

## Bowling Biomechanically

Biomechanics is the study of how the human body moves and works, when applied in a sport it is intended to find the simplest, easiest, most efficient and successful action using basic principles that everyone can use no matter what shape, size, strength, age or flexibility he / she has.

While there is often not one correct way to perform a skill: nor even that the movement must have a particular appearance. A successful performance is one in which the movement obeys the important biomechanical principles relevant to that skill.

As for lawn bowls try to bowl the natural way with a simple smooth swinging style – a total co-ordinated performance.

Mind you after about five seasons bowlers will have developed their own grooved action and will find it difficult to unlearn faults and much practice will be needed to introduce a change in technique. The following points might there for be of great value to newer bowlers than to old stagers but please take the time to read and consider them. By the way many of our top bowlers already obey the points outlined even if they are unaware of it.

1. Have as few movements as possible during your bowling action; i.e. Get you're self-lined up in relation to your bowling line before you launch into your delivery. That then leaves you to make a step parallel to your bowling line and swing your arm.
2. Be balanced and steady both in your stance and at the moment of delivery. One foot in front of the other with a sideways gap that gives better balance and control both fore and aft and sideways.
3. Focusing your eyes on your line then pick put a target point, for your bowls to pass over, 4 to 6 metres in front of the mat to help keep your head and upper body steady at the moment of delivery and your mind off any single aspect of your bowling action.
4. For all types of draw shots up to a fast swinger all have only one variable in your delivery action, namely the speed of your arm swing. If you step longer or shorter, swing your arm more or less or stand upright or less, or worse still a bit of each, you are introducing variables that will affect the consistency of your performance.
5. To line yourself up with your bowling line, stand alongside it so that your bowl, your vertical arm, shoulder and sighting eye are all vertically above it. It is easier if you hold your bowl in one hand by your side so that your arm hangs vertically and you can swing your bowl backwards and forwards above the line
6. Hold your bowl so it leaves your hand upright and pointing along the bowling line. It should then start off smoothly. It's important that the end joint of your middle finger is on the middle of the bowls running surface and thus the force you apply to your bowl is applied directly behind and through the centre of gravity of your bowl.
7. Keep your weight well forward over your leading foot (about 90% of it) at the delivery so don't step to far, by the same token it means keeping the rest of your weight on your anchor foot on the mat, otherwise there is a risk of forward body momentum being added to your bowl affecting length control.

In Summary the important points are:

- 1 Hold your bowl in one hand.
- 2 Keep your weight well forward
- 3 Have your sighting eye over the bowling line before, during and after the delivery

In the words a great bowler

**KISS:** meaning Keep It Simple, Stupid.