

## **Line and length. The secret to good bowling.**

Below are a couple of simple exercises that will either improve your game or let you know that it may be best to get some help.

We do have a number of players who do like to come to the club and have a roll-up. The benefits of this are: being outdoors and in the fresh air, the exercise, socializing, and if you are playing well it will help you maintain form.

On the other hand, if you are not playing as well as you would like, then just rolling-up will not necessarily identify and correct the problem.

No doubt you have heard of the expressions: “Practice with a purpose” or “purposeful practice”.

One of the secrets to successful bowling is to be able to consistently deliver the bowl on the line required. Here are a couple of suggestions that are designed to get you used to focusing on the line required and to be aware of the weight used.

Exercise 1: When you first get on the green try delivering your bowls with no jack on the green. The exercise is to get your 4 bowls as close as possible to where the first bowl stops (does not have to be on the line). To be successful this exercise requires you to focus on the delivery line and weight control. Do this for about 8 ends. 1st & 2nd ends, 4 bowls forehand. 3rd & 4th ends, 4 bowls backhand, etc. If all four bowls finish close together, your delivery is good & consistent and your focus on the line and weight control is also good.

Once you introduce a jack and other bowls into the head it is often too easy to lose the focus on the line and length. This exercise is designed to get your focus through the delivery, on line and length. If you are not happy with the results and the consistency is not there it may be a good time to talk to one of our coaches.

Exercise 2: This is a slight variation on the previous exercise. This is also good training to improve your focus on the line and length through the delivery but this exercise is designed to increase your awareness of weight control and to be able to adjust to get the desired result.

Again without a jack, this time try slightly increasing the length of each bowl and after a few ends try decreasing the length of each bowl. You can set yourself a target of the variation in length and your skill level will determine this. The better you get the shorter the variation should be.

Good bowling.

If you have the opportunity to put these exercises into practice, please let us know how you go as any feedback would be most welcome.