

DELIVERY TECHNIQUE

(THE COCKPIT DRILL)

ACTION REQUIRED

CONFIRMATION

(Suggested)
KEYWORDS

1 **Pre - Shot Routine** (Starting from 1 m behind the mat)

Establish which shot is to be played

Take up the bowl in the in the non-bowling hand.

Visualise a successful result.

Move onto the mat along the desired line.

Anchor foot to Line. (Body square to line)

Stepping out foot positioned to provide a **Stable Base**

Position the **bowling hand** on top of the bowl.

Middle finger centered on the crown of the bowl.

Flip the bowl over ready for delivery. (note bias)

Lock wrist and ensure the **bowling arm** is free to move **beside** the body

"READY"

MAINTAIN A RELAXED AND UPRIGHT STANCE

2 **The Delivery Action.**

Check - "**How Far**" and thus "**How Fast**"

Keep the body square to line - "**Think Speed**"

"SPEED"

Establish the "**Focus Point**" along the delivery line.

Prepare to deliver the bowl **over** this point.

"FOCUS"

Commence the delivery action.

Bowling arm drops and then swings - **Straight back.**

Step forward along the delivery line

Bowling arm now swings - Straight forward.

Non bowling arm slides down the thigh.

Wrist rests lightly on the Knee.

Body **lowers** into a **balanced delivery position**

Shoulders above the "**vertical release point**".

"DOWN"

Follow through with the delivery arm

Palm to heaven and "**stay down**". Keep head still.

"OUT"

3 **ALWAYS STEP FORWARD AND WATCH THE TRAVEL TO THE TARGET!**

Practice this drill often - with or without a bowl in hand.