



Coach's Corner

Tips from the Coach

Below are some tips to help you become a consistent lawn bowler.

Bowling

Coach's Top Tip

The correct bowl size

- Ultimately must be comfortable in your hand
- As a guide the bowl should fit between your fingers and thumbs (see photo)



The Grip

- Use a grip which you find comfortable.
- The tip of your middle finger should be central on the running surface of the bowl



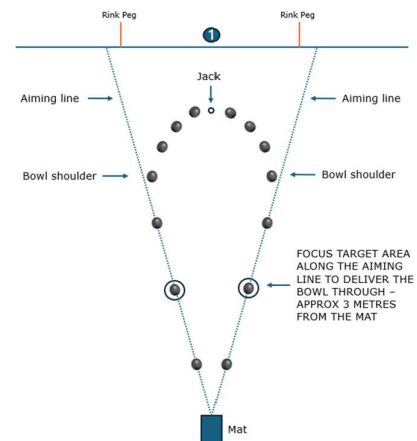
The Delivery

- **Stay down low** through the delivery and follow through



Aiming Line

- **Focus on a target area** (the size of a CD disk) along your aiming line approximately 3 metres from the mat and aim to deliver the bowl through the target area
- Make **minor adjusts** to correct your line - A bowl width either side of you aiming line equates to approximately 2 feet difference (on a 14.5 second green) in where the bowl comes to rest
- **Watch the bowl** track on the green so you know what line adjustment (if any) is required



Delivery arm

- Think of a **pendulum action** – controlled and fluent

Focus

- Only **focus on what you can control** and avoid distractions

Practice with Purpose – being a 'good' consistent lawn bowler requires practice. Information about bowls drills is available on bentleighbowlingclub.bowls.com.au