

## SHOT ROUTINE II

By Ken Perks

I would like to see every Bowler get yourself into a Delivery **ROUTINE**. If you adopted this Routine it will help you to bowl with your feet and not with your arm. It should help you keep your aiming line better, give's you a point of reference so it will make things easier for you to make adjustments if needed and should make you a more consistent bowler.

If you already have a delivery routine that is great, if not, here is a **ROUTINE** I feel you could follow-:

When the opposition player is bowling their bowl, you pick up your bowl and polish it and then keep your bowl in your non bowling hand until you are ready to deliver it. When their bowl comes to rest and it is your turn to play, you should step up to behind the mat to receive instruction from your skipper on what shot he would like you to play. Take a little time to look at how you are going to achieve the request from the skipper, mentally going through the shot in your mind; looking at the line you have to play, the weight needed, then in your mind picture the whole shot to be played. Then place your feet on the mat setting your self up to play the shot required. Note:- If at any time you are disturbed in the routine, please start the process again.

**Step one** - Place your anchor foot on the mat first (right-foot for a right-hander) and line it up so you have it pointing down your intended aiming line that you need to play the shot. Once you have placed your anchor foot in the right position on the mat down your intended aiming line it should not move again till you have completed the delivery.

**Step two** - Bring up your stepping foot up to a comfortable position and place it on the same line as your anchor foot (left-foot for a right-hander).

**Step three** - Now is the time for you to put the bowl in your bowling hand making sure you have the **right bias** and with a **comfortable grip**. Now you should be ready to deliver your bowl.

**Step four** - Keeping your eyes on your aiming line, slightly bend your knees and lean forward until you feel your centre of gravity, swing your bowling arm back wards making sure your left hand goes to your left thigh for it to slide down to your knee to give you more balance during the delivery.

**Step five** - Bring your right arm into the forward swing and step with your stepping foot (left foot) at a distance of a normal walking step down the aiming line, bending your knees down to a height of delivering the bowl in a smooth and grooved manner to achieve your goal.

**Step six** - Stay down in this position until your bowl has travelled about two meters, then standing up and stepping forward with your right foot bring it together with your left foot, stay in this position and watch your bowl come to rest so that you can see if any adjustments are needed for your next bowl, then turn left or right to return behind the mat.

**Note** -: For a left handed bowler the foot work is opposite to the right hander.

**Make this routine habitual**, so that;

Incorrect bias is negated

- Consistent delivery is facilitated
- Delivery is 'grooved'
- Concentration may be maintained.

## **Good Bowling**

Ken Perks