

Bentleigh Bowls Club

Fundamentals for a Successful Delivery

(Virtual Coaching Session 14/10/2021)

The Delivery

There are two key elements that most influence performance.

- The grip used to hold the bowl
 - Must be comfortable
 - Don't use your little finger to grip the bowl (likely to cause wobble)
 - Your middle finger should be the last contact point of the bowl as it leaves your hand
- Delivery technique
 - Establish a delivery routine
 - Must be repeatable



Essential for bowlers to develop a comfortable, efficient and effective means of delivering the bowl on a consistent basis

Achieving consistency of delivery

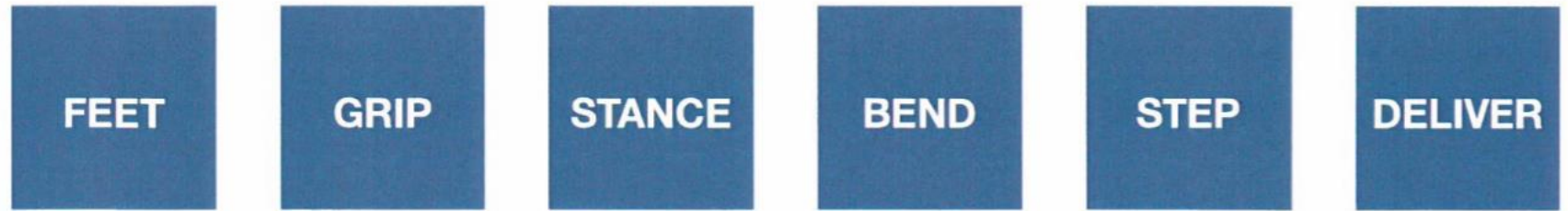
Delivery constants

To have a successful bowls delivery, there are Five constants which are critical to achieve a consistent delivery.

Constant	Summary
Intended line	Being able to deliver the bowl on the intended line
Balance and stability	Remaining balanced and stable during the delivery to assist with delivering the bowl correctly
Controlled momentum	Ensuring the backswing, follow-through, step and forward momentum produce the desired length or weight for the required shot
Smooth release	Delivering the bowl and ensuring the release facilitates little or no wobble or bounce
Consistent repetition	Above all else being able to repeat the action over and over again will greatly improve your consistency

Do the Five to achieve a consistent delivery

Delivery variables (within each constant)



Position your feet on the mat along the desired aiming line.

Find the grip most comfortable for you – don't over grip the bowl

Stance that suits you – may prefer upright, bent

Keep low at the moment of release and during follow through

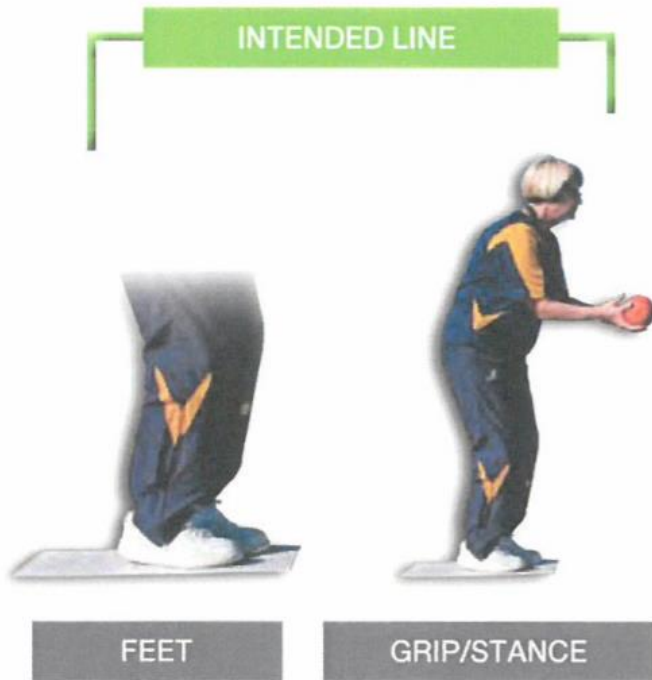
Your normal walking step is best.
Step out on the intended line

Pendulum action of the arm, palm of hand follow along the intended line



*Before stepping on the mat **always** be clear on the shot you need to play and the intended line. Play with purpose and intent*

Delivery – Intended Line

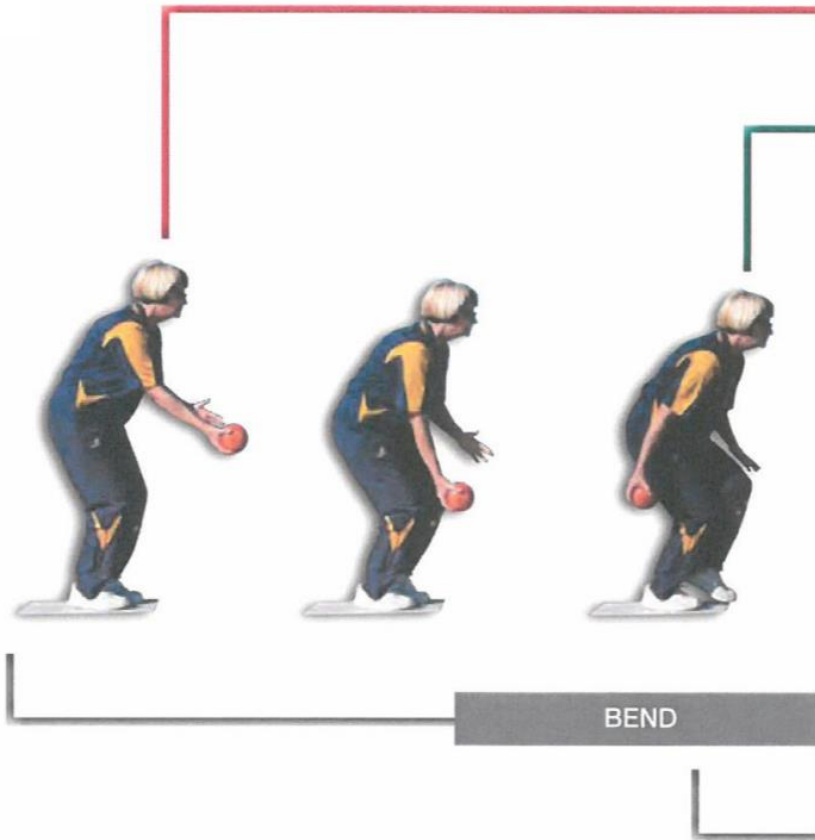


Before stepping on the mat determine your intended line for the shot to be played.

- **Eyes focused on your intended line ready for delivery**
- You may want to adjust your grip
- Your non-bowling hand can be;
 - used to steady your bowling hand
 - Resting on your knee
- Think about the weight required

Achieving a consistent repeatable delivery

Delivery – Bend



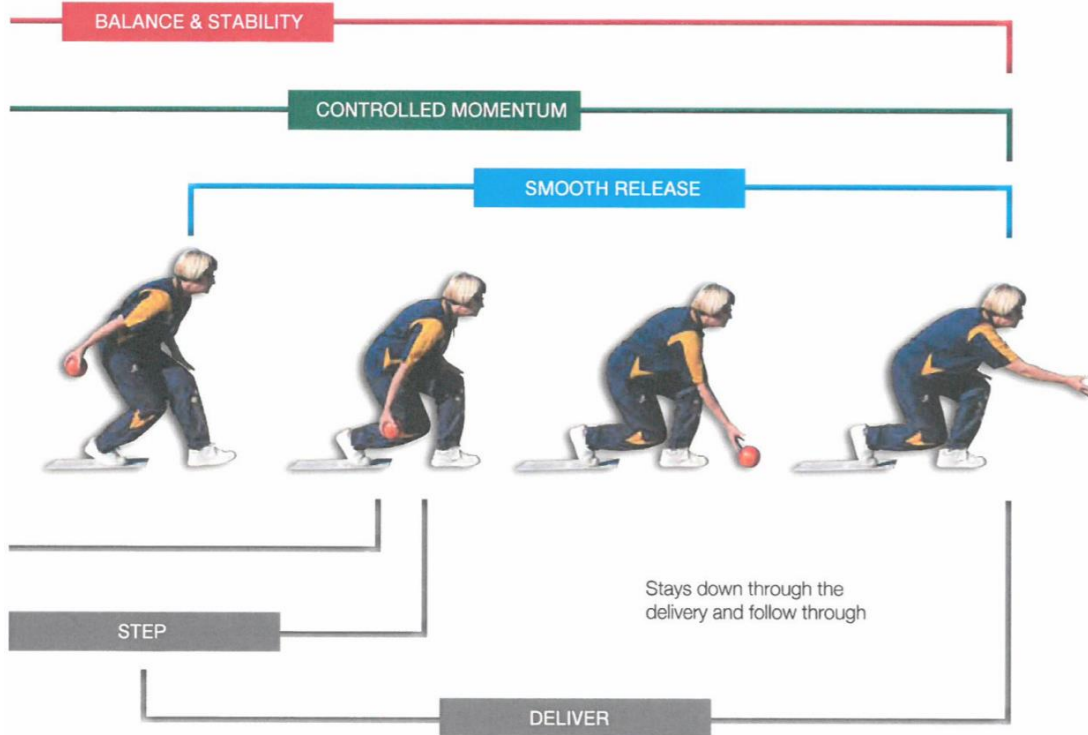
- **Bend and commence the backswing**
- Remember balance and stability

Important:

Commencing the step before commencing the backswing will lead to you 'dumping' or dropping the bowl

Achieving a consistent repeatable delivery

Delivery – Step and Deliver



Key elements

- Comfortable step
- Head stays still
- Shoulders square to your intended line
- Transfer weight onto the front foot
- Head over the bowl at the moment of the delivery
- Release the bowl just in front of the front foot
- Stay down through the delivery and follow through – palm pointing downwards

Achieving a consistent repeatable delivery

Achieving Delivery Success – Summary

- Only step on the mat when you have determined the intended line and are fully committed to play the shot
- Bowl along your intended line

No matter what your individual delivery style is make sure you always apply the Five constants;

- 1 Intended Line
- 2 Balance and Stability
- 3 Controlled Momentum
- 4 Smooth Release
- 5 Consistent repetition

