

## MAT DRILL

- \* Stand behind the mat until ‘skip’ indicates the hand to be played – with bowl in **non bowling hand**.
- Look for the line along which bowl will travel- pick the maximum width (ie maximum green) the bowl will visually pass over. known as the **shoulder**.
- Place the right foot, with the outside line of that foot, towards the point referred in the paragraph above (left foot for left handers). When placing aiming foot on mat, place left foot alongside the right foot in exactly the same direction. It is important to place the aiming foot on the same place on the mat each time (ie centre of the mat, 10cms/4” from the front).
- Take grip checking that the second finger is running **straight** down the centre of the running surface of the bowl – **check for correct bias**.
- Position arm – slightly bent at the elbow – with arm from shoulder to elbow slightly forward of vertical – with arm from elbow to wrist slightly below horizontal – with wrist turned down slightly.
- Bend forward from waist so shoulders are over toes of right foot (left for left handers), with shoulders square to the bowling line.
- Flex knees slightly and release as much tension as possible from all muscles – **RELAX**. The upper body position never alters – for fast greens slightly lower and slower to reduce the speed of delivery.
- Check that most weight is on the balls of your feet – **RELAX**.
- **NOW FORGET IT** – you have given yourself a 100% chance of Delivering the perfect bowl – now you only have to concentrate on correct weight.