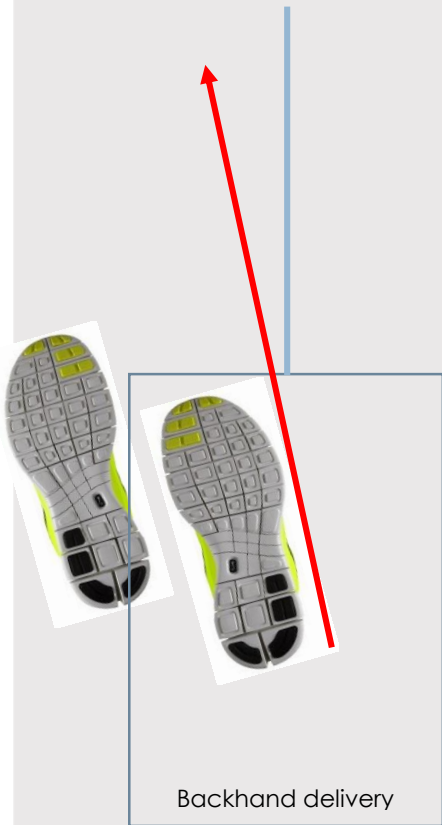
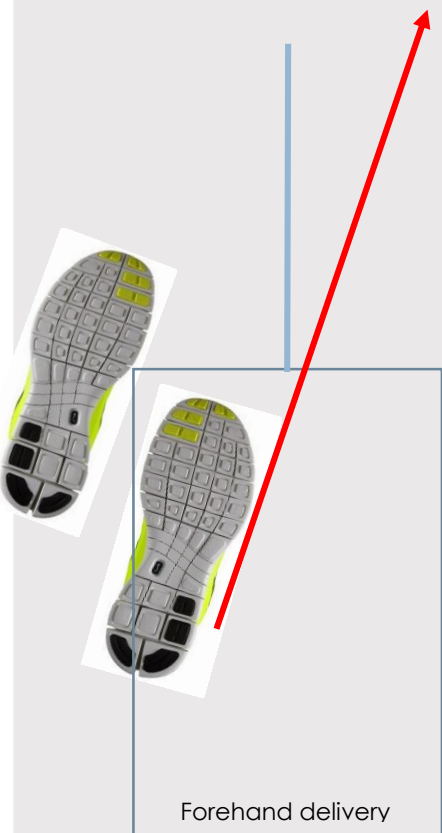


Feet locations for a right handed player.



Backhand delivery



Forehand delivery

ANCHOR FOOT SETS ANGLE OF DELIVERY

It's the foot that stays

LOCATION ON THE MAT

The anchor foot is best positioned in the front quadrant of the mat for deliveries on either hand. For a right hand player it is on the left front quadrant whereas for a left handed player it is on the right front quadrant. The toe of your shoe should be located about 5 cms from the front edge of the mat. It is permissible to have a part of the anchor foot off the mat!

POSITIONING THE ANCHOR FOOT

Having aligned the angle of delivery from behind the mat, the anchor foot should be carefully placed on the mat in at the angle along which the bowl is to be delivered.

The anchor foot aligns the body to face the proposed angle at which the bowl is to be delivered (this is important).

As long as your delivery arm swings straight in its' forward movement and the hand is promoted along the delivery line after releasing the bowl it should in theory do what you have planned. If however the bowl finishes one side or other of the target then all you need do is to correct the angle of delivery.

I appreciate this sounds very simple and in reality it is, as long as you coach yourself in the procedure!

Problems

The objective in every delivery is to ensure the bowl is released vertically and straight. All too often the bowler fails to follow the hand through as the bowl is released. This can either tip the bowl off its vertical or horizontal axis resulting in an inaccurate line, shortening of length and often a degree of bowl wobble!

Note; (I realise the feet illustrations are not bowls shoes).

