

Fundamental steps in Delivering a Bowl

Len Hyde
Bowls Australia Accredited
Coaching and Training
P. 9489 6660
E.lenandmarg@tpg.com.au

Step 1.

Take up your stance from behind the mat in line with the intended Line of Delivery...

- * Check bias.
- * Start concentrating only on the delivery.



Line-up from behind the mat.

Step 2.

Locate your "anchor foot" onto the near side quadrant of the mat so that it is in direct line with your intended "Angle of delivery". Your body is now correctly aligned for the delivery.



Accurately position anchor foot

Step 3.

Bring your other foot up and into position; parallel to the line of the anchor foot. Check the line of delivery and bring your eyes back down that line to a Stare Point either opposite the Jack or to a spot 2/3rds of the distance from the mat to the Jack. Maintain eye contact on that point till the bowl is despatched.



Focus eyes

Step 4.

At this time your upper body weight needs to be slightly forward and over the outside (front) foot. While it is my view the next phase of movement is to proceed to despatching the bowl, a few players like to move into a more crouched position, re-check their line of delivery and then proceed with arm movement in the delivery.

In teaching sport I have always encouraged players to utilise the physical attributes which they are fortunate in having. These like opinions vary between each of us! A continuous movement in the delivery action will I believe, achieve better balanced and co-ordinated movement of the body. However if another system works for you, then stay with it! Many years of coaching and studying the delivery has taught me there are differing ways of achieving a successful result...that's bowls!



Despatch the bowl