

CHECK YOUR TECHNIQUE

With the competition season over, it's time to sharpen up your technique. 95% of will have developed a bad habit over the past 6 months and the off season provides the opportunity to replace the bad habits with good ones.

You may be happy with aspects of your game and getting good results...don't change what works WELL for you: just what causes you trouble.

The following is a check list for self assessment:-

1 The Grip.

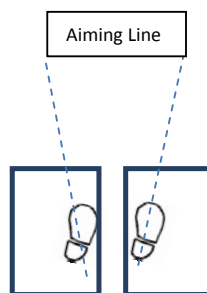
The bowl should be perpendicular in the hand with the centre line pointing to the outside of the bowling arm shoulder.



The grip should be light (but firm) with the bowl forward enough so that there is a small gap between the back of the bowl and the upper palm of the hand. This is important for weight control on faster greens.

2 The Mat.

The back foot (Right foot for RH players; Left foot for left handers) should have the toe about 100mm from the front of the mat with the heel close to the edge of the mat on the opposite to the hand being played. From this position, point the toe at the aiming line. The weight should be slightly on the balls of the feet.



3 The Backswing.

This needs to reach about 300mm behind the back knee and is constant for all draw shots on all surfaces of all speeds. A consistent backswing will give consistent weight control.



4 The Step.

This should be about the length of a normal walking step so the back knee reaches the front calf muscle

ALWAYS step out towards the aiming line!

5. The Delivery.

Keep your arm straight but not stiff.

Swing the arm AT the aiming line or a point on the green.

The follow through should finish about knee high with the fingers pointing down and palm upwards

If you are having problems in adjusting any parts of your game, Eric Buck, Geoff Stevenson, Mary Newton will willingly help....just ask!

Remember...don't worry about the results of a shot. Get the process right and the results will take care of themselves!