

STARE SPOT.

Almost all bowlers take an object on the far bank, perhaps a boundary peg, next rink number or some point in between as the initial aiming point and then make allowance for a slow green, cross breeze or an off-centre line finishing point for your bowl etc. The next step is to imagine a straight line back to the mat. On that line, find a mark (or imagine one) between 3 to 6 metres from your position.

That is the STARE SPOT to bowl over on the bowl's delivery line.

Practise bowling over a washer, coin or CD disk to improve accuracy.

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Comments:

1. The distance suggested (3 to 6m) depends on whether you have a low (crouching) stance or an upright one. Choose what feels most natural for you.
2. The same STARE SPOT applies for all draw shots to EVERY length of jack on the centre line. Length is determined by the SPEED of your DELIVERY. Of course, the STARE SPOT will need to be adjusted for firmer shots and off-line targets such as a moved jack or a bowl to be covered.
3. To the human eye, a bowl travels in a straight line up to 6m. Anything further up the green requires a further adjustment to allow for how much your bowl will turn before reaching that spot.
4. Treat your STARE SPOT as a darts player does. He mostly stares at the triple 20 strip. Notice also how he holds the dart in front of his dominant eye as do rifle shooters, archers and snooker players. So too should bowlers with eye over the delivery line from stance till release, This principle also applies to set shots for goal in AFL football - head (i.e. eye) and ball over the kicking foot and delivery line from stance to the kick and all forward movement alongside that line. When all is said and done, bowls is also a target sport.
5. To minimize errors, adopt the Shooters Stance, standing half side-on, as a shooter or archer stands when taking aim to allow your arm to swing through naturally over the delivery line as you step alongside it.
6. The longer your bowl travels above its delivery line, both in back- and forward swing, the more likely it is to go that way so develop a smooth pendulum one.
7. Body sway is the major cause of line error so be as steady as you can be at the moment of release. Half side-on placement of both your feet at stance and delivery gives better control of body sway as it provides a wider base to balance on than a foot pointed beside the line and also more resistance to forward body sway.
8. Stay down after delivery, staring at your STARE SPOT until your bowl passes over it. This helps to maintain balance and stability at the moment of releasing your bowl.