

10 TOP TIPS for BEGINNERS

1. Consistent delivery = consistent outcomes
2. Slow, controlled delivery is a must.
3. Relax and concentrate
4. Develop a shot delivery routine
5. Feet position and balance are fundamental on every delivery.
6. DO NOT cross the head with draw shots.
7. Good weight control takes time to learn.
8. Practice on your own as often as possible.
9. Always practice both hands and leave the mat in the same position to improve grass line and weight control
10. Leave weighted shots until later.

SUGGESTED PRACTICE SESSION

90 minutes. Preferably on your own or with a partner

10 minutes. 2 end roll up, warm up.

20 minutes. Delivery Draw shot. Mat and length the same. Play all bowls up and down the same side. Work on basic delivery style, footwork, swing, line grassing the bowl, follow through. Follow pre-shot routine each delivery. Develop touch and automation.

20 minutes. Draw shot variations. Various mat and jack positions, Alternate hands, position bowls, draw to the ditch, boundary etc..

20 minutes Use practice worksheets or game situations. Develop competitive ability. Focus on specific skill. e.g. trail shot, short ends with mat up, draw around bowls, drive

20 minutes. Weighted shots. Running shot and the drive

Variations.

- skill testing
- Evaluation.. video
- weighted shots only session
- game against team mates
- rolling the jack

Automated performance

A shot routine will automate the following with sufficient practice.

- grip
- stance & balance
- backswing
- grasping bowl
- weight and feel of delivery
- follow through
- watch result
- prepare for next bowl

PRACTICE

P ---Perseverance

R---Reputation

A---Assessment

C---Concentration

T---Technique

I---Inner mind

C---Consistency

E---Excellence

These important technique requirements should be evident in every bowler.

- **Smooth flowing movements**
- **Natural balanced stance**
- **Relaxed comfortable grip**
- **Effective aiming line method**
- **Correct body alignment and arm swing**
- **Adjustment in delivery momentum i.e. weight control**
- **Smooth grassing of the bowl**

Warning: Do not assume your technique is deficient due to poor results. Technique changes should be made only if there are obvious technique errors, results are poor and you believe in the need for change.