

Coaches Corner

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Survey with 25 Top Lawn Bowlers suggest!!

- **What are you looking at when you are in the stance position, about to deliver the bowl?**
 - **Yes** - The focus point, the line of my Bowl, the finishing point of my intended bowl.
 - **Maybe** - Feet in line with chosen line, the mark on the bank and a view of the green.
 - **No** - The jack, the whole path of my bowl and the shoulder of my bowls path.
- **What are you looking at , at the actual moment of release?**
 - **Yes** - The line of my bowl on the grass, the focus point or shoulder of the intended path.
 - **Maybe** - The whole path of my bowl and finishing point.
 - **No** - A point jack high, a view of the green or a mark on the bank
- **What is your main focus of concentration at the moment of release?**
 - **Yes** - The speed of my bowl (weight), the grass line and an imaginary mark on the green.
 - **Maybe** - Smooth release, rhythm of action, staying down on the delivery.
 - **No** - The Jack, am I giving my bowl a chance, alignment and follow through.
- **How do you time your step and delivery action?**
 - **Yes** - Natural walking step with action, practice and maintain constant speed of action.
 - **Maybe** - Centre of gravity, body moving slightly forward.
 - **No** - Counting a rhythm, step commences with backswing or timed with breathing.
- **How do you vary your grip for slow greens?**
 - **Yes** - Firmer grip for faster shots, bowl is placed further back in the hand.
 - **Maybe** - Thumb held more firmly, raised elevation of the bowl or spread fingers a little.
 - **No** - No conscious variation.
- **How do you vary your grip for fast greens?**
 - **Yes** - Hold the bowl on your fingers, gentle feel of the bowl and emphasis on comfort.
 - **Maybe** - Bowl held further forward, softer grip and emphasis placed on relaxation.
 - **No** - No variation, thumb held further up the bowl.
- **What is your method of dealing with Pressure?**
 - **Yes** - Focus on delivery action and your ability to draw the shot. Pressure is in your head.
 - **Maybe** - Imagine playing the perfect shot, thrive on the pressure and use as motivation.
 - Sing or hum your favourite song or think of a happy moment.
 - **No** - Deep breathing, sheer confidence or it doesn't effect me.