

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

The theme of this column is.....

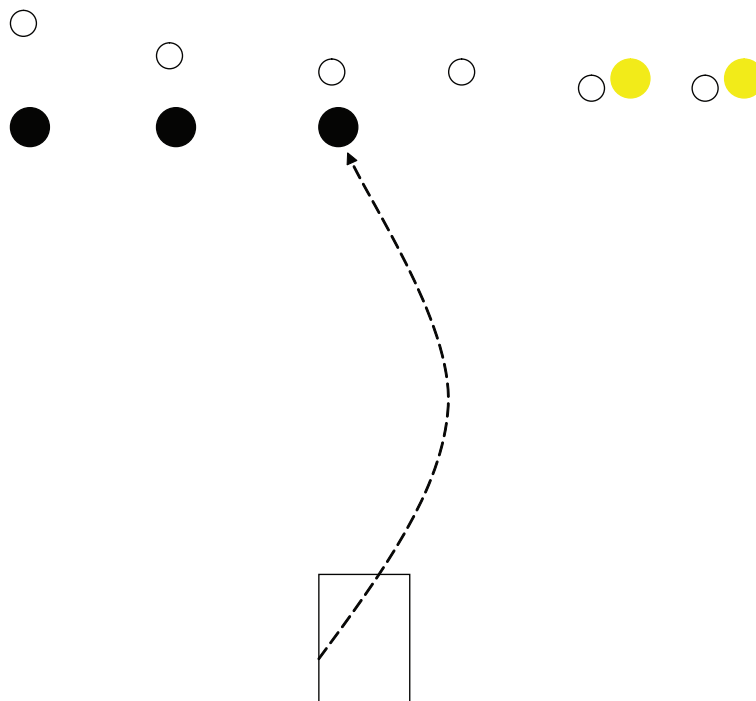
## Skill intensity program

Objectives are:

- 1) To allow you to immediately get into a high level of intensity in training
- 2) To provide competition amongst the training partners even prior to game simulations

Players start from left of screen/page and ONLY move along to the right as they succeed in getting ONE delivery successful, otherwise rejoin the queue if there are numerous players (try session first using one bowl; later allow players to use a set of 4 bowls)

Left head	Draw to be shot with bowl shown a ML from jack
2nd head	Draw to be shot with bowl shown a MW from jack
3rd head	Draw to be shot with bowl placed a bowl space from jack
4th head	Draw resting toucher on bare jack
5th head	Wrest out shot bowl and stay as shot within a MW of jack
right head	Drive off both jack & bowl on head



Lachlan Tighe  
December, 2013