

Pre-Delivery Routines

This explanation is an attempt to guide you bowlers in ensuring you know what is one example of the whole phase of a pre-delivery routine. Without one you fight consistency and weight control as you have no rigid fundamental set routine.

PREPARATION PHASE

1 Mental

- Project, visualize a line of bowl flight,
- Visualize where bowl will turn,
- Recall the flight path of my bowl,
- Rub my bowl with a cloth,
- Go onto the mat with a bowl in the left hand and transfer it to my playing hand when on the mat,
- Decide the weight of the required delivery,
- Breathe easily, take a deep breath,
- Know the time I take to deliver normally (10-11 secs.) for the delivery completion,
- Self-reminder of the process,
- Tap the bowl as I grip it as a bias check,
- Tell myself, get the bowl out and up
- Relaxed, balanced,
- Clear of mind.

2 Physical

- Approach the mat and point feet in the direction of the line and specific position on the mat,
- Set your body posture in consequence of that mental decision on the weight of the required delivery,
- Set your hand level in consequence of that mental decision on the weight of the required delivery,
- Centre of body mass directly over the balls of the feet,
- Slight weight emphasis on the anchor foot,

*Website menu Tools to perform
Phases of a pre-delivery routine*

- Knees (begin) bending as first movement before swing to glide down and then through,
- Bowling arm has shoulders, elbow, hand in a vertical line for accuracy,
- Consider the feet location on the mat for this next delivery,
- Grip the bowl, lock and load,
- Swing bowl arm a few times, practice swings,
- Check, move pendulum height to suit length, weight of delivery,
- Bounce, spring a few times on balls of feet to sense the body, switch on,
- Check the bias again.

DELIVERY PHASE

- Lead foot planted just prior to release of bowl,
- Weight forward as the body is lowered,
- Bowl released just inches in front of the lead foot,
- Upper body to be over the front foot as bowl released,
- Get down, stay down,

SWING or MOTION PHASE

- Lead foot extends out the line,
- Weight shifts forward,
- Knees continue to bend and all should effect a controlled smooth delivery,
- Backswing is in direct alignment so momentum and accuracy are optimal,
- Shoulders square to allay twist in body,
- At maximum length, the arm pendulum is both longer and higher,
- Breathe in while arm goes back, breath out on forward motion,
- My eyes are riveted to the chosen spot on the line,

FOLLOW THRU PHASE

- Stay down a few seconds (2-3 secs) immediately after delivery,

*Website menu Tools to perform
Phases of a pre-delivery routine*

- Arm follows through directly in forward motion pointed out along the path of the projected bowl,
- Rear foot brought forward to join the body after the bowl released giving rhythm,
- Watch the bowl throughout,

Don't agree with me, but at least explore what you do in your pre-delivery.

If you are more aware (of your pre-delivery routine) I trust the wrong bias call will never apply to you again.

Lachlan Tighe, 2018.