

WEIGHT CONTROL AND TOUCH

By Ken Perks

This is the Master Key which opens the door to our Success.

There's No Secrets for the way to get Length, Touch and Control- "It's Called"-

PRACTICE.

To secure these essentials, a foundation or grounding has to be carefully prepared so the excises that I will be recommending should go a long way for you to achieve your goal. We will have to go back temporarily to that stage in our education where we were taught to clasp the bowl with fingers and thumb, so that the ball or nerve-points of the fingers are given full scope. The reason for condemning the palm grip and others like it will now be evident, as will the reason for propounding the grip that compels the player to "FEEL" through the balls of there fingers and thumb, that nerve sense which is the very essence of TOUCH. The palm loses the benefit of nerve sense.

THE PRACTICE. The player arrives at the green with their bowls, three jacks, a mat and to be prepared for an hour by themselves. First end place the mat about 2 mtr's. infrom the "T", then bowl first bowl down the rink and with the other three bowls draw to have them in the same spot. Repeat this till you have consistently controlled all your bowls together on the forehand then repeat the same on the backhand. When this is achieved make the correction to your bowl to finish on the centre line in the same format as above. By now the urge to compete will be great, but should be curbed, keep the games out till your education is completed. By the time you have played bowls on your forehand, backhand, you should be realising the great value of the system, but we must keep another important point in view continuously, it's what I term "**Doing The Same Thing**" with every bowl. At the end of the first half hour we should begin to show some results of our labours, and getting our bowls much closer together and to the centre line, but there will be still more room for improvement.

There is an outstanding reason why, even with the best players in big events, bad length is noticeable. We will leave the lesson for a moment, and watch one of the better bowlers play an end in a club championship. He delivers his first bowl nine cm. behind the jack on the centre line, the second is two mtr's. behind, the third is half a mtr. short, and his fourth bowl is one mtr. short. Now that could be a fair head but not good length, Why? Well with his first bowl he grassed and delivered very sweetly, if he had repeated the same effort to his next bowl it would have been near his first, but he did "something different"- just a slight overstep on the mat and a bit of a jerk sent his bowl two mtr's. through. The third bowl we noticed had a bit of a wobble so half a mtr. short and the last bowl he was distracted by a spectator and had the same wobble so one mtr. short. So the reason for "**Doing The Same Thing**" with every bowl is apparent. There is no hope for the person who does four different things- they are all over the green- and they will never become "that" heart-breaking machine, remember

the player devoid of CONTROL of LENGTH & TOUCH seldom gets anywhere, and with a CONSISTENT AIMING LINE will help your bowling know end.

Now with the three jacks, place one on the 24mtr. Line, one mid length and one long then draw your bowls to all jacks and with your last draw to the jack you weren't to close to, keep going till you finish off the hours practice.

GOOD BOWLING

Ken Perks