

## Top Tips For Bowlers

A few years back myself, two national coaches and two Australian players were asked to give their five top tips to bowlers.

There were some common tips from some / all of us meaning we had 18 tips worth consideration to bowlers and here they are in no order:

Pre-delivery routine: ensures no wrong bias.

Position on mat: being pigeon toed is a common fault at delivery.

Observe and learn from the best: go watch elite players in major events.

Avoid short bowls: emphasis on transfer of body weight, not swing.

Head movement: as in golf, keep your head still at delivery.

Relax, enjoy the game: you bowl better with this mindset.

Skip, play the shot you can get: face reality.

Skip, play the percentages.

Skip, alter your mindset when down a number: think you are holding and want to add.

Fitness training too: no good being the best if you can't go the distance.

Training: plan it, do it with a purpose.

Hydration: fuel yourself with ample water during the game.

Control: think of what you have control over.

Delivery: bend and extend, low and slow.

Focus: where your mind goes everything else follows.

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Train your weaknesses to improve your performance.

Set goals, monitor performance: shows what works, show what to work on.

Visit your coach regularly: keeps an eye on creeping bad habits.

Well I now ask you, are these tips, or some of them, in your priority list?

If not maybe why not?

**Lachlan Tighe, 2019**