

## Some Maxims for Bowlers to Consider.

1. **“To the human eye, a bowl travels in a straight line for 18 feet“ (c 6m).**

Hence, learn to find a Stare Spot to bowl your bowl over anywhere from 3 to 6m in front of you according to what you find most comfortable with your stance. This spot serves for all lengths of jacks but will vary for changes of mat position.

2. **“The longer a bowl travels along its delivery line both back and forward the more likely it is to go that way”.**

This means your backswing needs to be similar in length to your fore swing making it a true pendulum swing and not a jerky push.

3. **“Your feet are for balancing on, not for directing where your bowl should go”.**

An angled foot (or feet) gives greater length to balance on than the width of a pointed foot, both at stance and during your bowling action.

4. **“Bowls is a target sport”.**

Apply techniques of archery, shooting and darts to it.

Archery is the best to copy – angled feet, eye over the delivery line (arrow).

Rifle shooting is OK if you liken it to a) firing by an execution squad, b) culling stationary pests or c) firing at an empty beer can on a fence post.

In darts, line the dart up in front of your aiming eye and stare at the section of the dart board that is your precise target, say, the triple 20 slot. Hence, adopt **Stare Spot** at stance and until your bowl passes over it.

5. **Embrace “KISS” (Keep It Simple, Stupid).**

Make your bowling easier. Just use the same delivery action for both forehand and backhand. Only two small changes are required: a). Line up your stance on the mat for the opposite target spot at the far end of the rink; b). Turn your bowl over in your hand and bowl.

6. **“Practice makes perfect”.**

For bowling improvement, practise on your own with 4 bowls in sessions of 30 to 45 minutes, 2 or 3 times a week. Practising with others may be a good socialising exercise but usually means consolidating faults.

7. **“Life wasn’t meant to be easy”.**

Getting to the top - A Grade at least - doesn’t come easily. A roll-up once or even twice a week won’t cut the mustard. As Phil Mickleson said after winning the US Open (2021), “A little extra work is a sacrifice worth taking” and “You’ve got to be committed to the shot”. It’s the same on the bowling green.

8. **“Don’t believe everything you’re told”.** Politely ask, “ Is that **biomechanically** sound?” and if he/she/they respond, “Uh, what’s that?” thank them and ignore the advice. Standing square to the delivery line - shoulders, hips, knees, feet – all or any of them and the Theory of Elevation– were first recommended in the first decade of the 20<sup>th</sup> century 50 years before sports coaches realised that there were better and easier ways to improve performance. It’s time lawn bowls did too.

