

# ★ COACHING TIP

## Moment of Delivery (Part 1) ★★★★★

### ??? A QUESTION TO RESPOND TO ???

*At the moment of delivery, where are you exactly looking and what are you focusing on?*

The difficulty faced by many bowlers in answering this apparently simple question is that two activities are often combined into one.

1. It is of utmost importance to determine the line in which you are to deliver your bowl. Full concentration should be given to choosing some *Points of Reference* that will allow the bowl to travel in the desired direction.

The options here can be many and thoughtful bowlers frequently use a combination of two or more to assist with their accuracy. These may include:

*looking at a point on the bank  
looking at the boundary peg  
looking at object in the background  
looking at a point on the green  
looking exactly where the bowl turns  
looking at the shoulder of the green  
looking at right angles to the jack  
looking at the legs of the scoreboard.  
looking at your feet on the mat*

2. However, once the body is in position facing the chosen line of delivery, the next important phase must come into operation and that is:

your eyes must **focus** completely and unwaveringly on the **jack** or the **bowl** you wish to rest on or hit.

When .....

*hammering a nail into timber  
throwing a ball of paper into a bin  
netting a basketball  
hitting a tennis ball  
kicking a football  
throwing at the cricket stumps for a run-out  
tossing a stone at the neighbour's cat  
chopping wood with an axe  
throwing a dart*

.....the eyes are focussed on what is to be hit .

If there is a difficulty with achieving correct length and to avoid being short or long with your deliveries, try increasing your accuracy by focussing completely on the jack immediately prior to and at the moment of delivery.

It will not be easy for some to overcome the *Muscle Memory* and/or *Delivery Routines* which have been employed over a period of time, but the effort of **correctly focussing** will add a quality dimension to your bowling performance.

For those who practise and persist with this important component to their bowling technique, greater accuracy will be achieved with short and/or long deliveries being relegated to the past.

Take on the challenge and try it .. be a Winner !!!