

Bowls Website menu- Q&A
Footwork & aiming line

Footwork And Aiming Line

QUESTION:

Hi Lachlan and happy new year.

Can you please tell me what foot you tell your bowlers to use when aiming down the green?

I've always used my right foot but after practising with my left the other day I got the feeling my shoulders and hips were more squarer to the target than when I used my right foot. I seemed to gain more consistency with my line. Thoughts? Thanks.

ANSWER

Hi Scott: Gee can't remember when I last told someone which foot to direct.

If you watch elite players there is no one stance, though it seems a good chance both feet are aligned toward the aiming line with many of these players.

A young guy named Neville Rodda (former Australian squad member and 2017 NZ pairs champion) has some interesting YouTube videos on pre-delivery routine worth watching.

The way I coach is to get a player to bowl numerous bowls and when there is a handful of excellent ones I ask them to internally replay what it was they did to get that excellence.

Quess what?

Very, very few know what they did.

Last week I had an international player from overseas here with me for a fortnight of coaching to put her in contention for selection to represent her country in the 2018 Commonwealth Games.

Her pre-delivery routine was constant, all her body was in alignment whilst on the mat, but, once she made that first footstep on her backhand the step went up the rink line and not the grass line, and she was unaware of what she was doing, except she knew she was often narrow on the backhand.

Hence a learning tool they now have.

Incidentally, I now have YouTube videos on my bowls website too which may help with the fundamentals of stance and step and delivery.

Hope that helps.

Thanks and regards for the year.

Lachlan Tighe, 2017