

# CORRECT DELIVERY SEQUENCE

All bowlers should have a **Pre-Shot Routine** (PSR) that starts from behind the mat.

## 1. Pre-stance

- a. Before approaching the mat **see the shot in your head** and then **identify the target/delivery line**.
- b. Check you have the **correct bias** for the shot you wish to play.

## 2. Aiming

- a. Your body needs to be square to the target line – feet, knees, hips, shoulders and head
- b. Approach the mat and place your anchor foot (right for right handers) on the centre of the mat.
- c. The **bowling arm should be aiming directly down the target/delivery line**. (Your feet will be adjacent to this line).
- d. Your feet should be slightly apart so that your stance is comfortable with your weight evenly distributed. This ensures your body is balanced before the delivery commences.

## 3. Delivery

- a. The delivery starts with a pendulum action with the bowling arm, initially backwards in a **straight line** creating the backswing. You might find it helpful if your other hand is resting lightly on your upper leg/knee, (not tightly gripping) as this can help maintain balance.
- b. Ensure you have **no lateral or sideways movement** of the bowling arm.

- c. As your arm moves downwards and then forwards down the target/delivery line, creating a follow through you will take a **forward step towards the target line** at the same time as the bowling arm.
- d. The **follow through should all be down the target line**. Your bodyweight moves towards the target which helps to propel the bowl up the green.
- e. Ensure you keep your bowling action as **smooth as possible** at all times.

#### 4. Releasing the Bowl

- a. The point of release (POR) should occur as your arm reaches the **lowest point** of the pendulum closest to the green and **adjacent/alongside your front foot**.
- b. At the Point of Release your **hand should be square** to the target/delivery line.
- c. Your bowling arm should flow down the target/delivery line with the **palm of your hand facing upwards** at the Point of Release.

#### 5. Follow Through

- a. Throughout the backswing and follow through **you must remain as balanced** as possible until the bowl is on its way down the green.
- b. Do not raise your body too quickly, remain at the end of your follow through for a few seconds.
- c. Watch the line your bowl takes; you may need to **make adjustments** on future deliveries.