

# ★ COACHING TIP

## Gripping the Bowl



by  
for the

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### Points to Ponder ..... Clues to Consider ..... Ideas to Implement

It goes without saying that the way in which a bowl is held has a decided effect upon the outcome of the delivery. Many of us at the time of learning to play bowls, have been guided or instructed to use what is commonly called the Platform Grip. The bowl is placed along the fingers which are held closely together and the thumb is placed usually in one of three positions; at the side, on the rings/dimples or on the running surface.



Inherent in this utilising this grip, a bowler may experience any or all of the following:-

- \* a need to bend excessively forward with the arm fully extended
- \* excessive pressure on the fingers leading to cupping the bowl
- \* momentary loss of holding power at delivery causing dropping or dumping of the bowl
- \* difficulty in fully viewing the line of delivery
- \* an inability to remain focussed on your target
- \* unsatisfactory length and/or direction of the delivered bowl

If you have or are encountering these type of difficulties, there is an alternative grip with which your Club Coach should be able to assist you ..... or..... check out the next issue for a full description of the grip that provides superior levels of success.