

HARROGATE BOWLING CLUB



Coaching – 2: Finding the line

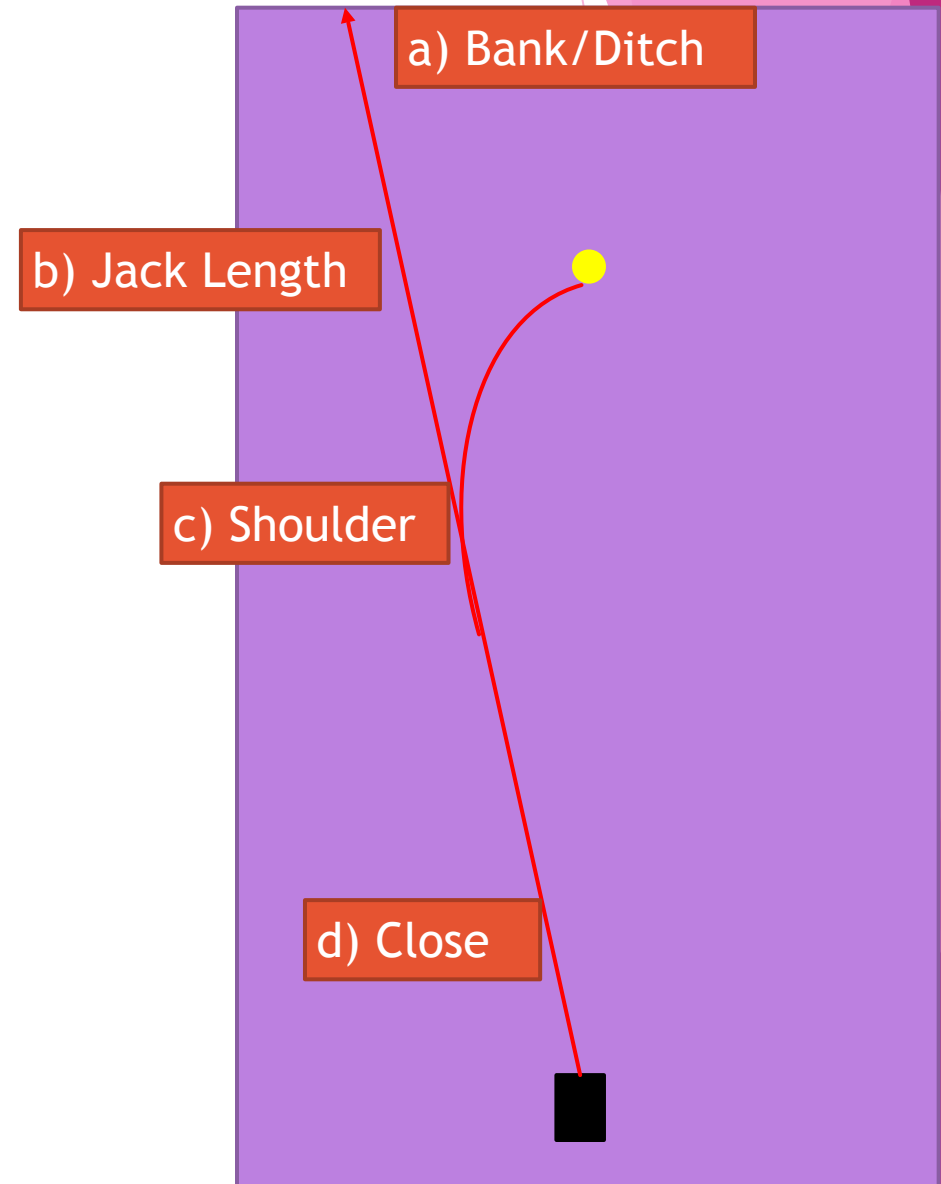
A coaching guide for new bowlers

The Basics Revisited

- ▶ Although everyone has their own style of stance and delivery, sometimes dictated by their physical abilities, the principles of bowls remain the same for ALL players and may well be worth re-visiting frequently:
 - ▶ Adopt a consistent stance on the mat, with feet pointing along the line of delivery;
 - ▶ Shoulders should be square to the line of delivery;
 - ▶ The 'step' (if taken) should be along the line of delivery;
 - ▶ Straight-line arm swing, with shoulder, elbow and wrist in line;
 - ▶ Follow-through along the line of delivery, ending palm-uppermost, with fingers pointing at the aiming point (along the delivery line).

Aiming Points

- ▶ Bank or ditch
 - ▶ You can use the rink boundary markers as a point of reference.
- ▶ Jack Length
 - ▶ Also helps you to gauge the length required as well.
- ▶ Shoulder
 - ▶ The point at which your bowl starts to bend.
- ▶ Close
 - ▶ A point on the green 2 - 4 metres in front of the bowler



Activity: Finding the Line

- ▶ You will need 4 disks.
- ▶ Place the mat on the 2m line.
- ▶ Bowl a forehand wood and ask a colleague to place a disk on the line your bowl took, about 3 metres from the front of the mat.
- ▶ Look at where your wood finishes, is it on the centre line?
 - ▶ If it finishes within 1 foot of the centre line your line is about right.
 - ▶ If it crossed the centre line you are too narrow.
 - ▶ If it did not cross the centre line you are too wide.
 - ▶ Adjust your disk appropriately (an inch this end is about a yard at the jack line)
- ▶ Do the same for both hands, from both ends.



Introductory Videos



The Delivery Doctor, breaks down the delivery action into bite size sections.



How bowls are made, but look out for an aerial view of a lovely bowling green in Harrogate



The late, the great, David Bryant.



Coaching videos from Bowls New Zealand.



How to play Lawn bowls in easy steps.



Tony Allcock's, Art of Bowls, Vol 1