

## How To Avoid Frequent Narrow Bowls

**HELP!!**

*How are you Lach?*

*Please advise. I have recently found myself often being narrow on my forehand. Backhand is perfect. What are probable causes? I've thought about just altering my point of aim.*

**Afternoon Ray:**

Would you believe (as the sports psychologist) it may be part technical and part mental as an issue and as a solution.

In answering I shall presume we are referring to you as a RH bowler.

Let's start. That front left foot / toe should point out exactly along your point of aim, assuming your point of aim would result in the delivered bowl finishing on the jack.

Often a bowler watches the line, but his first step is a pigeon toed direction offline.

When lowering your body in delivery mode can you feel the lowered legs bringing the hips lower too.?

Why this may not occur is due to the pigeon toe step I referred to. The little mind and body talk and say hey this is not right my toe, so the right hip swivels and the hand goes round arm as if pointing to the jack in response to our mister toe. Our delivered bowl goes narrow.

With the follow through you should be extending the RH directly out along the aim line. Again pigeon toe impact is to counter the step fault and guess what your arm swings across, to effect a narrow delivery.

Years ago, a mate of mine who I loved competing with and who started the same day as me was always narrow on the forehand.

After a while we chatted and I found he had severe knee and ankle ailments, which meant he favoured parts of his body to deliver.

We got out on the track, experimented a number of times and what we found was to leave his pigeon toe and round arm faults and move to widen the spot of his aiming line to account for his round arm action. His effectiveness increased immeasurably.

No need to change your action, just a need to be aware of varying the aim to account for the action that is a normal narrow delivery action.

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**pBus motto: no limits**

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Lach:

### **Comments from other bowls squad membes**

**Hi:**

I have the same problem sometimes. I know my backhand is my go to hand, which I can rely on. It just feels right, I feel. I do text book delivery when using it.

When I do forehand, weight control doesn't feel the same somehow. I had a very interesting discussion with Danny on one of our training sessions about why I feel more comfortable and have more success using the backhand and one of the reasons he suggested was visual using your dominant eye.

I have found this bit of information has given me more confidence to deliver with more consistency and when I get in the right feel for forehand it can become my go to hand in the game, but it's not there all the time and I have to really focus on every forehand delivery to avoid turning my toe in and swinging my arm across.

I also try altering my position on the mat. I would be interested to hear if this is a useful tool to use to avoid these issues.

**Chris**

**Hi Ray**

Given this is a recent problem, as Lachie suggested, I would start to explore recent changes, injuries, tightness in your lower back or perhaps hamstrings; anything that may be stopping your left foot from stepping out along your aiming line.

Most players, as they age and their body changes, modify their delivery a number of times during their career.

Otherwise lots of stretching, yoga, or a good warm up routine may reduce the number of changes required. A tennis ball rolled between you and your playing partner can be an effective five minute warmup.

**Danny**

**Hi all:**

When you see an error on one hand, but not on the other hand, I think the first place to look is alignment.

The forehand and backhand are (or at least should be) the same motion. What distinguishes the two is alignment. Perception is a funny thing and can change gradually over time. Golfers check their alignment on the driving range constantly for this very reason.

If you are narrow on the forehand and wide on the backhand then you are missing left on both shots (which is good - you only have one error to correct!) If you are narrow on the forehand and hitting your line on the backhand, then I'd look at alignment first.

**Pat B**

**Hi Ray:**

In my experience in sport the answer to a lot of errors often reside in the basics.

Humans have incredible brains and so we are capable of working around poor technique as our brains manage to compensate for that and the additional difficulty we bring upon ourselves due to poor technique.

So that to me, when you have a recurring, consistent error it is wise to check back with your fundamentals / basics.

There are various alignment points on our body and we need to realise some can be in line and not others, which can cause issues.

I think of feet, knees, hips and shoulders.

If we don't have all of them aligned then we are creating greater technical complications in our delivery. So e.g. whilst your feet, knees and hips might be aligned if your shoulders are narrow/closed then you can very easily deliver it narrow.

It can be any combination of them out of whack, so why is it good to do a check to see they are all in line?

Work through the basics to see if they are the cause of your error as so often they will be and not something more detailed / complicated as the cause.

This is something I was taught in a former sport and I think it serves well in bowls too.

[www.lachlantighebowls.com](http://www.lachlantighebowls.com)  
*narrow bowling, suggested solutions*

**Simon**

**Lachlan Tighe 11/2022**