IMPROVE SKILLS NOT FAULTS

Players who want more out of the game,
do not practice their faults!

Subtle corrections can make a difference!

Releasing bowl above the ground (dropping) can affect length control!

Releasing bowl in front of the shoulder and on up-swing can affect length and line?

Becoming a better Player

If you believe spending an hour rolling bowls up and down the green with a mate or two is making you a better player, think again. At the best you are improving fitness and having fun, which is certainly not a bad thing, but improving technique as a bowler is questionable!

Practice with a purpose

If you do not believe me, just watch top players in any sport practice, and you will see that they concentrate on improving specific parts of their game which they will work at, it till it becomes the norm.
Take a minute to think about areas of your game which need to be improved, then check it out it with an experienced coach.
Many practice routines can be very repetitive and take lots of time, so don't expect **miracles in minutes**!

Lifting performance

A bowl which finishes 50 cms across the target or 50 cms short when it should be a 50cms behind may look OK, but it is a metre out in both instances. If there is little incentive or desire to improve, don't expect to be picked to play in the top grade or with better players who do care!

Consistency is imperative.

➢ Can you deliver 4 bowls accurately along the same line and with the same amount of weight?
➢ Can you do the same for different lengths on both backhand and forehand?
➢ Can you pick up a bowl or the Jack with a controlled weight on-shot or drive with 1 out of 3 bowls, or just miss by inches?

If your answer is no then you need to review your delivery action and perhaps approach to the game. Have a coach review your delivery and be prepared to do a lot of repetitive practice till you get that part of your game to a point where it is done well, without thinking.

These comments relate only to individual and not team development.

Len Hyde, Head Coach
Warrawee Bowling Club