



Bruce's bits for Better Bowling

Issue #3 - "Honey, watch your weight!"

Oh, oh ... it's miles across the bedroom tonight for you, buddy! In lawn bowling, getting the right weight, (distance, that is), can also be a real challenge. In fact, it's the most difficult skill to develop and master, for several reasons.

Firstly, the amount of roll-out that you get is determined by more than just the strength of the throw. It's impacted by the release, (clean, with no wobble), and by the delivery on the grass, (no significant drop from the hand).

Then, body and arm movement work together to impart the right amount of energy into the throw. Not easy when you're trying to stop your bowl on a spot 100 feet away!

After you gain some consistency in release and delivery, here are a couple of suggestions for learning how to 'feel' the right weight of the throw:

1. In the crouch position, swing the bowl forward and backward six or more times. Get the 'feel' of the bottom of the arc. That's the proper release point when the most energy will be transferred into the bowl. Be conscious of how much backswing it takes to achieve a certain length. Remember ... it's the whole body that imparts energy to the bowl, not just the arms. Synchronize the forward step with the forward thrust of the arm in one smooth action.
2. Place one jack 1 yard over the hog line and another 2 yards from the ditch. Throw alternate bowls to each jack, switching forehand and backhand. Be aware of the 'feel' of how much energy to put into each throw. It's being sensitive to the small differences in the force of delivery that will sharpen your skill in hitting your spot!

Weight control? Ya' just gotta' 'feel' it! Practice, practice, practice!