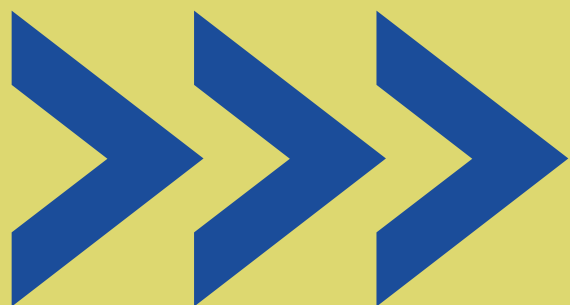


**TWEED
OSPREYS
COACHING
CORNER**



EDITION 2

WITH AUSTRALIAN JACKAROO CHLOE STEWART



CHLOE'S TOP TIP

I think the first step is to reflect on your strengths and weaknesses. Evaluate where your game is currently. Is your delivery sound? Can you repeat it consistently? Are you better on short ends than long? You can even do this with someone that has watched you play a lot. Sometimes an outside perspective is good.



CHLOE'S TOP TIP

From there you can work on the specifics. Eg, working on removing the wobble from your delivery, training specifically on long ends or improving the consistency of your first bowl. I think it's important to realise that you need to spend time on your weaknesses to be better overall. Too many bowlers just go for a roll up and don't work on specific areas of their game.

CHLOE'S TOP TIP

AT THE END OF THE DAY, YOU CAN'T EXPECT A DIFFERENT RESULT IF YOU KEEP DOING THE SAME THING YOU'VE ALWAYS DONE. THE VERY BEST BOWLERS AND ATHLETES ARE CONSTANTLY LOOKING TO IMPROVE THEIR GAME EVEN WHEN THEY ARE AT THEIR BEST. FIND 1 OR 2 WEAKNESSES IN YOUR GAME AND GET TO WORK ON IT!

