

Line and Length

By Danny Simmons, Thailand Head Coach

There are basically two types of bowlers, target / external focussed and technique/internal focussed.

It's interesting to work down the list below and see how easy it is to place each of these comments into one of the two categories. I have been considering ways (other than trial and error) to determine if a bowler is internal or external focused.

Line And Length

I thought I would share some of the ideas I have heard, or read, over the years on line and length. There is a range of suggestions, all from very highly skilled and elite bowlers (Australian Open, Commonwealth Games & World Champions), which just goes to show there is no one hard and fast rule; what works for you is what works (It's how quickly you work that out that makes the difference).

Some of these approaches I have heard second hand, and so may not be exactly what was intended, but I think they are valuable none-the-less.

I use the bank for line and rhythm for controlling weight. Its important your eyes come to a spot two/three/four metres in front of the mat.

Visualize exactly where you want the bowl to finish, make no attempt to control the weight, but 'observe' the weight as the bowl leaves your hand, and then watch the bowl along its entire path, then once the bowl has come to rest accurately assess how far it is from the intended target, all the while providing no judgement on the result. This provides the most feedback from every bowl.

You must have a point on the green that you stare at.

Focus on line, with no thought of weight.

Q: What are you thinking about when you hold the bowl up to your face just before delivery? A: How hard am I am going to throw this thing.

“I imagine the weight required to reach the shoulder.

I take my line from the bank and rhythm for weight.

I know where my bowl is going to turn, so I aim to do that.

I don't look at the bank, or the shoulder, or a spot in front of me, I look at the jack.

I look at the shoulder and somehow my mind works out the weight; some days it works it out quicker than others.

I imagine the whole path of the bowl. I see the path as if someone has painted a black line on the green. I see the bowl travelling along the green. I feel the weight of the delivery in my shoulder before standing on the mat. I visualize the shot many times before I stand on the mat.

Look at the line, feel the weight.

The further you look up the green the easier this game becomes.”

And then in contrast

The large majority of top players look somewhere in the first third of the green with soft eyes.

So there are a wide range of approaches (even amongst the experts) and they obviously all work, but I do wonder if these processes vary between age groups, or experience, or whether a player is more visual or methodical or flamboyant. If you are a visual person could, insisting you use a methodical process, (like the clock face) hinder your bowling?

Danny Simmons, pBus squad, 2020