



## ***Bruce's bits for Better Bowling***

### ***SPRING!***

A time for *renewal* ... A *fresh start* ... The promise of *greater things to come!*

Time to 'tune up' those skills that will make for a winning season. Here are a few random thoughts that may help.

1. Just as a 'rolling stone gathers no moss,' so does '*a bouncing bowl gather few points!*' Why? When a bowl bounces on delivery, *even a little bit*, bad things happen.

- A. The impact changes the trajectory, or line, from what you intended.
- B. The impact reduces the energy of the throw, likely making it come up short.
- C. The natural draw of the bowl is delayed, further altering the intended line.

Perfecting a low, smooth delivery is the hardest skill to achieve, but it yields the most dramatic results. The key: *Consistency*, which comes from *muscle memory*.

2. *Renewing or implanting muscle memory*. Why does Vijay Singh hit 1,000 golf balls a day? Because he wants the process to become *automatic, natural, and reliably repeat-able!* How do we achieve that consistency with our bowl delivery, at home, even before the green is open? Try this ...

**A. The credit card exercise:** With a credit card sticking out 5 cm (2") from your fingertips, execute the full delivery motion, as if to a long jack, *scraping the floor at the bottom of the arm swing*. How many times? 25 a day? 50 a day? You will know when your skill is such that the card barely kisses the floor. Guess what, *you'll also be strengthening the whole set of body muscles used in the delivery process!*

**B. Correcting grip and release issues.** Careless grip and/or poor finger control gives unpredictable results at the jack, if only because the draw is affected by how the bowl is presented to the ground. The grip must be *identical* every throw in relation to the running circle, (vertical plane), and between the small and large buttons, (horizontal plane). Otherwise, the bowl runs differently every time! Similarly, the fingers, hand and wrist must perform identically to allow you to make adjustments.

***Get to know your delivery by careful analysis. This one exercise will help!***