

Elbows 2009
Attributes of an Elite bowler

Playing time

BA did research in 2005 to discover that bowlers only delivered a bowl 9% of the time they were out there on the green competing;
the breakdown of the time was approx.

delivery of bowls	9%
walking to head, changing ends	24%
other available time	67%

Mentally ***where your mind goes everything else follows***

Pre delivery routine time

Elbows did a survey in 2003 using BA squad to add to what we did in Malaysia in 2002 for bowlers knowledge of their pre delivery routines and the time taken; I have since added to that by surveying Commonwealth Games representatives in 2010.

The players time for pre delivery range from a quick 2.0 seconds to an excessive 18.4 seconds; generally though, the best bowlers in the world are in the range between 5 to 9 seconds to do their repetitious constant pre delivery routine.

Note that is not to include the actual execution of the delivery.

And interestingly the best bowlers all stay down for a normal follow through between 3.0 to 3.5 seconds.

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