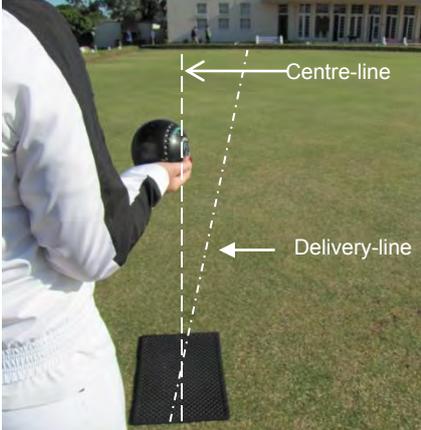


The Grip

	The Right-Hander	Explanation	The Left Hander
1.		<ul style="list-style-type: none"> Pick up the bowl in the bowling-hand and hold it palm upwards (not gripped), facing the jack – check that the bias is correct. <p><i>Caution: getting the bias correct is more important than 'saving' the bowling arm and minimising movement.</i></p>	
2.		<ul style="list-style-type: none"> Rest the bowl flat in the other hand Place the arc created by the index-finger and thumb of the bowling-hand around the dimples or rings. <p><i>Caution: The thumb should never be on the running surface as this places unnecessary strain on the muscles of the hand.</i></p>	
3.		<ul style="list-style-type: none"> Place the other fingers comfortably spread on the running surface as bowling-hand is turned to face palm up. The bowl should rest on the fingers, starting from the pads of the palm – not the full palm. <p><i>Caution: The little finger should not be curled up the side of the bowl as this may cause a wobble on delivery.</i></p>	
4.		<ul style="list-style-type: none"> The centre-line of the running surface of the bowl should be on the same line as the centre of the forearm. 	

Coaching Tips:

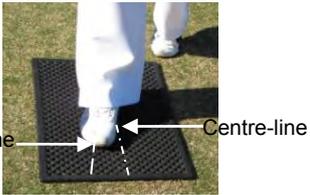
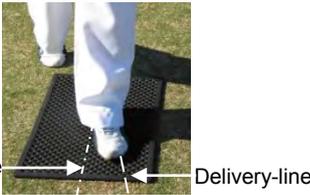
The Grip-Coaching Process:

1. The player should not pick up the bowl until s/he knows on which side of the rink s/he is going to play – encourage the player to collect the bowl with the feet and wait 2m behind the mat until it is his/her turn to bowl.
2. Demonstrate the process of how to take the correct grip, while explaining *why* the centre of the running surface should be straight with the forearm (the most important issue regarding the grip) and *what* to do to get it there.
3. Make sure that the player follows the *routine* steps outlined in the table when taking the grip – this is the start of the development of the delivery-routine, which ensures that the player does the same movements with each delivery and assists in the focus and concentration necessary for a successful outcome.
4. The player should be made aware that the grip is the same for both backhand and forehand and for right-handed and left-handed players.

However the player grips the bowl, it is important that the *centre of the running surface is straight with the forearm*. The bowl must feel comfortable in the hand under all conditions, with no strain or tension in the grip. If a bowl is too big it will cause many faults.



The Stance

	The Right-Hander	Explanation	The Left Hander
5.		<ul style="list-style-type: none"> • Begin 1m behind the mat facing the line. (<i>See the line</i>) • Move forward along the line so that only one more walking step is needed to step onto the mat. (<i>Walk the line</i>) 	
6.		<ul style="list-style-type: none"> • Step onto the middle of the mat with the <i>anchor-foot</i>, so that the heel is on the centre-line and the toes are pointing along the delivery line. 	
7.		<ul style="list-style-type: none"> • Place the <i>stepping-foot</i> comfortably parallel to the anchor-foot. • The body is automatically aligned along the line – head, shoulders, hips and feet. <p><i>Caution: Once the anchor-foot is placed, it should not be moved at all – if it has been placed incorrectly, step back off the mat and restart the stance routine.</i></p>	
8.		<ul style="list-style-type: none"> • The bowling forearm is lifted parallel to the ground with the wrist locked and flat, while the elbow is bent. • Ensure that the angle of the forearm to the centre-line of the rink is the same as the angle of the anchor-foot to the centre-line. <p><i>Caution: Ensure that the arm is not lifted from the shoulder – unnecessary strain on the body.</i></p>	
9.		<ul style="list-style-type: none"> • Bend the knees slightly (loose), while leaning forward slightly from the hips, with the shoulders over the toes. • Rest the other hand lightly on thigh/knee of the stepping-leg. • Focus the eyes on the point-of-aim (PoA). 	

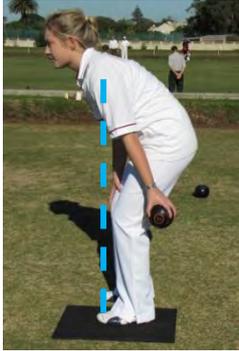
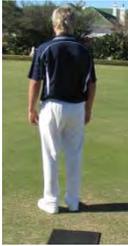
Coaching Tips:

The Stance-Coaching Process:

1. Demonstrate the process of how to take the correct stance, while explaining *why* it is necessary to *see the line and walk the line* in order to *play the line* and *what* to do to get set to deliver.
2. Use a chalk-line down the centre of the mat or alternative coaching aid to assist the player in placing his/her anchor-foot correctly and consistently in the same place on the mat.
3. The wrist must be locked and straight – otherwise the bowl will not be delivered smoothly on the centre of the running-surface.
4. The player should check that line of the fore-arm is parallel to the anchor-foot which is pointing along the delivery-line.
5. The shoulders should be level and balanced with each other and square to the delivery-line – check that the other-arm is not leaning too heavily on the stepping-leg thigh / knee.
6. Check that the position of the head is straight up rather than leaning to one side or too far forward - if the player is leaning too far forward, ask him/her to tuck his/her buttocks in – this automatically straightens the back and brings the head up.
7. Make sure that the player follows the *routine* steps outlined in the table when taking the stance.



The Delivery

	The Right-Hander	Explanation	The Left Hander
10.		<ul style="list-style-type: none"> • Keep the wrist locked; allow gravity to swing the bowling-arm straight back until it is just past the body – controlled backswing. • As the arm straightens, the elbow is locked straight and remains locked until follow-through is completed (see 13 below). • Keep the rest of the body still, with the eyes still focussed on PoA. 	
11.		<ul style="list-style-type: none"> • As the arm passes behind the anchor-foot knee, take a normal walking-length step towards PoA with the stepping-foot. • The arm continues the backswing until the stepping-foot is planted. • Keep the eyes on PoA. 	
12.		<ul style="list-style-type: none"> • As soon as the stepping-foot is planted, commence the forward swing of the arm, transferring the body-weight from the anchor-foot to the stepping-foot. (<i>Play the line</i>) • Simultaneously, bend the knees, keeping the back reasonably straight and slide the other hand down the thigh to rest <i>lightly</i> on the stepping-foot knee. • Keeping the eyes focussed on PoA, release the bowl just in front of the toes of the stepping-foot on the delivery-line, rolling it off the tips of the fingers. 	
13.		<ul style="list-style-type: none"> • Follow through, palm up, with the bowling-arm along the delivery line, keeping the elbow and wrist straight and locked. • Hold this position, watching the bowl travel along the chosen line, until it is at least 10m away. 	
14.		<ul style="list-style-type: none"> • Stand up onto the stepping-foot, bringing the anchor-foot alongside. • Watch the bowl until it comes to rest. • Turn sideways and walk around the mat to the back. 	

Coaching Tips:

The Delivery-Coaching Process:

1. Demonstrate the process of how to deliver correctly, while explaining *why* it is necessary to follow each step in order to *play the line* and *what* to do to achieve a delivery technique that can be used consistently for both forehand and backhand.
2. The elbow and wrist must be locked and straight, with operating from the shoulder – otherwise weight control will be destroyed.
3. Explain that the player should allow gravity to do the work in the controlled backswing. It is essential that both the backswing and forward swing are controlled to avoid a push action.
4. The swing should be straight backwards and forwards over the delivery-line and close to the body.
5. Check that the head and shoulders remain level and balanced throughout the delivery motion.
6. The length of the (walking-size) step should allow the player to maintain the delivery-line, balance and posture of the delivery.
7. If the anchor-foot leg is not bent sufficiently, suggest to the player that s/he tucks in the buttocks – this forces the back straighter and the anchor-foot knee to bend, otherwise the player cannot reach the ground at the point of delivery.
8. Standing up on the anchor-foot may cause back injury and stepping backwards off the mat is not only dangerous to the players but also poor etiquette as the next player should be waiting 2m behind the mat.
9. Make sure that the player follows the *routine* steps outlined in the table when completing the delivery.

At the end of the first session, encourage the player to purchase the Bowls SA booklet *Introduction to Bowls* and the video (DVD) *Walk the Line*.



The Clinic Technique: Grip, Stance & Delivery of the Jack

The jack is delivered in exactly the same way as a bowl and with the same attention to detail. The grip and the stance are slightly different, but the delivery is exactly the same.

	The Right-Hander	Explanation	The Left Hander
1.		<p><i>Jack Grip:</i></p> <ul style="list-style-type: none"> • It is held in the tips of the middle finger and thumb placed opposite each other. • The other fingers are placed comfortably along-side the middle finger. 	
2.		<p><i>Jack Stance:</i></p> <ul style="list-style-type: none"> • Walk onto the mat from directly behind the mat. • The <i>anchor foot</i> is placed on the centre of the mat, pointing down the centre-line of the rink. 	
3.		<ul style="list-style-type: none"> • The <i>stepping-foot</i> is placed comfortably parallel to the anchor-foot, approximately shoulder-width apart. <p>The body – shoulders, hips and feet will be at right-angles to the centre-line.</p>	

Coaching Tips:

- Coach a new player how to deliver the jack before the bowl as it is easier for the player to understand the concepts of line-taking, feet position, delivery forearm, etcetera, without dealing with the unknown curve of the bowl. This knowledge is then transferred quite readily to the grip, stance and delivery of the bowl.
- Train your players to make clear indications to the skip (or marker) on how far to move the jack in order to straighten it. The player should use both hands, held high and away from the body, on the side that the jack must move (see a).



- The distance between the hands must indicate the distance it must be moved. Advise your player not to indicate moves in little bits – this can be very irritating!
- For a very small distance, indicate direction as shown b).

It is imperative that a new player realises the strategic importance of the jack and the reasons for delivering it to within a meter of the skip's feet, as games have been lost through playing the wrong length.