

Andy Penny - USBC Gold Coach
AMF Stirling
Sun 6th February (9.30 - 5.00)

DAY TWO - COURSE CONTENT

- ✚ Advance Lane Reading and Lane Play.
- ✚ Understanding International & Sport Patterns and getting to grips with difficult House Patterns.
- ✚ Identify the five major types of pattern with your first three shots.
- ✚ Knowing what you are starting with and being able to make changes quickly (Essential skills required by all "International Standard" bowlers).
- ✚ Match your own skill set to your range of equipment to get the maximum scoring potential from your game.
- ✚ Stick to your "Game Plan" and the solution will reveal itself to you.
- ✚ Six adjustments are available to you. Learn which one's suit you best and use them even in most extreme circumstances.
- ✚ Learn new Training Drills.

Interested? - Contact Course Organisers.

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Closing Date for Entries 16th Jan 2011 - Places Limited.

Cost: Bowlers £50 - Coaches £25