



COACHING TIP

Moment of Delivery (Part 2)



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

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

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

This question was posed in last month's column and there was an array of answers which included:

- looking at the bank
- looking at the boundary peg
- looking at object in the background
- looking at the skippers feet
- looking exactly where the bowl turns
- looking at the shoulder of the green
- looking 2/3 up the line
- looking down at nothing in particular
- looking at the bowl being delivered
- looking at right angles to the jack
- looking at a spot somewhere up there on the rink
- looking at the legs of the scoreboard.
- looking at the jack or the bowl to be hit
- looking over my blurry glasses

There appears to be much confusion and myth in what should seem to be a simple answer. Some bowlers indicated that they had tried several different ways of determining where to bowl. Success continued to be limited with bowls being short, long, narrow or wide.

Perhaps another question or two

Where do you look when you are:

- 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?*

Perhaps the answers to these should give us a clear indication of what we should be looking at when try to roll our bowl to the jack!!!