

*Bowls Website menu- Q&A*  
*Falling short of the jack*

## **Q: Falling short of the jack**

Hi Lachlan:

Could you tell me when bowling with 'hockey stick' bowls, at what point the shoulder is at about 65% occurs.

Is the 65% of the straight line distance from the mat to the jack? ie on a 30 metre end would this be at a point on the curve line of the bowl opposite the 19.55 metre straight line point?

**Or**

Is the 65% on the actual line that the bowl takes from the mat to the jack?

So on a 30 metre end when the bowl actually runs a total distance of about 32 metres (plus) dependant on the green speed. So, for an approximate run of 32 metres, this would make the shoulder opposite the straight-line distance about 20.8 metres from the jack.

I am constantly falling short of the jack and am actually trying to work out the correct position of the shoulder and bowling to it.

### **MY RESPONSE**

Hello:

You are focusing on the incorrect solution to your issue, falling short of the jack.

Many a bowler I find with an engineering or scientific or (over) analytical approach seeks these types of means as solutions. The attention to the shoulder has merit in understanding where bowls turn, however an efficient fluent technique and importantly, a change in physical behaviour / action is the clue to your issue.

One gentleman who rang last week told me about his shoulder injury and its impact on his level of short bowls - guess what my suggestion to him is yours too.

Simulate your set up posture and see where you have your bowl in pre delivery mode (he had his bowl at about knee height).

Now, with him I advised him to raise the bowl to about hip height (which also meant he stood slightly more upright). The consequence, as he spoke over the phone, is that your pendulum range has now gone about an extra foot from preparation phase to backswing to follow through, and that, is the factor that will ensure your bowl goes the further distance beyond the short delivery distance previously experienced.

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What I also suggest to bowlers is to go out with eight bowls and do a handful of ends by yourself to get a better sense of rhythm. No value just joining in with others to 'practice.' No skill addition in that.

***Know your body (posture,) know your bowl.***

**Lachlan Tighe, 2017**