

SHOT ROUTINE III

By Ken Perks

This month I would like to recap on my previous issuers of some of the Coaches Corners with you. You now need to combine all those elements into a **Regular/Consistent Routine**.

THE GRIP

The purpose of any grip is to deliver your bowl along the running surface with out any wobble. Regardless of which grip you use you must ensure that your middle finger is centred on the bowl.

KEEP IT STRAIGHT AND SIMPLE:

Consistency is the name of our game and to be consistent you must be able to replicate your delivery with little or no variation. The best way to do this is to keep your delivery as straight and simple as possible. Keeping everything straight, including your body and backswing, along with limiting your movement during delivery will give you the best chance of replicating your delivery, thus keeping consistency “high”.

STRAIGHT: You should always step onto the mat with your anchor foot first (the foot which stays on the mat), while lining it up with your aiming line (making sure you check that your foot is pointing down your aiming line). Next bring your opposite foot up alongside your anchor foot into a comfortable position. Your bowling arm should be extended out from the side of your body at the start of your delivery. This will enable your back swing to go straight back and straight through during delivery.

SIMPLE: During delivery you need to keep it as Simple as possible, thus limiting the things that can go wrong. To do this you need to limit the movement of your body during delivery and create one smooth and steady motion. During this Pre-Delivery Stance you need to get into a position that is as close to your point of delivery as possible. **Firstly** your knees should be bent to a comfortable position to help lower you to the ground (delivery point), thus limiting the movement needed to get down to deliver. **Secondly**, your upper body from your hips up should be leaning forward at the same angle it will be at the point of delivery, thus limiting the movement of this section of your body during delivery. **The Step**, should be a normal walking step, too short can cramp and/or rush your delivery, too long and it will be harder to balance and you will lose your weight control. And don't forget, your delivery must be identical for both forehand and backhand. No matter which hand you are playing. You are still rolling a bowl in a straight line at a predefined target (Aiming Line).

FOLLOW THROUGH. When you deliver your bowl you must make sure your weight is transferred onto the ball of your leading foot. You should stay down until the bowl has travelled at least three metres, then bring your back foot forward to meet your leading foot, never step back onto the mat. You should remain in this position in front of the mat until the bowl comes to rest. This enables you to see the full arc of the bowl from the mat so when you bowl your next bowl, you know exactly what to do to ether correct your last bowl or replicate it. **REMEMBER** assess the result and prepare for your next delivery. Work on and master

your Pre- Shot Routine and delivery during practise. “I have to keep repeating myself because the Delivery is the most important part of bowling.” **Try To Cut Out All Your Bad Habits.**

GOOD BOWLING

Ken Perks