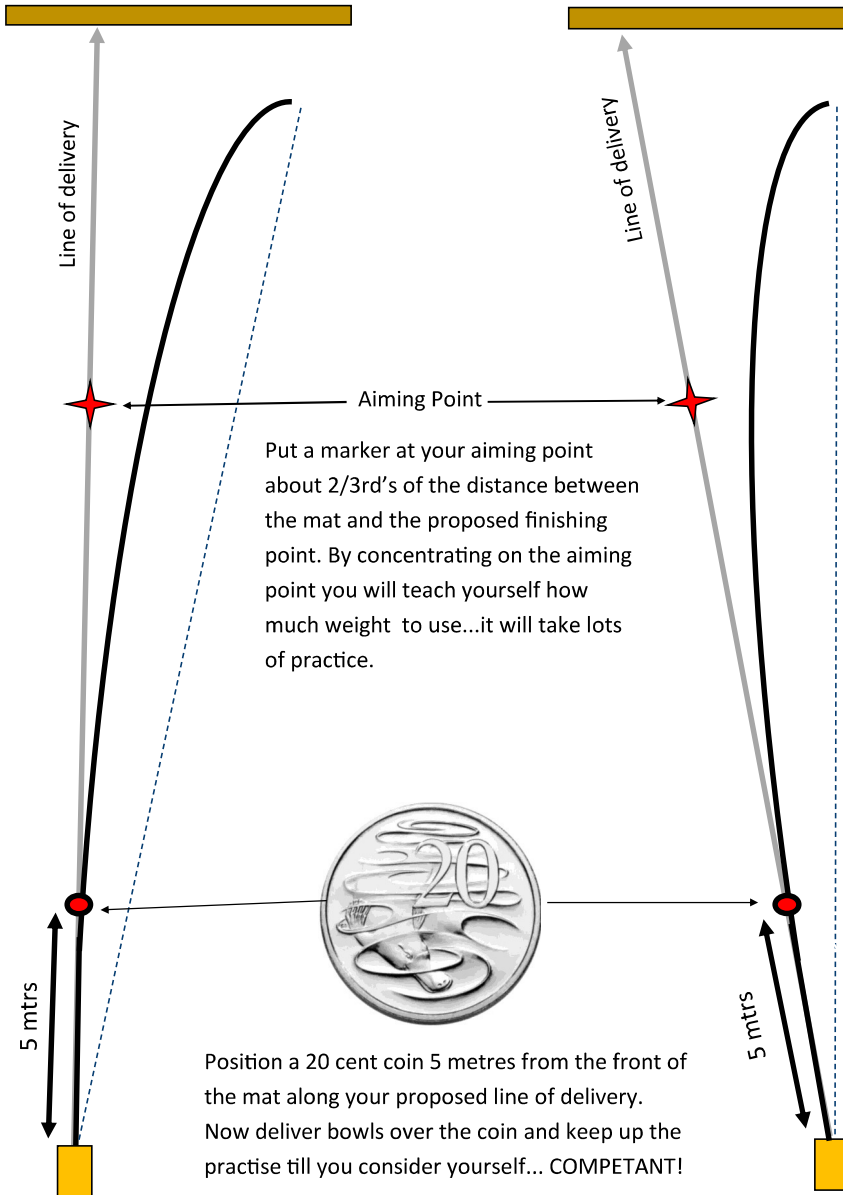
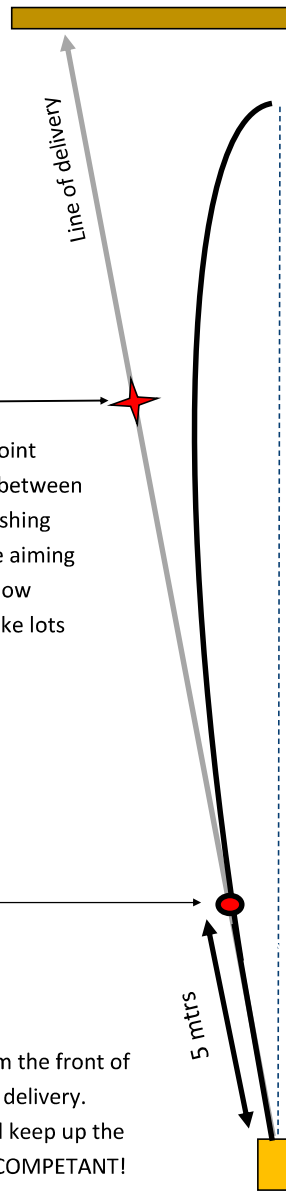


**Fig 1.** Using marked centre line to assess accurately your ability to consistently bowl straight.



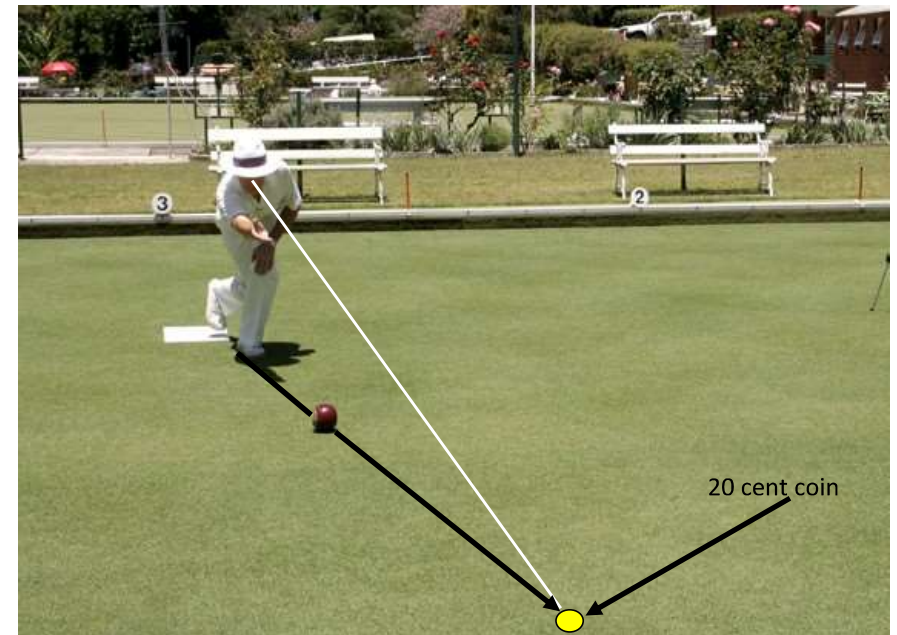
**Make sure to pick up your 20 cent coin**

**Fig 2.** Using an imaginary line to assess your ability to determine and bowl along the line of delivery.



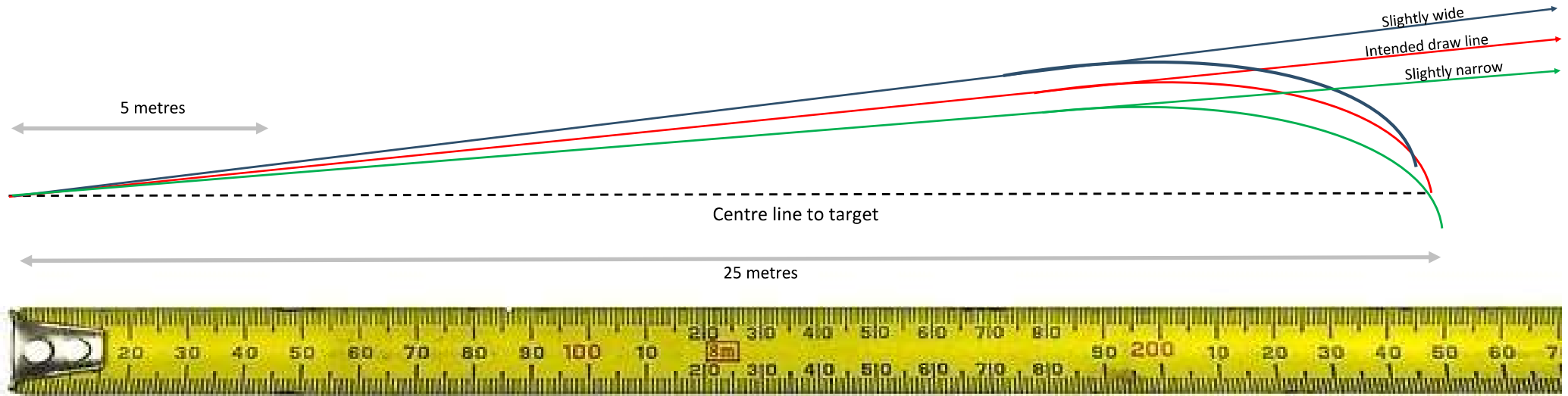
### CONSISTENCY PRACTISE

1. It helps to use a marked line to initiate this exercise. Bowls which roll a few centimetres off-track at the 5 metre mark can spread considerably off-line at the finish (see P.2).
2. Hand/eye coordination is important. In your pursuit of consistent accuracy.



- a. By tucking your rear leg behind the front leg it will better align your delivery hand under your aiming eye as well as over the point of release....*everything in line.*
- b. Keep the elbow of your delivery arm close to the hip. It will help to achieve this by slightly rotating your bowling hand over and outwards.
- c. After releasing the bowl, follow your hand through and along the line taken by the bowl. Memorise this when making corrections.

**Illustrated are 3 deliveries that to many bowlers in a game would seem as though they were delivered along the same line, but small variations make a lot of difference to the finishing point!**



Drawn to scale using ruler

I trust that this drawing will give you an understanding of the need to develop an ability to deliver your bowls consistently along a pre-determined angle of delivery. To the average bowler the variations in line are difficult to recall between deliveries and it is for this reason you are encouraged to take time before stepping onto the mat to recall the angle of delivery, position your feet at/on the mat to your proposed line of delivery and follow through after releasing the bowl. If you bring your body and delivery arm up quickly there is every

chance it will cause the delivery to deviate from its intended line (often caused by competition pressure). Not only can you deviate from your line but there is every chance you will shorten the length!

Skills of the game of lawn bowls are very much aligned to small variations and corrections; controlling mental pressure and consistency plays a big part in winning or losing!