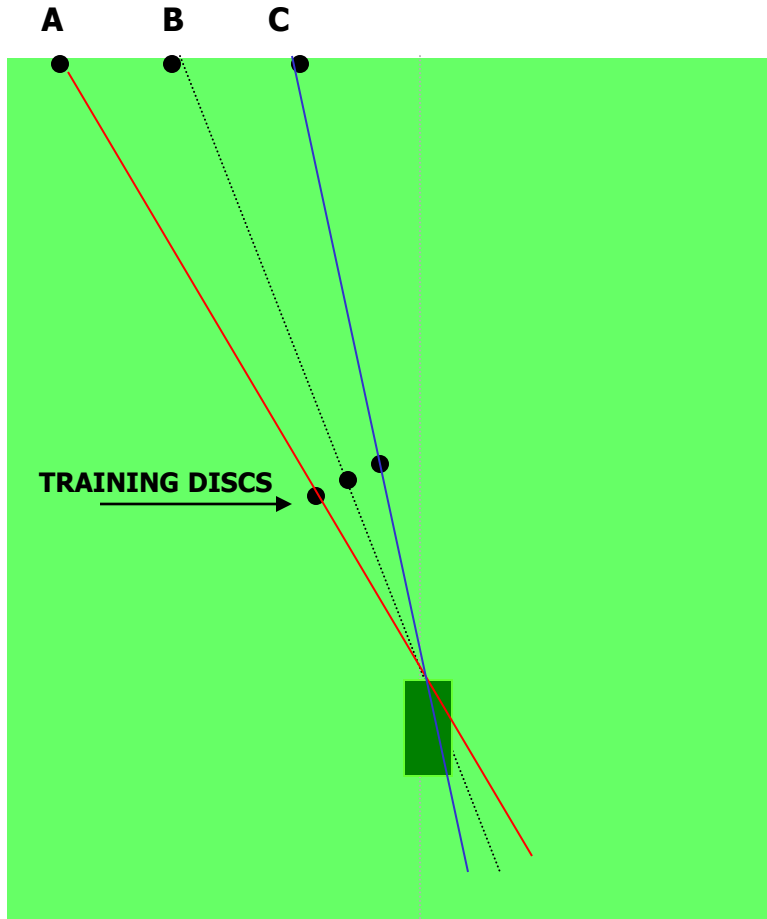


# ADJUSTMENTS TO LINE

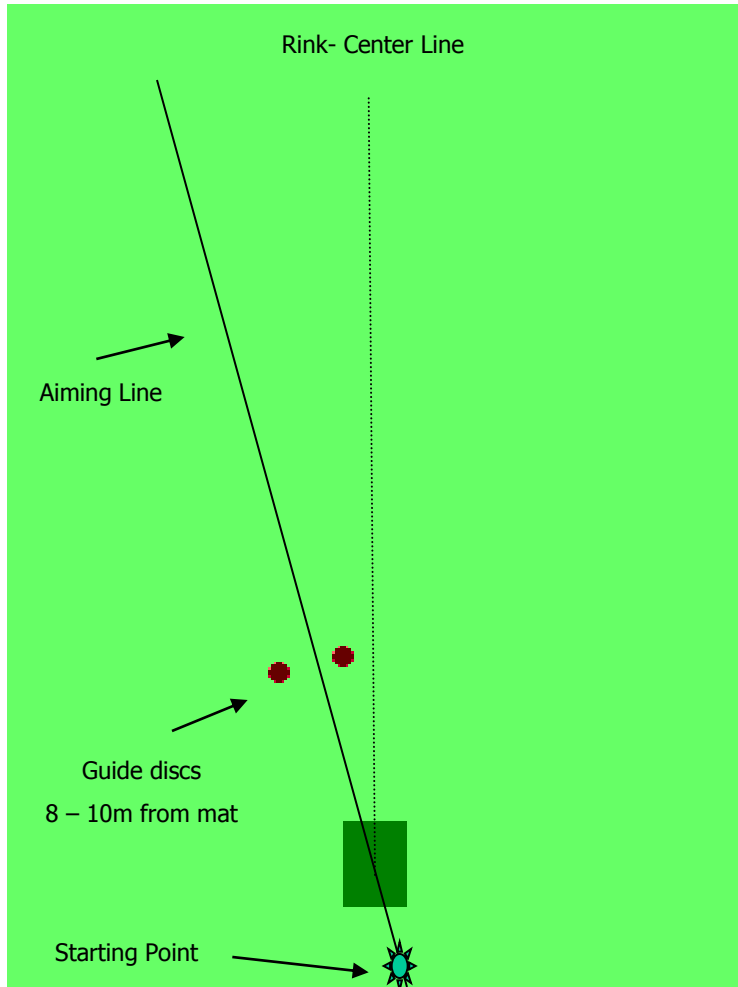


## SET UP & SKILL PRACTICE

1. Place the 3 training discs on the green approximately 10m from mat at 300mm spacing.
2. The centre disc should be placed along the intended line to draw to rink centre.
3. Player bowls three consecutive bowls 1 bowl over each disc.
4. Note the finishing position of each bowl in relation to the disc played at.
5. From behind the mat (at point X) relate the distances between A to B and B to C to the bowl resting point relative to the centre line.
6. Place the discs on the other side of the rink (fore hand) to reinforce the concept.
7. Place the training discs in the positions ABC. Player visualises own focus point along the line and repeats the exercise.

X

# WARM UP DRILL



Place guide discs approximately a mat width apart 8-10m from mat

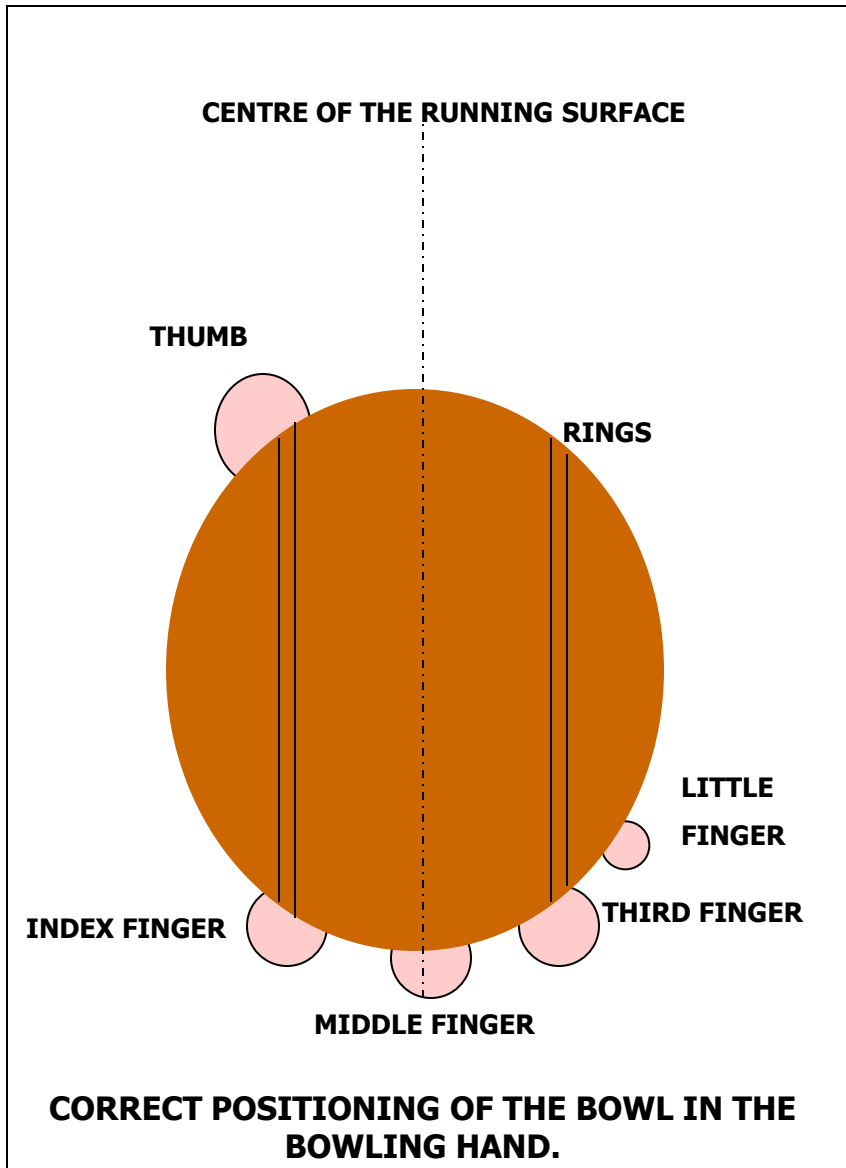
Players deliver their bowls **between the discs**  
Make a game of it using both sides of the rink.

## Progression

- Gradually close discs together for a smaller target.
- Place a third disc between and behind the two initial discs. Players now deliver their bowls between **front discs** and over the **rear** (focus) disc.
- Remove front discs and use smaller focus discs eg coins
- Players place a disc where they can hit the disc **and** finish on the centre line

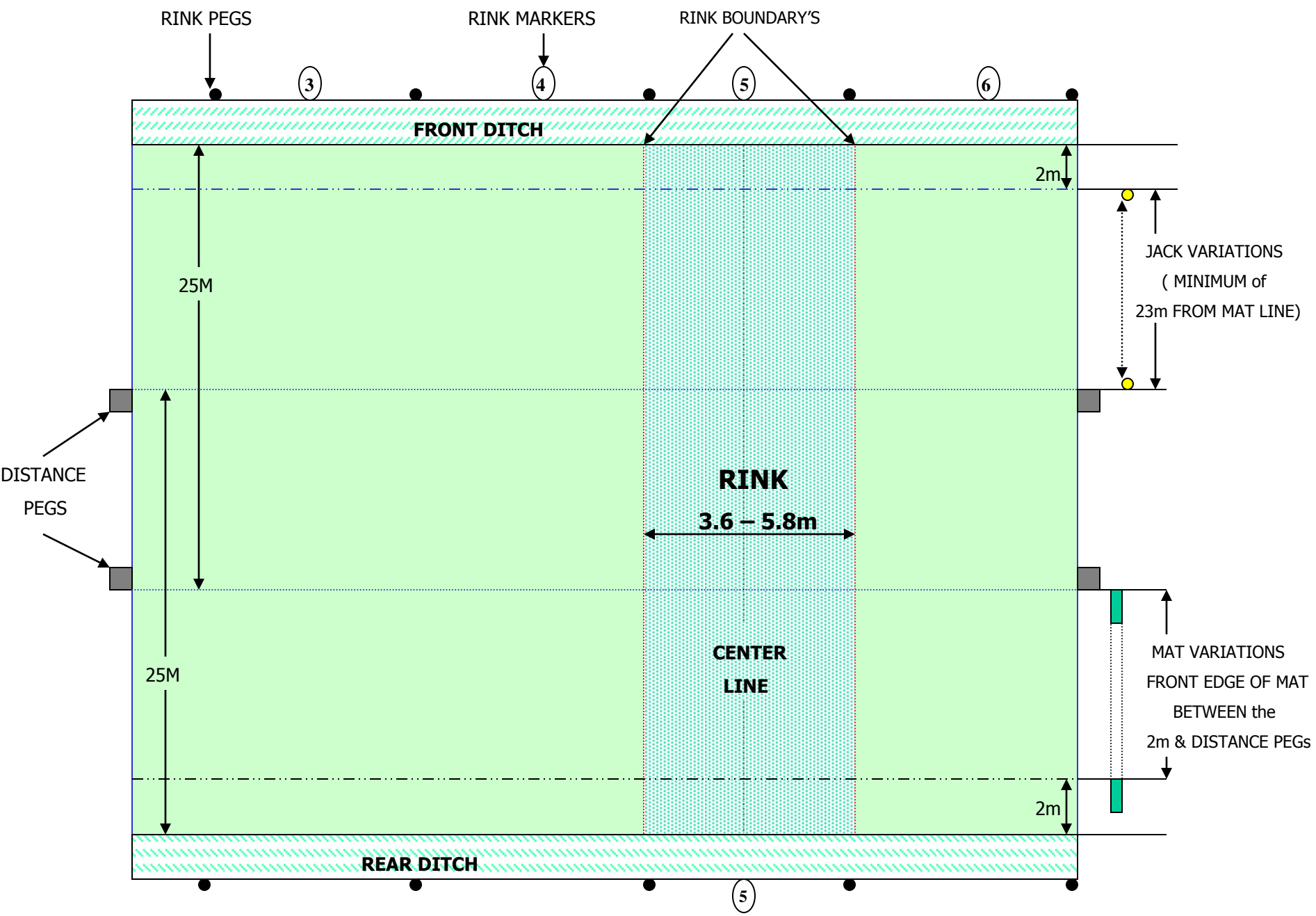
# HOLDING THE BOWL

(DIAGRAM INDICATES RIGHT HANDED BOWLER)



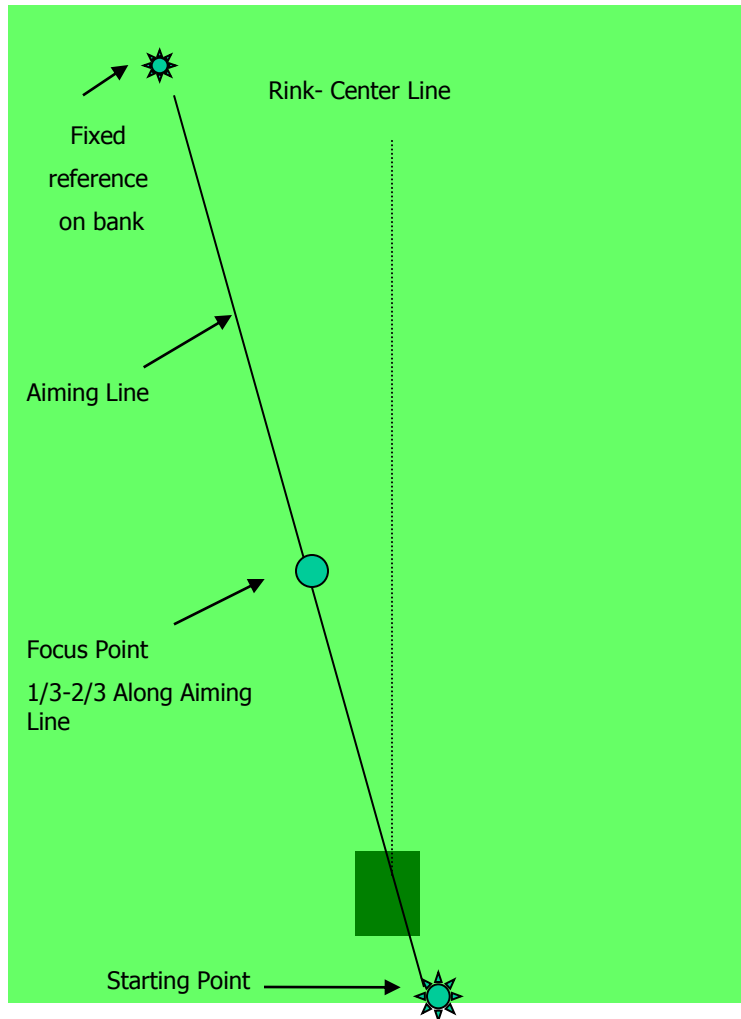
To get correct and consistent positioning of the bowl in the hand:

1. Take up the bowl in the NON bowling hand and hold it out in front of the body.
2. Place the bowling hand on *top* of the bowl with the fingers positioned as follows:-
  - **Middle** finger is along the *center of the running surface* of the bowl.
  - **Index and Third fingers** placed comfortably so they are evenly spaced and either **on or just inside the rings**.
  - Allow the **thumb** to rest **no higher than the rings**.
  - **Let the little finger rest** comfortably on the side of the bowl with **no pressure**.
3. **Flip** the bowl over into the delivery position outside the line of the body, with the bowl **resting on the three fingers** as shown in the diagram.
4. **Keep the bowl vertical** and do not allow the fingers to shift from the set position.



**TYPICAL PARAMETERS OF A BOWLING GREEN**

# ESTABLISHING THE LINE



## Why use a fixed point?

- A Reference Point
- Prevents green guessing
- Allows adjustment in shot play
- Ensures that the body alignment is square to the delivery line.

## Where is the best Place?

- On the bank or beyond

## Why use a focus point?

- It provides a means of checking the line the bowl actually traveled
- Helps keep all movement down the aiming line

## Where is the Focus Point?

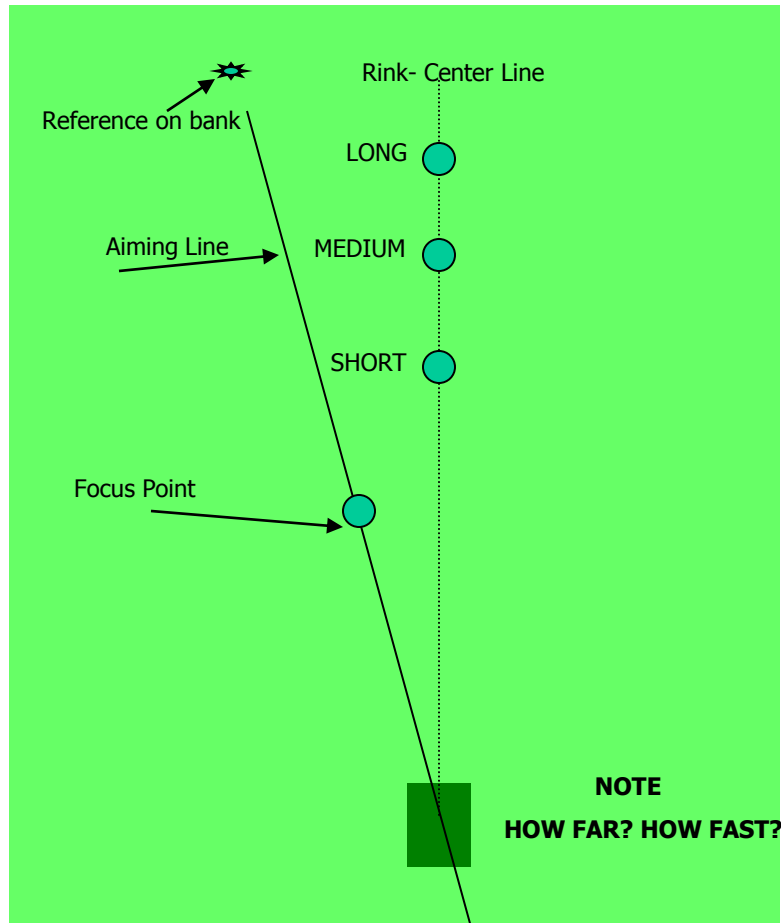
- Approximately 1/3 – 2/3 along the Aiming Line.

## For consistency –

- All movements from the Starting Point through to completion of the delivery of the bowl must be along the Aiming Line

# BOWL SPEED CONTROL

Bowl Speed is **INSTINCTIVE** and no more complex than lobbing balls into a box or bucket



## CONTROL OF BOWL SPEED

1. Note **how far** is the target?
2. Be fully **aware** of the feel of the delivery - speed and rhythm
3. Note finishing point and **adjust** speed as appropriate

## EXERCISE to develop awareness of bowl speed

1. Place 3 targets long, medium short and a training disc at the focus point
2. Player nominates target and delivers bowl
3. Player predicts finishing point (long or short) aloud before the bowl passes the training disc
4. Play at least 4 to each target and count the number of accurate predictions

## Progression

Increase number of targets and/or predict how long or short in mat lengths