

# **Pre delivery Routines**

## **A requirement for consistency**

Many, many years ago, this exercise was conducted by me as part of the national HP program in 2004.

The players involved had never verbally expressed their pre-delivery routine and it was illuminating, to them and to us as the HP management.

Adding my screening of the Malaysian squad there were 14 national players recorded for this ritual.

Five (5) of the 14 were female national representatives, showing the ritual applies equally with men and women.

These are the best of the best players in our sport.

They have pre-delivery routines.

If you don't, well, forget about improvement.

Why? Well, you lack focus, discipline, concentration at an elite level.

Feel free to disagree. Guess what? If you are not an international player and disagree, then in my mind, you have no credibility.

Here then are the expressed pre-delivery routines of these 14 players, names removed as a courtesy to them.

### **Player 1 female**

#### **Routine time = 11 seconds**

1. Project a line from a chosen bank mark (peg)
2. Visualize the turn of my bowl to the jack
3. Recall the flight path of my bowl
4. Take one step onto the mat with my right foot aligned to the middle mat line and my left foot slightly in front of the right and both aiming out along the draw line
5. Use my cloth to rub the bowl and then move it from the left hand to my right hand, checking the bias and ensure it is correctly gripped
6. Decide on the weight, pendulum height for this delivery
7. Breathe easily
8. Slow easy delivery
9. Bend my knees
10. Deliver the ball with focus of eyes, mind and body on that 'spot'
11. I stay down for 3.5 seconds for normal follow through

*Website menu Tools to perform  
Examples of elite player pre-delivery routines*

**Player 2**

1. Decide in my mind which shot is to be played
2. Visualize the shot to be played before getting on the mat
3. Say to myself “remember the process”
4. Take a deep breath
5. Aim Fixed foot on grass line
6. Parallel other foot to fixed foot
7. Line up knees, hips, shoulders with grass line
8. Grip the bowl for the appropriate shot (LOCK & LOAD)
9. Take a deep breath
10. Commit the body to the right amount of weight
11. Relax and deliver

**Player 3**

1. Deep breath
2. Select and focus on the line and weight of the shot to be played
3. Step onto the mat in the direction of the selected line
4. Swing arm along selected line
5. Think of the weight required
6. Deep breath
7. Bend knees
8. Deliver

**Player 4**

**Routine time= 18 seconds**

1. Know the shot to be played
2. Stand one meter behind the mat
3. Clean the bowl
4. Choose the aiming point
5. Step the right foot on the mat on the chosen line
6. Bring left foot forward-lock into the right foot
7. Balance posture
8. Square the shoulders
9. Choose the weight to be played
10. Practice swing
11. Confirm the weight
12. Deep breath
13. Deliver the ball
14. Follow through

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15. Stay down for three seconds

**Player 5**

**Routine time= 6 seconds**

1. Stand directly behind the mat to enable me to project an imaginary line from a chosen bank mark (peg)
2. And to visualize the shoulder and turn of my ball to the target on the rink line
3. And recall my knowledge of the flight path of my ball
4. Take that one step onto the mat with my right foot aligned to the middle mat line and my left foot slightly in front of the right and both aiming out along the draw line
5. Move the Bowl from the left hand to my right hand, checking the bias and tapping the running surface as a ritual to ensure it is correctly gripped
6. Visualize the entire flight path of the ball, and sense what my body feels like delivering that
7. Decide on the weight, pendulum height for this delivery
8. Breathe easily and noticeably and bounce a few times on the balls of my feet to sense the body and delivery action (my tiger spring)
9. Bend my knees to glide down as my first and important body movement
10. Deliver the ball with focus of eyes mind and body on that 'spot'
11. Remain down for another 2-3 seconds

**Player 6**

1. Bowl in left hand
2. Spin bowl in bowls cloth
3. Stand behind mat-approx: 3-4 feet
4. Walk to mat
5. Play shot

**Player 7 female**

**Routine time= 10 seconds**

1. Pick the exact shot I want to play
2. Stand on the mat
3. Place the bowl in my hand

***Website menu Tools to perform***  
***Examples of elite player pre-delivery routines***

4. Pick the line I want to play
5. Pick the length I want to play
6. Put the bowl over the line with the length I picked

**Player 8 female**

1. Visualize running of bowl from mat to jack
2. Step onto the mat with right foot with line of bowl
3. Place left foot 2 inch in front of right foot
4. Feet square to shoulders
5. Feel weight of bowl
6. Look up
7. Lift bowl to where to be delivered from (depending on weight)
8. Deliver

**Player 9**

**Routine time - 12 seconds**

1. Wipe down bowl (Visualizing shot to play)
2. Dry bowling hand
3. Take a breath, then step onto the mat
4. Check bias (twice)
5. Take another breath
6. In mind (say get the bowl out and up). Give it a chance basically
7. Then deliver

**Player 10 female**

1. Decide what shot to play
2. Place bowl in delivery hand-center finger in middle of bowl
3. Take big breath
4. Line and place right foot down delivery line on mat
5. Place left foot next to right
6. Rest body and concentrate on line (back from kitty the crown of my bowl and weight)
7. Swing bowl down line several times (to make sure my arms are straight and usually tap pointer finger several times on bowl)
8. Deliver bowl and follow through (breathe in while arm going back and breathe out on forward motion of arm swing)
9. Stay down for three seconds with eyes slowly going up to follow my bowl down the green
10. Stand up and cheer because I'm an ace!!!

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**Player 11**

1. Look at the surrounds
2. Pick up the bowl clean it straight away
3. Take my time
4. Place hand on bowl correctly
5. Place feet correctly on mat
6. Two practice swings
7. Be relaxed and balanced
8. Concentrate and focus on the line and length to play and release

**Player 12**

1. Clean bowl
2. Put in left hand
3. Step onto the mat
4. Visualize shot
5. Practice swing
6. Deliver

**Player 13 female**

1. Foot alignment on grass line
2. Weight balance
3. Set pendulum / swing height
4. Focus
5. Bowl movement
6. Slow
7. Follow through

**Player 14**

1. Clear the mind of all distractions (focus)
2. Visualize my line and weight
3. Walk onto the mat toward my line right foot first
4. Relax my body
5. Focus on my aiming point
6. Deliver the bowl

**Lachlan Tighe, 2018**