

Coaching Tips from Lachlan Tighe

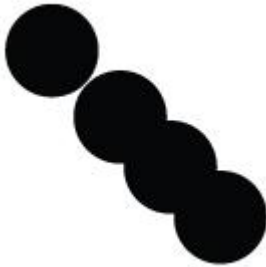
Welcome to this (December 2010) edition of the coaching column titled '...On Line Delivery' on Henselite's website - this month is all about the **Caterpillar Program**

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

In the month since returning from the Commonwealth Games in Dehli, two clubs invited me to present to their members on the required mental skill for their pennant players, and, how to put practice into pennant performance.

Here is one solution – go out and see if you can deliver all FOUR bowls to rest on your original bowl – and repeat it and repeat it and repeat it;

I call that my caterpillar program which is my warm up approach for say 4 ends;



Now let's see who really is fair dinkum

if..and you will..any of your other 3 bowls fall more than a mat length (two feet) short I would expect you to walk up and retrieve it immediately and re-deliver that short bowl;

you probably won't because it requires discipline and mental skill to do such a thing; therein is your problem at club pennant level – an unwillingness to truly apply some mental discipline into your training;

try my program and see how well you bowl and how tough you are to go and retrieve that short bowl to replay it.

and now may I wish you all a Merry Xmas

Lachlan Tighe,
December 2010