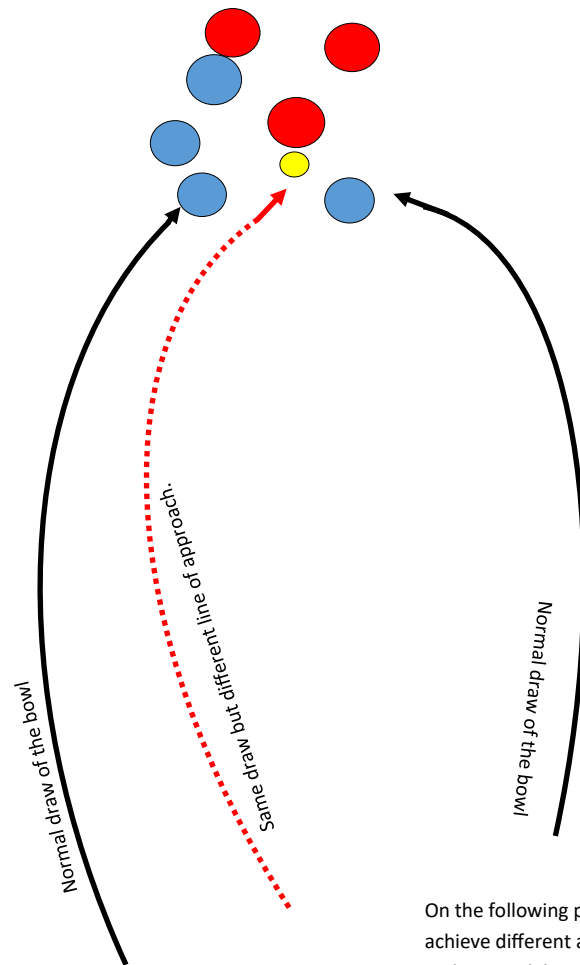


Mastering the Mat

Early in our development as a bowler we are taught to position feet on the mat in a particular location and with a small amount of movement, of the feet, be able to cover the whole area of the rink when delivering a bowl.

However as we become more capable of controlling the “Line of Delivery,” there are times when relocating the positioning of our feet on the mat enables deliveries to be made that will allow a particular hand to be used which otherwise would not be a proposition.



The diagram represents a hypothetical situation where you may not want to bowl on the forehand (right handed bowler) as an opposition bowl is in the way .

By repositioning your feet on the mat it is possible to visualise and play a better approach into the Head on the back-hand that is less likely to hit an opposition bowl and have a chance of increasing your score!

Without question the shot is going to have to be right on line but testing yourself is an important part of the game.

Excellent for getting around or under blockers!

** In this illustration you are the red bowl.*

On the following pages you will find some examples of repositioning your feet to achieve different angles of approaching the target. The drawings are not to scale and are guidelines for you to master using your particular type of bowl!

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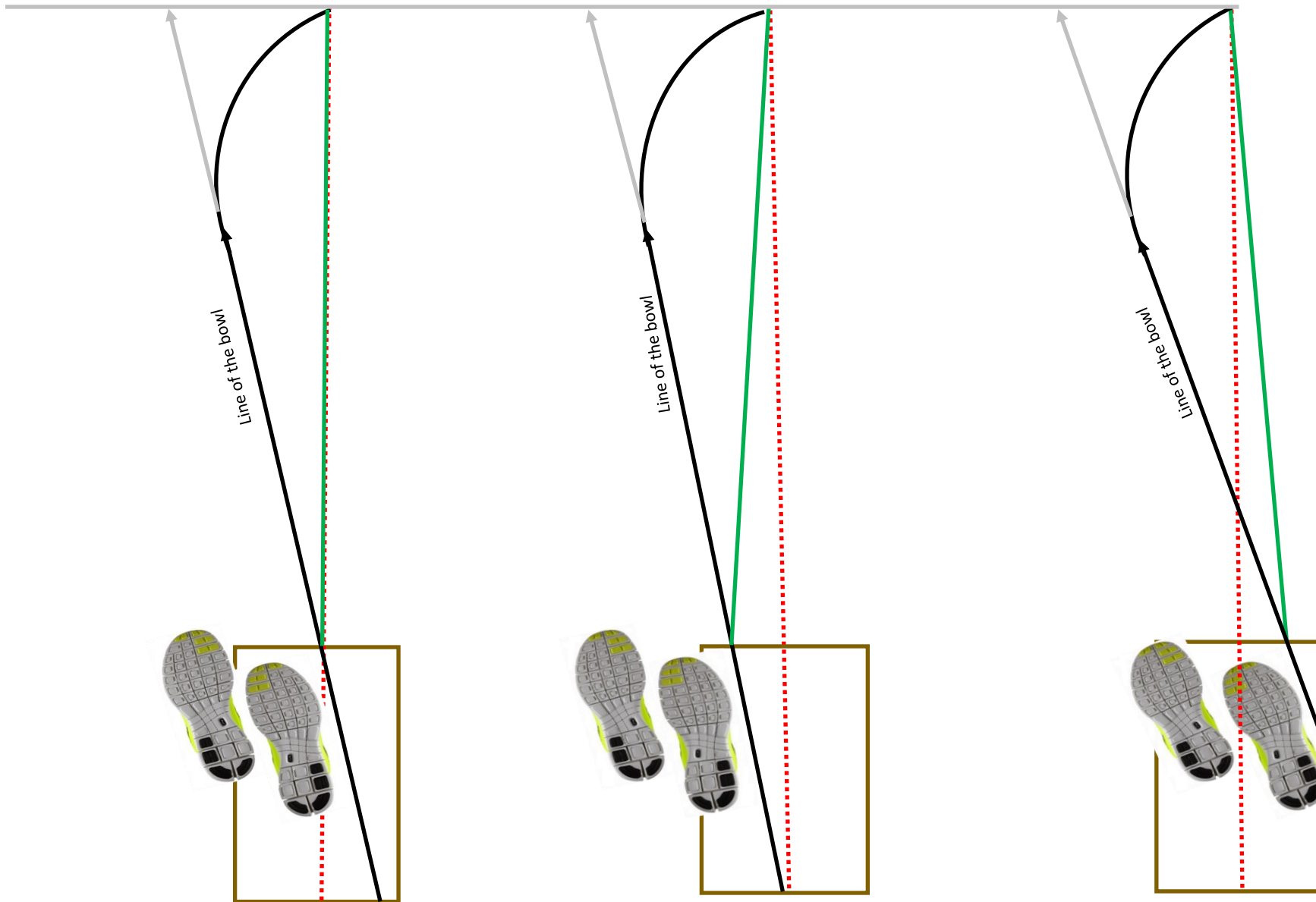


Mastering the Mat

Normal position at the mat

Locating feet towards Left of centre

Locating feet towards right of centre



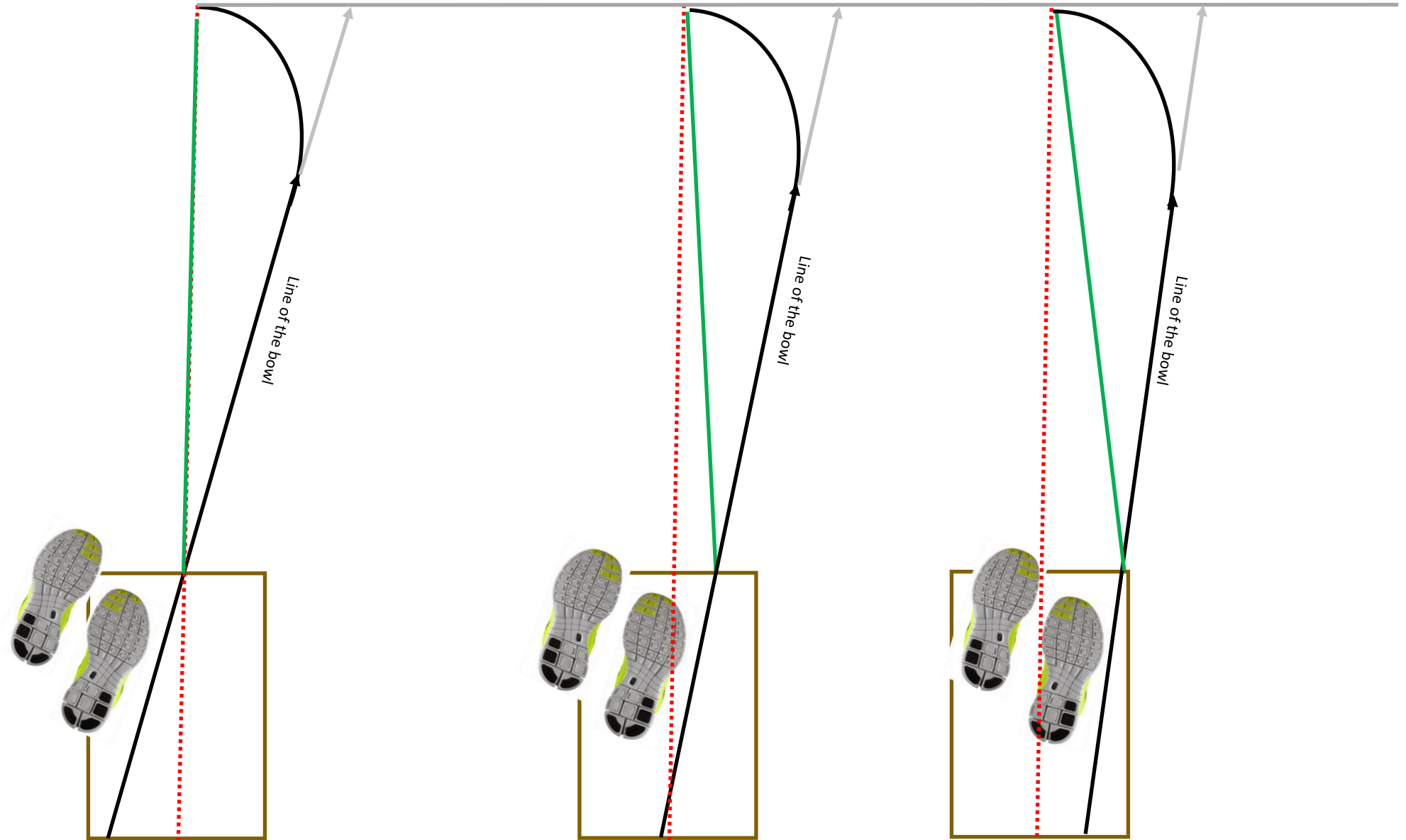
Right handed player bowling on the Backhand

Mastering the Mat

Normal position at the mat

Locating feet towards right of centre

Locating feet further to right of centre



Right handed player bowling on the Forehand