

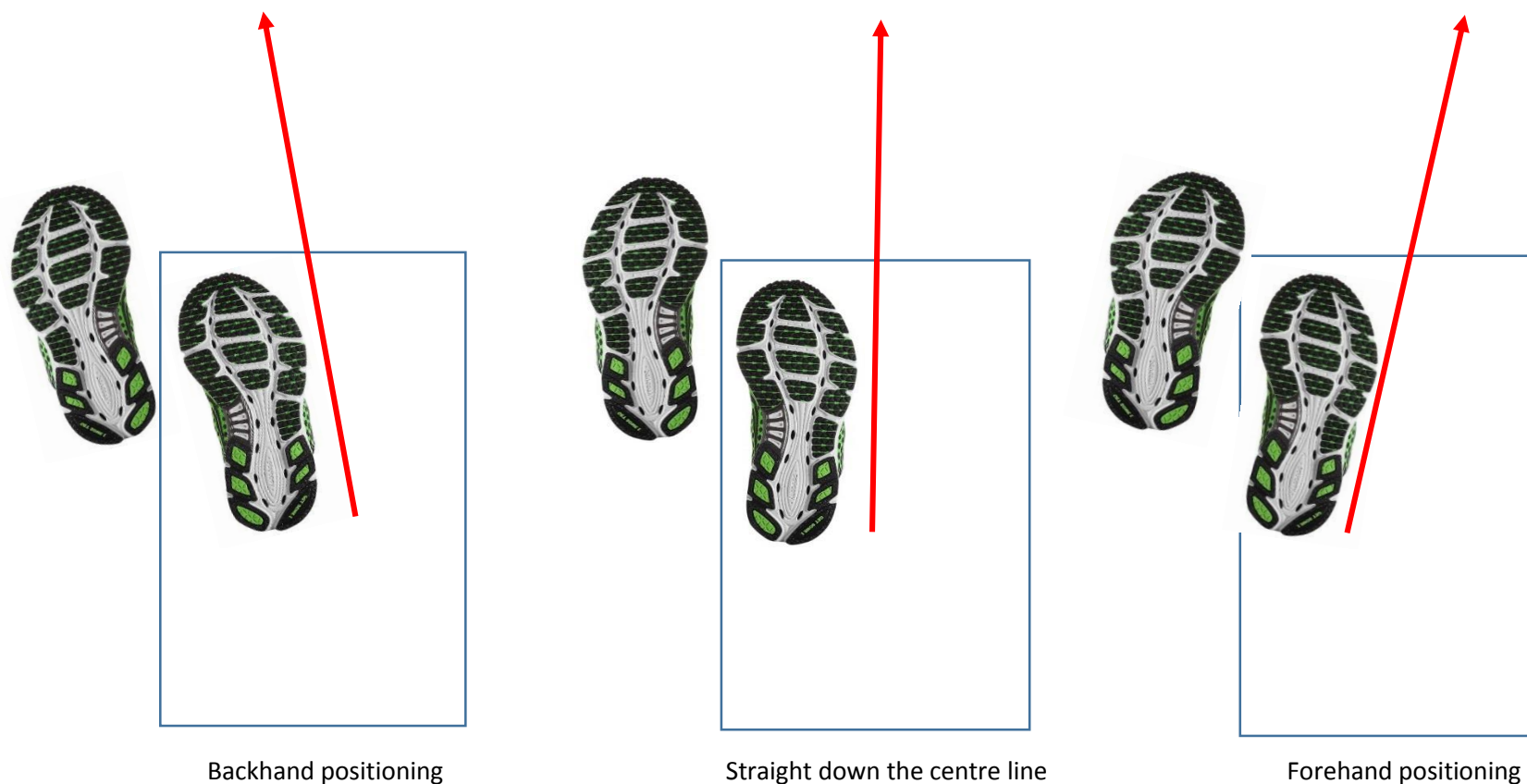
## Positioning feet for a delivery...right handed player; mirror opposite side for a left handed player.

While there are several ways of locating your feet at the mat when preparing to deliver a bowl the following diagrams illustrate the one which enables a greater amount of consistency with regard to either fore or back-hand sides of the rink. This technique enables the bowl to be despatched fundamentally over the centre section of the front of the mat on either hand.

The foot which remains on or over the mat (anchor foot) during the delivery is directed straight at the stare point; **it aligns the body**.

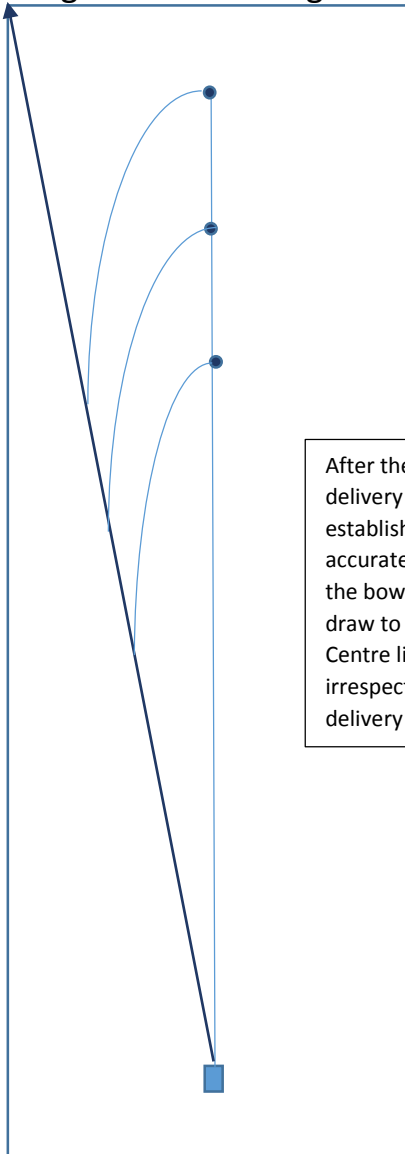
Positioning the foot on the mat is quite finite and care should be taken when placing it into position. It takes very little change of direction to alter your body alignment!

It's important your delivery hand follows straight through after releasing the bowl. **FOLLOW THE BOWL WITH BOTH HAND AND EYES.**

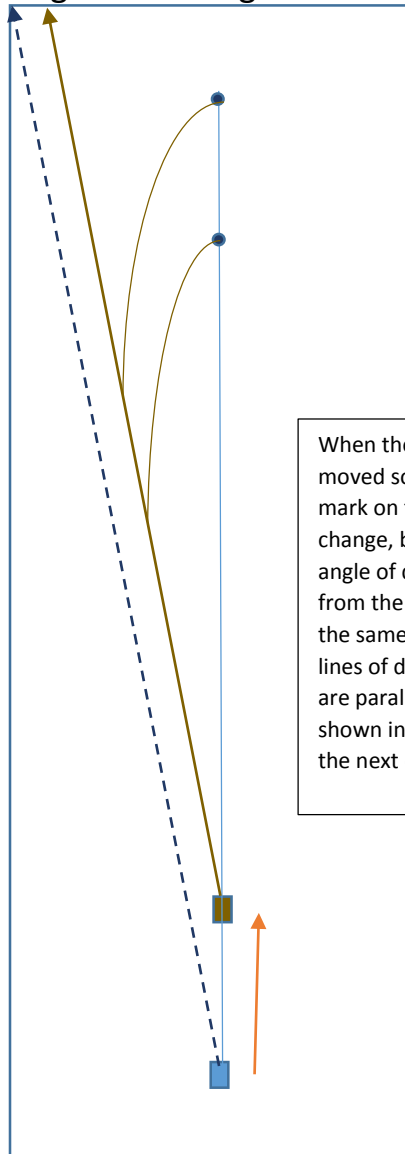


Note: Running shoes are not the normal attire, but best I could find for the illustrations.

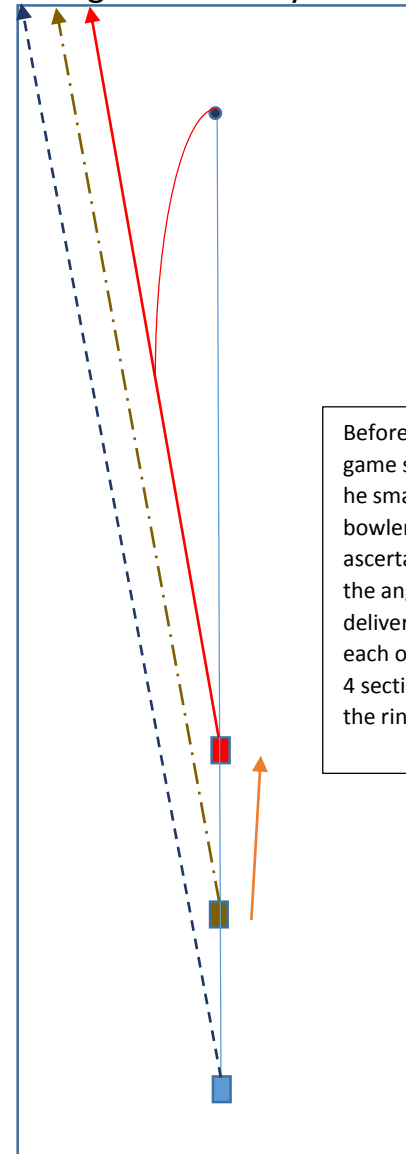
### Diagrams illustrating movement of the mat, change of "Aiming Point" and consistency of the "Angle of Delivery"



After the Line of delivery is established and accurately used, the bowl will draw to the Centre line irrespective of delivery weight.



When the mat is moved so will your mark on the bank change, but the angle of delivery from the mat is the same. The lines of delivery are parallel as shown in this and the next diagram.



Before a game starts he smart bowler will ascertain the angles of delivery for each of the 4 sections of the rink.

The "Angle of Delivery" remains constant but as the mat is moved it changes the location of your aiming point. The illustrations represent the change when location of the mat is moved from full length to 21 metres... mat to "T". Note the relationship between changes in location of the mat in relation to variation of the aiming point.

It highlights the need to practice accuracy and delivery corrections. Bowling skill relates to ability to (a) determine the line of delivery (b) deliver the bowl along that line (c) ability to make fractional corrections. When practising, count how many times you can deliver your bowls along a given straight line; centimetres of variation between deliveries could mean metres at the finishing point. Good luck.