

BBC Coaching

Getting Started

How to Start - Choosing a Bowl

- ▶ There are lots of different sizes and weights of bowls and you should try several bowls to see which feels right for you.
- ▶ The bowl needs to fit comfortably in your hand for you to send it confidently.
- ▶ So how do you hold it? Here is the basic technique.
- ▶ Cup your hand loosely and place the bowl in it.
- ▶ Place your middle finger in the centre of the bowl and raise your fingers around the bowl to stop it falling out of your hand.



How to Start - Delivery

- ▶ When starting to play bowls it is important that you develop a delivery action that feels comfortable for you. Everyone's delivery action is unique to them.
- ▶ There are a few rules to follow.....
- ▶ Put one foot on the mat. This needs to be the (left or the right) that is the same as the hand that you are going to send the bowl with (except where a disability prevents).
- ▶ Step forward a normal walking step and bend down (all in one movement). Don't stride too far or bend too far down - just go as far as comfortable.
- ▶ Swing your arm like a clock pendulum and release the bowl at the bottom of your swing.
- ▶ After the bowl has been released slowly stand back up.



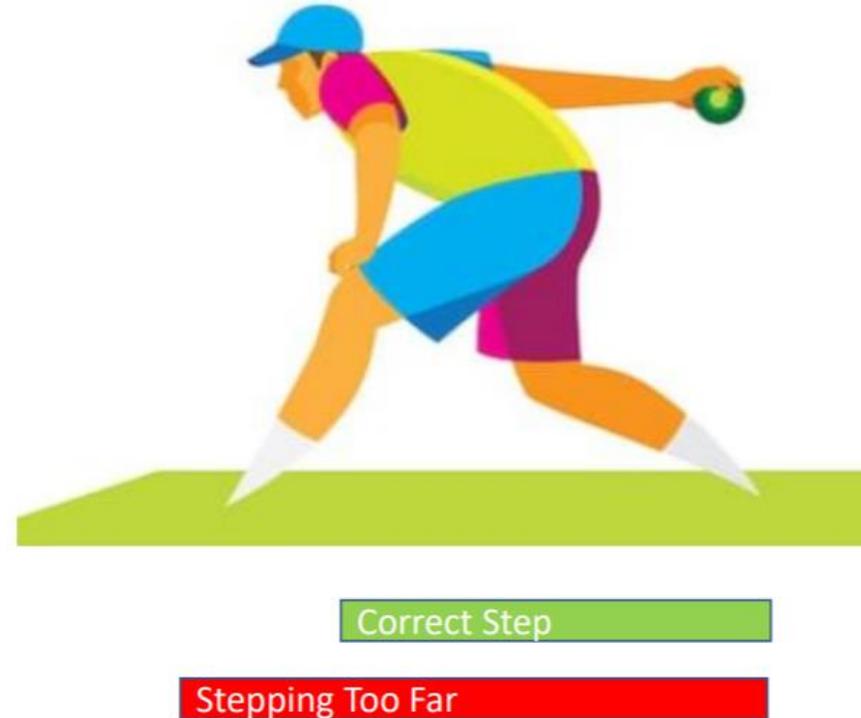
Delivering a bowl - The next steps

- ▶ Once you feel comfortable delivering the bowl there are a few key techniques to improve accuracy.
- ▶ Not stepping forward too far
- ▶ Keeping your balance during delivery
- ▶ Stepping towards the target line
- ▶ Keeping your delivery consistent and close to your body

- ▶ Let's take a look at these in turn.

Delivering a bowl - The next steps

- ▶ Stepping too far forward - As previously mentioned the step forwards on delivery should be a normal walking stride which will vary from person to person.
- ▶ A common problem is over stepping which, in turn, causes problems for a bowl to be delivered at the bottom of the swing.
- ▶ This then can cause issues both in distance and consistency of delivery.



Delivering a bowl - The next steps

- ▶ Keeping your balance during delivery - Everyone has a delivery which is unique to themselves but there are a few techniques to try.
- ▶ To help with balance, place your non-bowling hand on your bending knee.
- ▶ Try to practice stepping forwards the same distance as you lean forwards.
- ▶ By doing this you will keep a straight line running from your foot, via your shin, to your shoulders and head. Again, this is great for both balance and consistency.



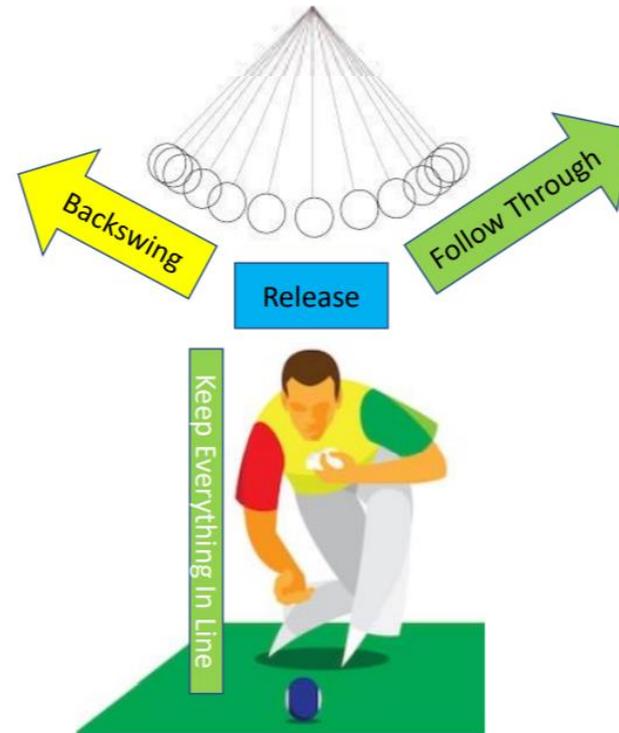
Delivering a bowl - The next steps

- ▶ Stepping Towards The Target Line - Consistency and accuracy improves massively if your body is helping with direction.
- ▶ By stepping forwards and pointing your toes towards where you want to send the bowl (not the target, but the target line), the rest of your body will open up.
- ▶ If you step across yourself, you will find it very difficult to deliver the bowl on the desired line and will instead push the bowl outside the line.
- ▶ Stepping forwards in this manner can feel strange to start with, but will improve your accuracy.



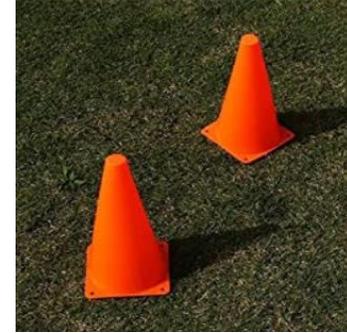
Delivering a bowl - The next steps

- ▶ Keeping Your Delivery Close To Your Body - Keep your delivery working like a clock pendulum.
- ▶ Your arm should move backwards, then forwards and, most importantly, continue to move forwards after you release the bowl.
- ▶ When you finish your delivery, your hand should be well in front of you.
- ▶ If you try to stop your delivery when you release the bowl, you run the risk of not sending it cleanly and you will almost certainly struggle with consistency.
- ▶ Another key part of the delivery is to work on making sure that your pendulum stays compact and close to your body.
- ▶ If your action swings out-to-in, or visa-versa you will struggle to bowl consistently on the correct line.



Getting Started

- ▶ Objective - To be able to deliver a bowl. It is vital to remember that for someone new to the sport nothing can be assumed as too easy.
- ▶ Set Up - Set up a target to aim at and bowl through at 15m. The objective is to bowl through with every bowl.
- ▶ Practical - Spend 15 minutes playing bowls both biases. Start by going straight towards the target and then gradually introduce round-peg.
- ▶ The practical should be focused on becoming comfortable with the delivery and sending bowls.



Playing both bias

- ▶ Objective - To see how the bowl reacts when sent on a different bias.
- ▶ Set Up - Set up a target at 19m. Cones can be used to help visualise the line on each bias.
- ▶ Practical - Spend 10 minutes playing bowls both bias whilst explaining the differences.

