

# Bowls Coaching

## Definitions:

- i) Anchor Foot            For right handed bowlers this is the right foot  
For left handed bowlers this is the left foot
- ii) Lead foot            The foot that steps forward to deliver the bowl

## 1. The Mat

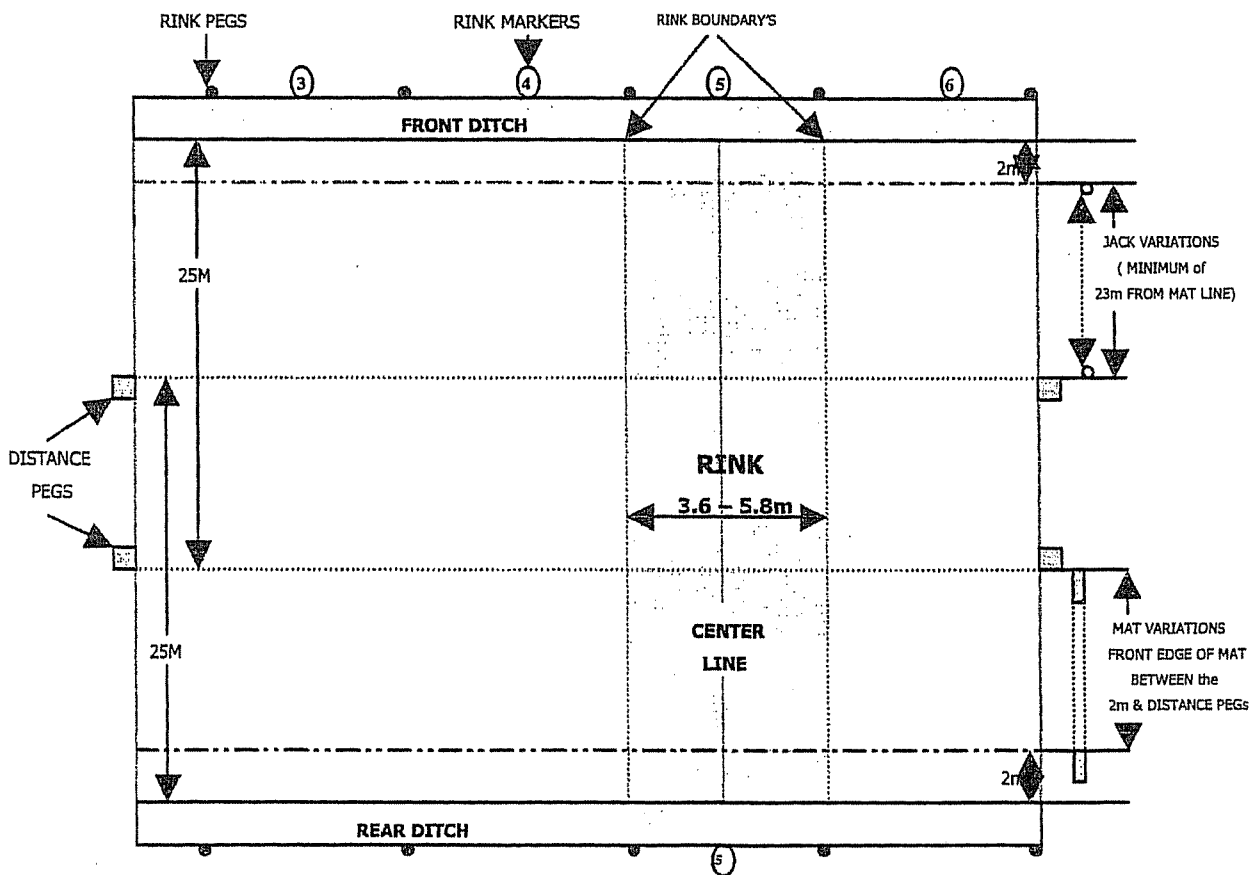
For the first end and all subsequent ends -

- face the number of the rink closest to you to establish the rink centre line
- take the mat in both hands and walking backwards up the green place it between the 2m mark and the front distance peg.

When playing on scrimms

- the mat is placed with the front end just on the scrim to ensure the deliver release occurs on the scrim.

The mat may be straightened at any time. On completion of each end the mat is placed on the bank or carried to the other end if only 1 mat is being used.



TYPICAL PARAMETERS OF A BOWLING GREEN

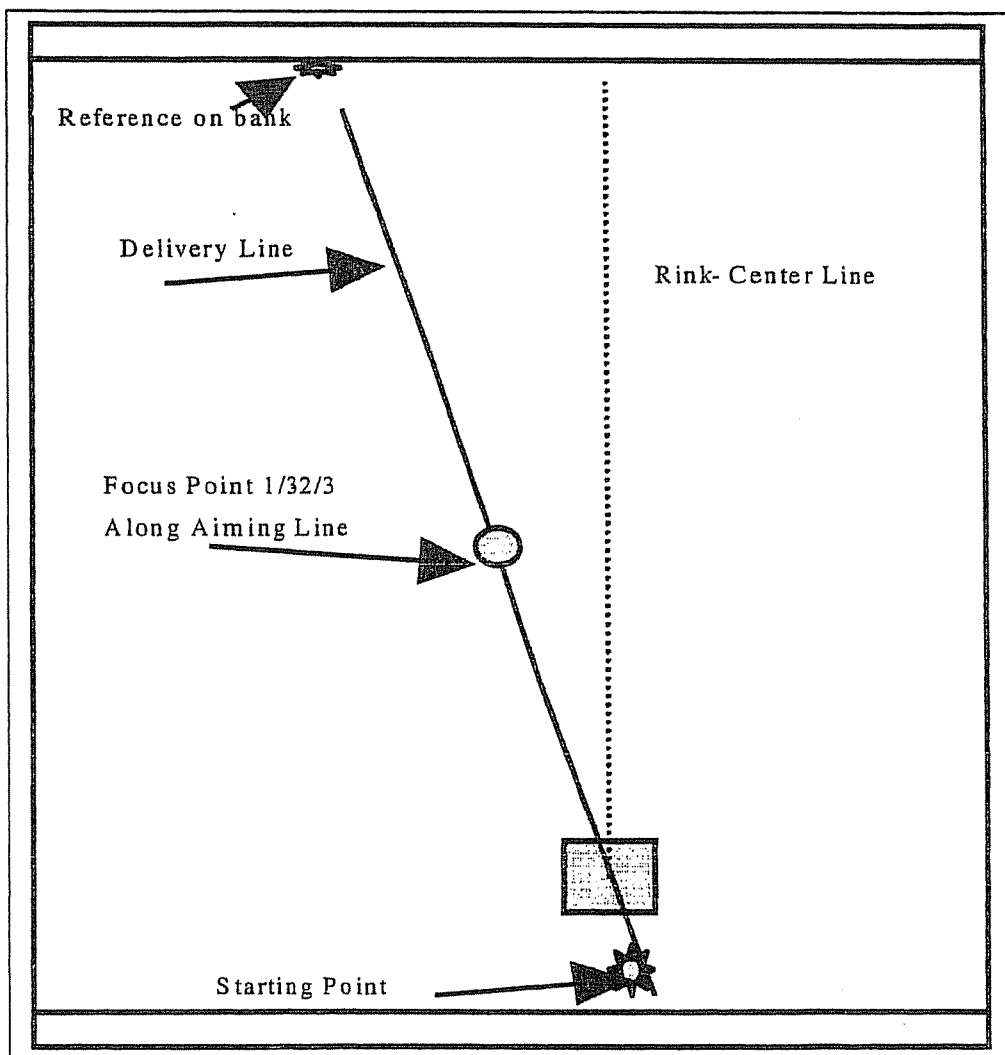
## 4. Establishing the correct line

To establish the line – stand 1m behind the mat and select a permanent object on the far bank

- form an imaginary line from that point back through the mat to the pre shot position (this is the intended “line” of delivery)
- establish a “focus point” along that line (that is the point along the line that the bowler will be looking at during the delivery process)
- *(the focus point will vary from bowler to bowler depending on personal preference – but will be along the delivery line)*
- move onto the mat (along the intended line) and place anchor foot facing directly along this line
- place lead foot adjacent and parallel but hip width apart from the anchor foot
- deliver the bowl along the line aiming at the focus point

As the speed of the bowl lessens the bias will take affect and the bowl will curve, therefore if the bowl speed and line are correct the bowl will finish where required.

- if the bowl does not finish in the right place the next delivery must be adjusted
- the adjustment will require either the establishment of a new line or changing the bowl speed
- always step onto the mat facing your reference point on the bank, then concentrate on delivering the bowl



## 6. The bowling action - "Pendulum Swing"

The bowl is delivered by generating forward momentum from a stationary position to a position that allows the smooth grounding of the bowl:

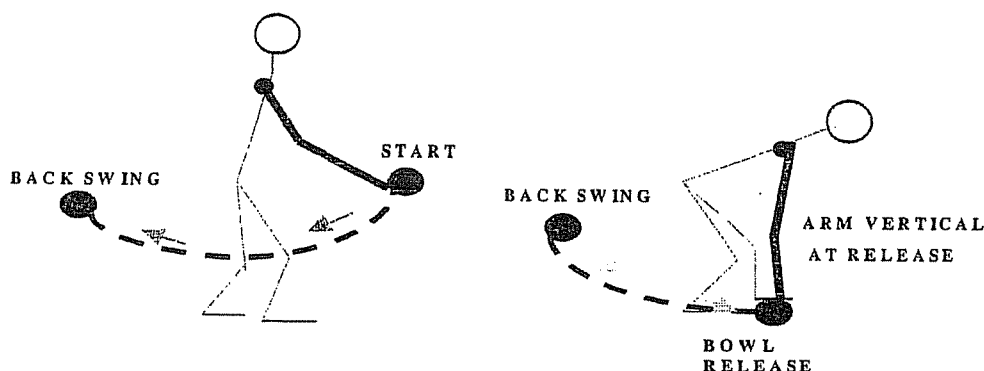
Overall delivery requirements:

- Stability and control
- Rhythm
- Timing
- Weight transfer

- the bowling arm action is a controlled pendulum swing
  - it starts with a slight transfer of weight forward onto toes (without lifting the heels)
  - the arm drops downwards and backwards in a straight line
  - simultaneously step forward along the intended line and lower the body
- the forward swing commences in a straight line from maximum back swing as the heel of the leading foot makes contact with the green
- the back swing and the step length will vary depending on the bowl speed required
- the bowl is released when the delivery arm is extended and vertical (bowl release occurs directly below shoulder) and therefore the bowl is at the closest point to the ground (i.e. at the bottom of the pendulum swing) and adjacent to the toe of the leading foot
- the non-bowling arm slides down the thigh during the delivery to rest on top of knee with the lower arm (elbow to wrist) resting firmly on the lower thigh as the bowl is delivered. This action assists with stability at release and ensures that the shoulders remain square throughout the delivery
- the delivery arm continues along the line of delivery after the bowl is released to complete the follow through. The palm faces upwards and the head is still
- the bowler stays down allowing for full weight transfer until the bowl is well clear of the delivery hand, then watches the bowl running down the delivery line – head must remain still
- as the bowl travels along the delivery line, the bowler will continue in a forward motion and stand up slowly. It is important to continue to watch the bowl until it comes to rest

N.B. don't step backwards or turn away

### THE PENDULUM SWING



## 8 Follow Through

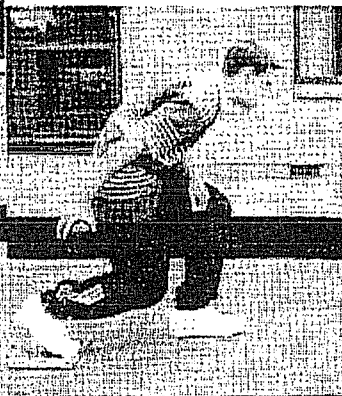
Complete the follow through with the bowling arm following behind the bowl, down the intended line, finishing in a horizontal position. Correct follow through is important to maintain consistency of line and speed. A number of players develop bad habits at bowl release and follow through.

- keep hand aligned behind bowl throughout deliver
- arm following along intended line of delivery with palm to heaven and head still
- stay down during delivery with the body moving forward after bowl release and follow through
- complete weight transfer by bringing anchor foot up to the leading foot
- movement off the mat must be forward along the intended delivery line

Relaxed stance



Pendulum back swing



Arm vertical at release



Follow through



13. Do not pass or walk in front of the player who was last to play – they have the right to see how their bowl progresses
14. Help clear the head after the result has been determined
15. Show a good spirit – win well and lose well
16. Walk quickly when changing ends and walk within the confines of the rink you are playing on

<b>Head</b>	Consists of the jack and any bowls correctly delivered and resting within the confines of the rink.
<b>Jack</b>	The white (or yellow) "ball" which is delivered each end and acts as the target for play.
<b>Line</b>	The initial path that the bowl is delivered along when travelling towards the desired target.
<b>Mat</b>	The bowler stands on the mat to deliver the jack or a bowl. One foot must be on or over the mat to avoid foot faulting.
<b>Mat line</b>	The edge of the mat closest to the front ditch.
<b>NZ way</b>	The method that coaches will train players with delivery technique and is consistent throughout NZ.
<b>Pendulum arm swing</b>	The desired arm swing pivoting from the shoulder – straight back then straight forward again.
<b>Player (team positions)</b>	The first player is the lead who also delivers the jack, the two or scorer, the three or measurer and the skip or captain.
<b>Playing surface</b>	The top surface on which the game is played, and, includes the wooden surround.(commonly known as the plinth board.
<b>Pre shot routine</b>	The mental process used every time a player prepares to deliver a bowl
<b>Reference point</b>	The point on the bank (or beyond) from which the player determines the required line for the shot to be played successfully.
<b>Rink</b>	The playing area (3.6 – 5.8m wide) that all bowls in a head must be played into. These are numbered consecutively.
<b>Shots</b>	When scoring the number of bowls belonging to the same team count as scoring shots.
<b>Toucher</b>	A bowl which touches the jack on the playing surface and remains on the rink in play. It must be chalked before the next bowl.
<b>Training discs</b>	Discs which may be coloured and are placed on the green during coaching to assist instruction on determining line and line corrections.