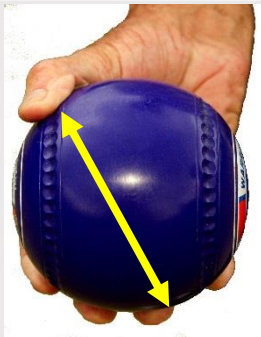




4 Finger Grip

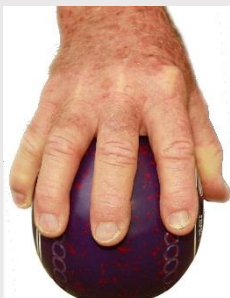
Yellow arrows indicate line of pressure in holding the bowl.



4 fingers spread across underside of the bowl.

3 Finger Grip

Note gap between bowl and palm of the hand.



3 fingers spread equally across underside of the bowl.

GRIPPING NOT GRABBING

Different bowls different grips!

BALANCE

When the bowl is sitting in your upturned hand it must be resting and balanced on your fingers; do not allow the bowl to move into the palm. That has a strong tendency to bring your wrist and elbow into the delivery movement which in turn can affect the smooth line of the delivery plus weight control!

ALIGNMENT

Align the rings of the bowl in your hand to the shoulder of your delivery arm. In order to achieve this you will usually find that your wrist needs to be turned outwards; that action will also cause the elbow to brush into the hip.

The old boys of the game believed you were in for a tough game if the hip area of an opposition's belt showed signs of wear...I do not suggest we go around checking belts but it's a point to remember that will help keep our deliveries straight and true!

GRIP

The old school always demanded that 4 fingers had to be under the bowl in the grip with pressure by the thumb holding it in place. It was also a time when all bowls were fat and very rounded.

With many bowls now being narrower the 4 finger grip can lead to the little finger slipping away from under the bowl, thus destabilizing balance.

This has developed the 3 finger grip which for narrower bowls works extremely well. The bowl is balanced equally on 3 fingers with the little finger up the outside of the bowl. The thumb is moved down below the rings of the bowl and pressure between it and little finger holds the bowl in place.

For many the 4 finger grips works well and if it does for you, stay with it!

Len Hyde, Head Coach
Warrawee Bowling Club

