



Bruce's bits for Better Bowling

Issue #4 - You gotta 'feel' it, Brother!

Getting your bowl to stop 70+ feet away at *exactly* the right spot ain't easy! To achieve this level of control requires an enhanced sensitivity to the amount of energy that you put into the roll. ***That's 'feel.'*** You have to 'feel' the weight of the bowl and the amount of arm and body motion that will send it down the green to your exact target spot.

Here's an exercise that will do one thing for you: Create and strengthen your sense of 'feel' on how hard to roll it. You might like to have a buddy at the opposite end, especially if the green is busy on either side of you. These are the steps . . .

1. Stand on the mat and look at the jack (placed at a mid-length position). Let your eye travel back and forth between you and the jack, to 'imprint' the distance, and to visualize the path of the bowl to the jack.
2. While staring at the jack, in the crouch position, swing your arm back and forth several times, to get the 'feel' of the weight of your bowl, and exactly where the bottom of arc is. (The bottom of the arc is where you will be releasing the bowl).
3. Now ***CLOSE YOUR EYES***, and continue swinging. Be sensitive to the weight of the bowl and how much energy you will put into the throw. ***Again, keep visualizing.***
4. Keeping your eyes closed, deliver the bowl. (***Yes, you are throwing it blind!***).
5. Once it leaves your hand, open your eyes and evaluate the result. Then repeat the process and make adjustments. The key is 'feeling' the difference in the weight required for each throw. Throwing 'blind' allows you to do that better ... in time.

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