



Bruce's bits for Better Bowling

Issue #1 - **RELEASE**

In golf, it's all about the 'strike' ... precisely how the club face meets the ball on the way through. In bowls, it's all about the RELEASE ... how the bowl is laid on the grass from the hand. *No matter what you do with your body, the moment of truth is the orientation of the bowl when it comes off your fingers.*

Imagine an axle running through the center of the bowl from the small dot to the big dot. When the bowl leaves your hand, that axle must be *perfectly parallel to the ground* for your bowl to run smoothly. Only then will it hold its true draw, and deliver the right distance.

A great exercise is to get a buddy to stand half-way down the green while you repeatedly roll 10 sets of 4 bowls at him/her. Strive for perfection ... no bounce, no wobble and true line.

There are many variations of stance, grip, and delivery. Your success will be in molding these in your own way, to your own comfort level, but with one goal in mind:

***Lay it down pure and smooth, on the running surface,
with a consistent RELEASE.***