



Coach's Corner

Guide to Weight Control

Questions from bowlers "how do I control my weight?", "why am I always short?", and from beginners "how do you choose what weight to use?"

This brief reference guide is aimed to provide insights to assist you improve weight control for draw shots.

What is weight control?

"The ability to consistently get within acceptable distance of the jack".

"consistently" means: 50% of the time

"acceptable distance" means: 1 mat length in front of jack and 1 to 2 mat lengths behind the jack

How to master finding the correct weight?

It takes hours of practice and years of playing to master weight control.

Know your "rhythm speed" - You need to train your brain on your "rhythm speed" and have a conscious memory of how a shot felt the level of effort/momentum placed on the bowl. Understanding your rhythm speed will help you bowl harder, softer or the same depending on the result of a play bowl you played.

Two ways to control weight

1. Pendulum swing – vary arm speed
 - Control changes in weight through your arm speed – arm acts like a pendulum!
 - All other aspects of the delivery remain the same i.e. your starting point, step and follow through.
2. Delivery stance – vary step
 - Adjust your action to change for weight – increase or decrease your back swing.
 - Increase your step and forward weight movement – good on slower greens.

Coaching tip - use a method that works for you and practice, practice, practice

Practise weight control with purpose!

- Complete a 40 Bowl Draw Drill
- Complete a Weight control Drill