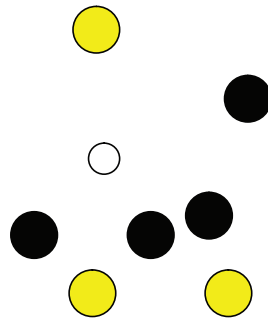
Option- drive to push closest yellow bowl into the jack and continue onto the ditch bowl

Option- up shot to push between yellow bowls into the black and our bowl near the jack, Swap, then when partner complete, 8 backhand attempts at each options next

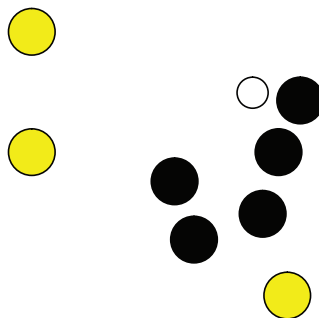
Option- up shot to push between yellow & black bowl onto the jack

Option- drive to push yellow bowl into the jack and over onto the ditch bowl

Over time- try these options at all lengths - min/ med/ maximum



& same optional attempts for below diagram diagram where we are yellow and already have lost a bowl in the ditch



Drawing to reduce, or, gain shot- two objectives

Same two heads above, practice to draw both backhand and forehand to meet objectives

Note: My bowls book 'Winning becomes you' is now available from Henselite and other bowls shops. If interested in purchase, contact me direct on email l.a.tighe@bigpond.com or check the Henselite website for details of availability. Or my own website www.lachlantighebowls.com.

Lachlan Tighe
October, 2014