

***Bowls Website menu- Q&A
Self assessment of your bowls skills***

Self assessment

A bowler recently asked me how he could improve in his game and I said first, Why not self assess your skills as a bowler?

HIS RESPONSE

Here is what he did:

As requested a few notes of self assessment:

Strengths:

Adjusting grass

Consistently disciplined in my routine

Can draw, up bowl and drive well

Being behind on the scoreboard never phases me, I believe if I bowl to the best of my ability I can prevail.

Areas I, meaning he, need to work on:

Fine tune routine – I have a set process set out below. I've been struggling with short weight and then over / under compensating. I figured it was down to spending too much time on the mat in my 'set' phase as I was losing my triangulation due to my low stance.

Recently I have taken a more relaxed and less staggered approach to my routine where I spend much less time on the mat and go more with a gut feel / touch. This has assisted in my weight control, but consistency is fluctuating and I am uncomfortable with this less methodical approach.

In my eyes bowls is a science.

Do I have too many steps?

Grip: Always the same (claw)

Approach:

Select bowl apex (or shoulder)

Visualise bowl path

Move on to the mat accordingly

Set:

Low stance

Square breath

Delivery:

Focus from apex target to jack back to apex

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Deliver always concentrating to move forward and not sideways or backwards after release.

Watch bowl and where it passes the target apex as a reference for future adjustment.

Issues that seem to be present in my game:

First bowl – tends to be loose. Most often short or narrow. I want to have the ability to put that pressure on with the first bowl every time. It's my greatest flaw.

Bowling short – I tend to bowl short at the start of matches (all forms) and occasionally at the end in tight matches.

ANSWER

We met when he came to Melbourne and worked together for a few hours and this was what we realized could assist.

- Follow through: Reaching out with my delivery arm.
- Weight focus drill: Bowling to the ditch behind then the ditch at full length.
- 1m Behind: Aiming to finish 1 metre behind the jack to address my tendency of falling short too often.

- Driving: Most of all my drive! With a vastly altered stance to my normal delivery I am now standing tall and vertical with only a slight bend of the knees. It took a week to get used to it and after reducing the speed of delivery which was previously just resulting in excess weight anyway I have been a dead eye hitting 50% of all targets which is pretty high for a drive at my level, is it not?

Thank you again.

Lachlan Tighe 2017