

Elbows

bowls columns

No difference in Hand (choice)

A former premier league bowls skipper was keen enough, or disheartened enough, to seek a coaching session with me to overcome his delivery hiccup as he had become 'distracted' by his repeated poor delivery on one hand.

He posed the question to me, did I think there was any difference in the delivery of the forehand as to the backhand.

I have always contended there is not (a difference).

Basically we bowlers should line up our body direct out to the grass line, step out straight (to that grass line), bend the body down and through, and extend the hand out at that grass line as you deliver.

I still hold to that aspect for delivery.

However!

Not only listening, observing and instructing my skipper bowler, but taking much notice of numerous bowlers over time, I think there is a difference in the approach of bowlers in the hand choice.

And I tend to think it is all in their mind, their subconscious.

What I see constantly in the backhand are these factors (presume a right hand bowler)

- The first step of the left foot points up toward the jack.
- The eyes seem to be also looking up at the jack.
- As a consequence of these two, I can see a scoop action in the delivery arm as it tends also to partially point toward the jack.
- And the right shoulder consequently drops.
- And the left hip tends to swivel around as a reaction to what the rest of the body has done.

It's as if the player reaction is...I want to see where my bowl is heading and I do it now while I am in the motion of completing this delivery.

First fault, foot (at) fault.

Stepping out parallel to the rink line rather than straight out that obvious grass line.

Where your mind goes, everything else follows, including the direction of your body.

Incidentally, last year at a coach workshop, a highly credentialed player/coach indicated that where a bowler followed their initial delivery on the same hand the outcome for success was 50%, whereas if the bowler changed hands from the initial delivery, the outcome for success was 12.5%. We experimented at training the next session to gauge the 12.5% which was more like 20%, however it reinforces the point (to you and the skip), consider why you want to change a hand for the bowler who has just delivered on one particular hand.

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