

# COACHING LAWN BOWLS

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*Your success as a coach is measured by the ability of the player to improve their consistency of their delivery – often this is achieved with a slight correction as opposed to a complete overhaul.*

## **The Delivery**

### **Fundamentals of bowling and technique**

The grip used to hold the bowl along with the delivery technique are the two elements that most influence performance. It is absolutely essential for bowlers to develop a comfortable, efficient and effective means of delivering the bowl. In this way you will give it the best chance of achieving the correct line and length needed to fulfil its purpose.

All the relevant components involved with successful delivery are touched upon below. Once fully aware of these basic requirements there is no substitute for purposeful practice until a bowling action is acquired which is both comfortable and effective for the individual involved.

The photo sequences will demonstrate several players, each with different, but sound technique. When influencing a player's development in their delivery, ideally you should allow them to find their own routine and style – and then work on improving their performance to their desired level.

It is perfectly acceptable for your player to use their own style if they are producing their desired result on a consistent basis – remember, as a club coach, your player is the customer and you should employ a 'customer-focused approach'. Your success as a coach is measured by the ability of the player to improve their consistency of their delivery – often this is achieved with a slight correction as opposed to a complete overhaul

### **Constants and variable**

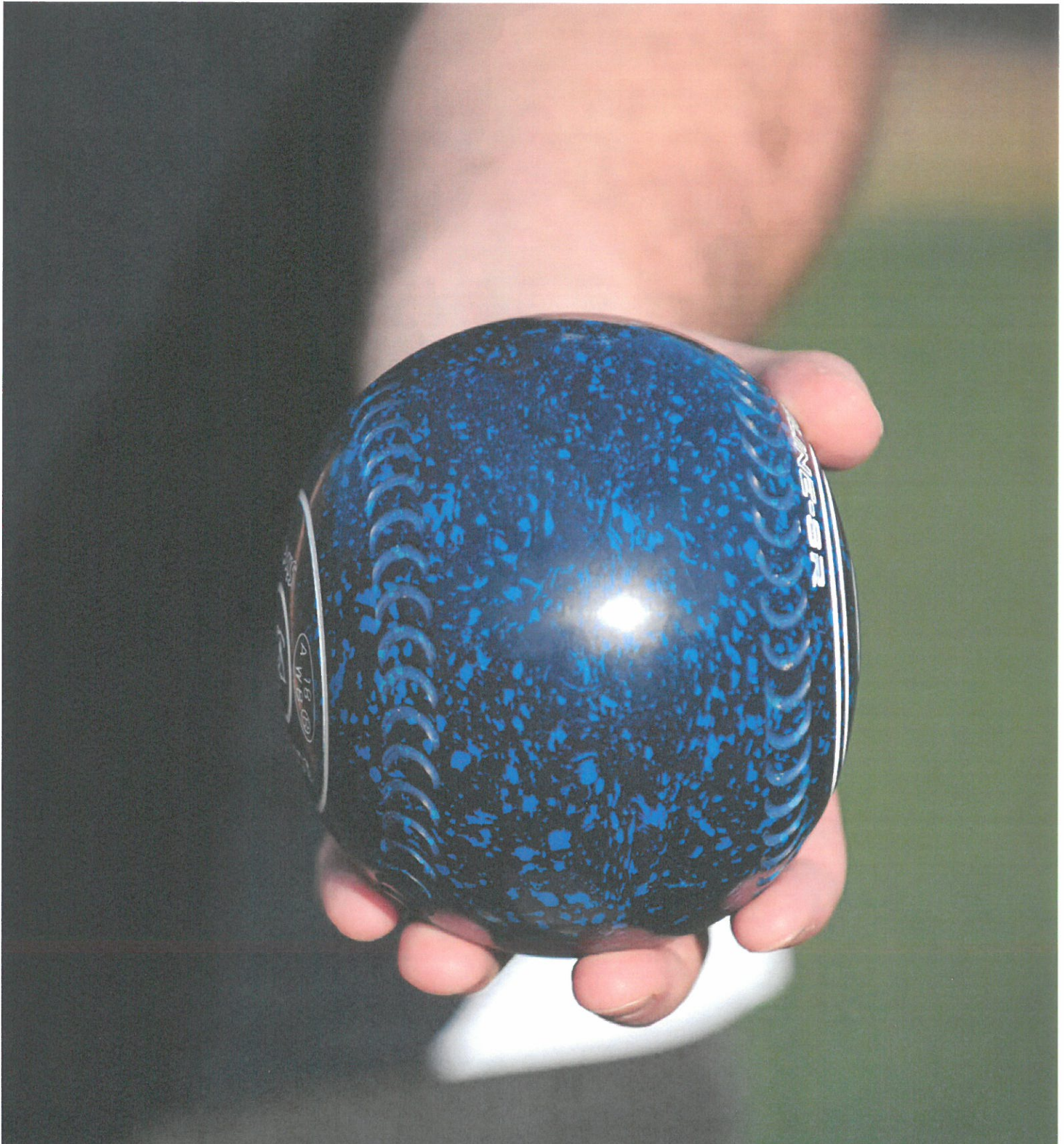
To have a successful bowls delivery, there are several 'constants' which are necessary to produce a sound delivery style – i.e. without the constants, your player will not achieve a consistent delivery.

They are:

- Intended line – being able to deliver the bowl on the intended line desired by the bowler
- 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 delivery

- Smooth release – delivering the bowl and ensuring the release facilitates little (if any) wobble or bounce; and



- Consistent repetition – above all else, being able to repeat the action (even the most strange of actions if repeated consistently can achieve excellent results).

Within each of the above 'constants', there are several 'variables' which can be completed differently depending on the player and still achieve the same 'constant'. For example, there are several types of grip which can all produce the desired result of a smooth release. Additionally, there are several lengths of step which can achieve controlled momentum through the delivery. The variables within the constants are:

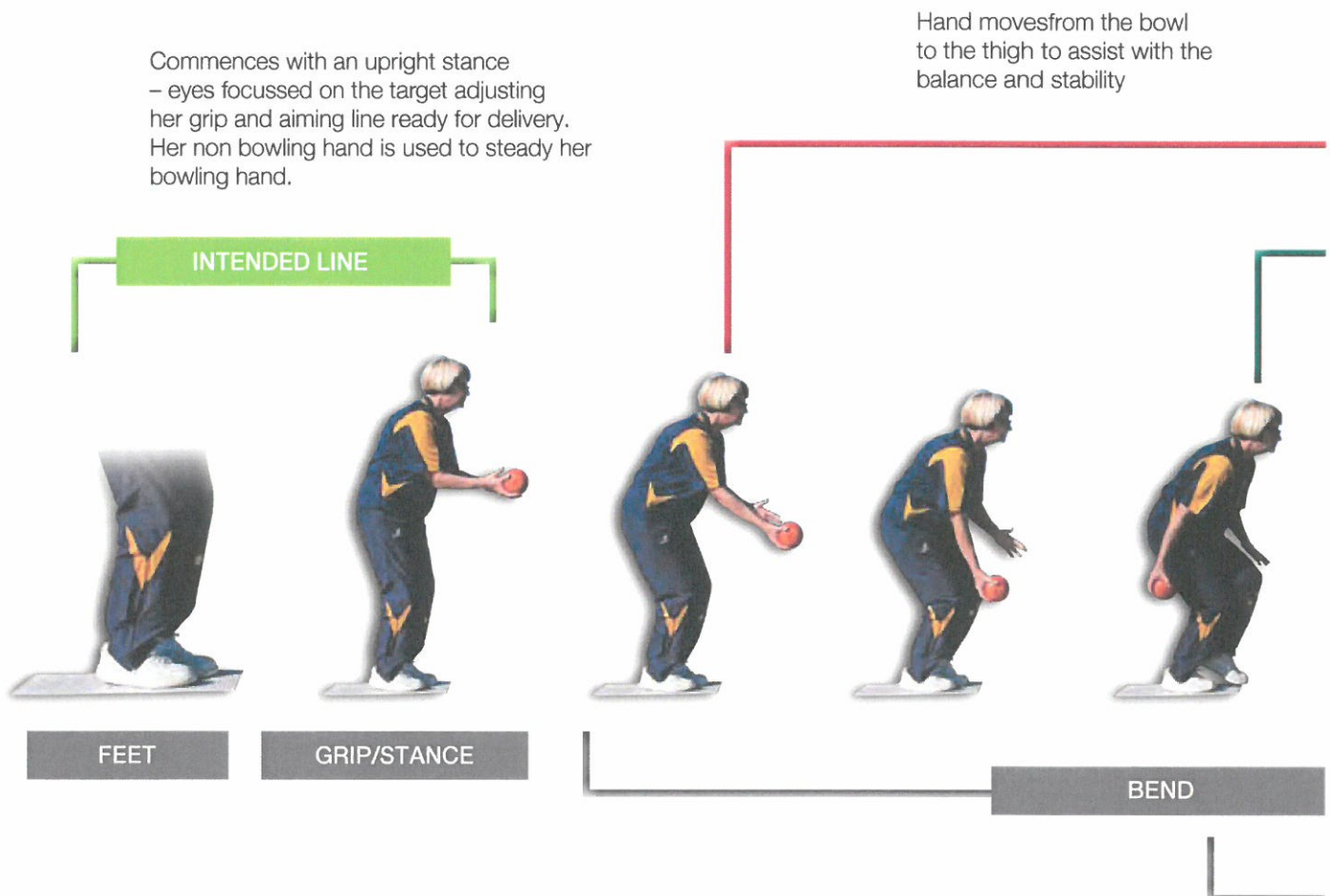
- Feet – ensure your players position their feet on the mat along the desired aiming line
- Grip – let your player find the grip most comfortable to them, taking into consideration the desired shot and external factors such as green speed and weather conditions
- Stance – your player may prefer and upright, bent or combination stance to commence their delivery
- Bend – fundamental to a successful delivery is to keep low at the moment of release and during the follow-through

- Step – your player should step to a distance which is comfortable for their own style, recognising the link between the length of step and the speed of the delivery
- Deliver – the delivery is a pendulum action of the arm. The palm of the hand should follow the bowl/jack in a natural follow through. Delivery may include varying length of backswing depending on the player. During the backswing, it is recommended the player:
  - begin the backswing before they step (to assist with timing), and
  - approximately when the arm is level with hip, take a step forward, transferring body weight to the front foot
  - The bowl is released when the arm is slightly in advance of the front foot, assisting the player to deliver/release the bowl smoothly out of the hand on to the green, minimising wobble and avoiding dropping or dumping on the green.

Use the following six examples to assist with developing your players – recognising that each delivery style is different, although each of the six players have achieved tremendous success in their bowls career. The coloured lines above the delivery style highlight the 'constants' and the grey lines below the images demonstrate the 'variables'.



# DELIVERY FUNDAMENTALS



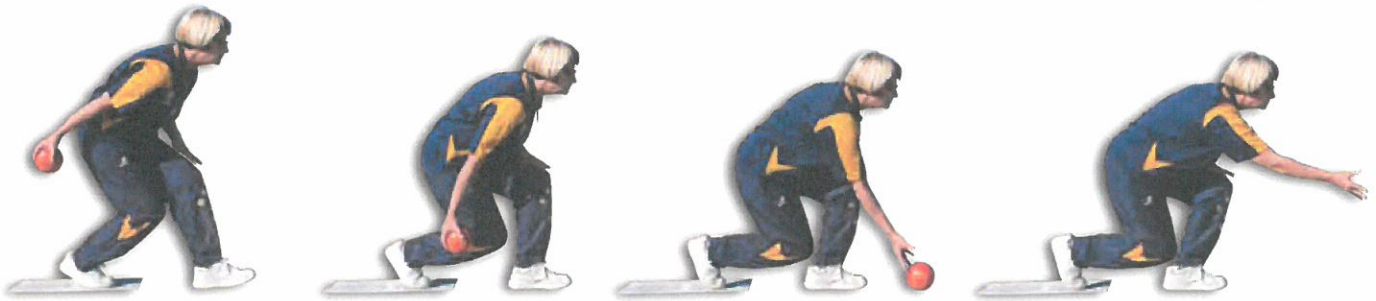
## DELIVERY SUMMARY

The player commences her delivery from an upright stance. Adjusts her grip and feet to ensure she delivers the bowl on the intended line and uses her non-bowling hand to steady her bowling arm. Once the delivery action commences, the non-bowling hand drops to the thigh/knee for increased balance and stability. She has a medium length step and medium length pendulum motion ensuring controlled momentum for her delivery. She bends down low and remains low to allow for a smooth release of the bowl. Importantly, she is able to repeat the action ensuring consistency with her individual delivery style.

BALANCE & STABILITY

CONTROLLED MOMENTUM

SMOOTH RELEASE



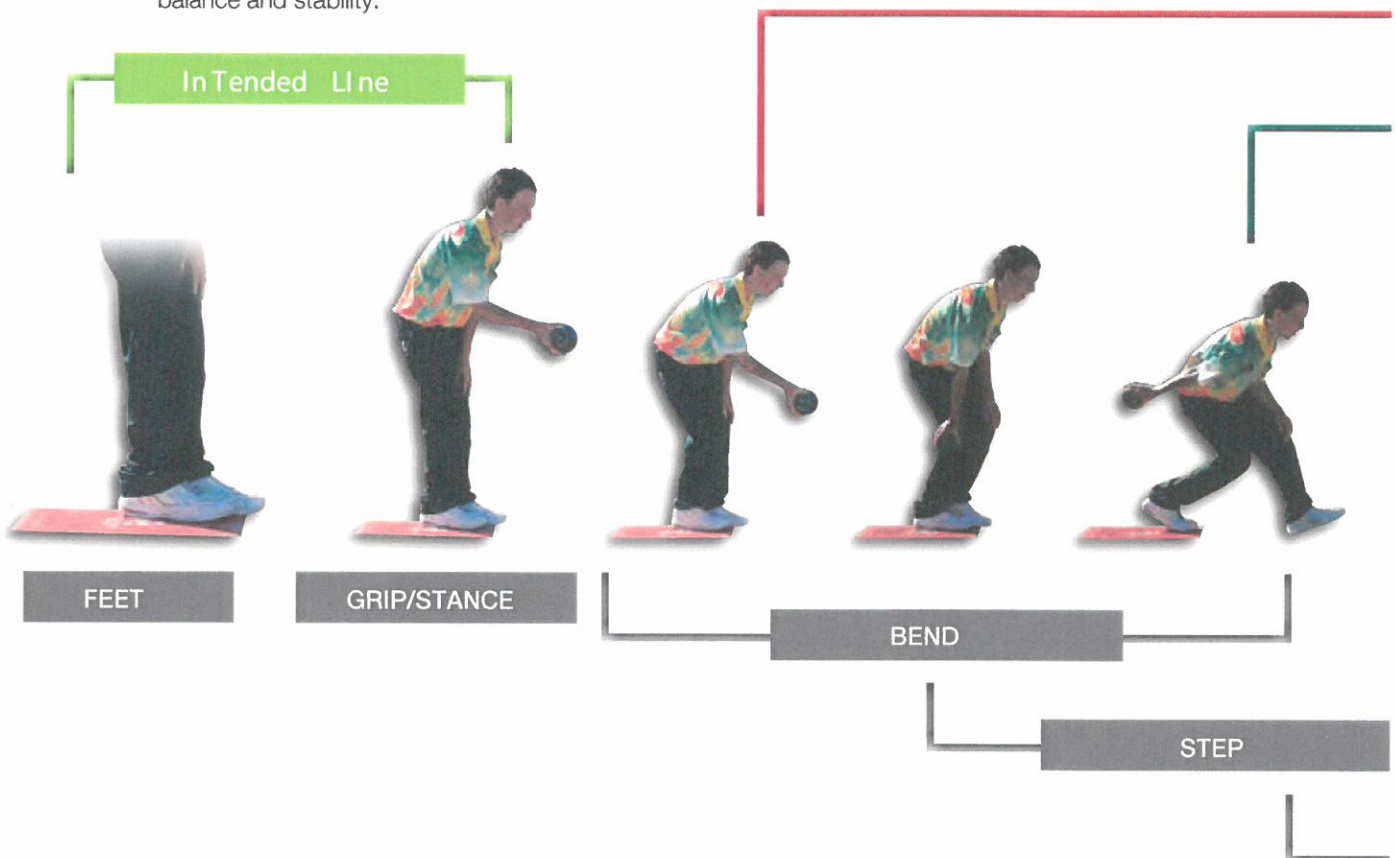
STEP

Stays down through the delivery and follow through

DELIVER

Mid-range backswing to approximately 45 degrees

Commences the delivery with the non-bowling hand on the knee to assist balance and stability.



## DELIVERY SUMMARY

The player commences his action with his feet close to the front of the mat and finds his intended line. His head remains still throughout the delivery, assisting with balance and stability. His pendulum swing is moderately large, offset by a slightly small step to ensure controlled momentum.

He releases the bowl close to the ground and directly below his eyes to ensure a smooth release. Importantly, he can repeat the action ensuring consistency with his individual delivery style.

Stays down low through the delivery and follow through.

BALANCE & STABILITY

CONTROLLED MOMENTUM

SMOOTH RELEASE



DELIVER

Head over the bowl at the moment of the delivery. Releasing the bowl just in front of the front foot.