

★ COACHING TIP

Stance on the Mat



by **Allan Starrett, Level 3 National Coach**
for the **Newcastle District Bowls Association Coaching Committee**

When we approach and stand on the mat in preparation to deliver a bowl, care is usually taken to precisely align one foot in the direction we intend to bowl. To enhance the success of achieving your chosen line, two inclusions to your technique may assist greatly:-

1. Ensure that both feet are parallel (not splayed in any way) and are separated by the distance that is usual when you are normally walking. Stepping off in the correct direction for delivery can then occur.



Splayed



Too Close



Correctly Parallel

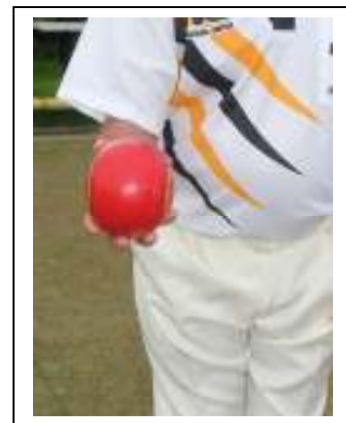
2. Assure yourself that your bowling arm and the running surface of the bowl is also held pointing straight along the chosen line. Avoid holding the bowl towards the centre of the body or having the elbow tucked in. This will provide a delivery swing that accurately pursues the selected path.



Centre of the Body



Elbow Tucked In



Correctly Aligned