



Bruce's bits for Better Bowling

Issue #2 - **Down Does It ... Way Down!**

OK, you've heard it before ... release the bowl very close to the grass. ***Bulletin! Very few of us do it.*** Even the good bowlers are dropping it 4+'' (10cm) off the fingers, with two unhappy results:

1. The ground contact removes energy, and causes a loss of distance control. Your 'perfect' weight will come up short.
2. The drop will likely change your line, because the bias of the bowl will be magnified by impact with the ground. It will likely kick to the inside and be narrow.



Check out this world-class release, almost touching the grass.

Not just low, but solidly balanced. See the right arm supporting his weight?

Notice the release point, at the foot.

A great exercise is to take the stance in this picture, as a pose. Then back out and do an actual roll. Build in that muscle memory!

Precision draws? Only with a Way Down Release!