

BACK TO BASICS

TAKE ANOTHER LOOK AT YOUR BOWLING TECHNIQUE

It is never a bad thing to occasionally go back over the basic components which contribute to the way you deliver a bowl. Professional sportspeople are constantly working on the basics with their coaches as they strive for excellence.

SIZE MATTERS

Firstly, check that you are playing with bowls that are the optimum size for you. The trend, particularly amongst lady bowlers, is to drop down in size in the belief that it is easier to handle the smaller bowls sizes. This is perfectly understandable and, if you feel more comfortable with a smaller bowl, it will almost certainly be beneficial to your game. However, if the bowl is too small, there is a temptation to spread the fingers too wide and “envelop” the bowl. Fingers up the side of the bowl increase the likelihood of wobbling which in turn affects your consistency of line and weight. Oddly, if your bowls are too big, the same thing applies as you widen your grip to try to hold on at the point of release. Big bowls are more likely to be delivered with a bounce and a wobble.

A SIMPLE TEST



A crude, old fashioned way to check if your bowls are the right size for you is to wrap your hands around them with the thumbs touching.