

HOW TO IMPROVE LENGTH IN LAWN BOWLS?

Length control is a critical aspect of advanced lawn bowls techniques. Being able to consistently achieve the right length ensures that your bowls land where you intend them to. Here are some tips to improve your length in lawn bowls:



Focus on Your Delivery Speed

The speed at which you deliver the bowl directly affects its length. Practice adjusting your arm swing and follow-through to control speed effectively.

Gauge the Green's Pace

Before starting a match, roll a few practice bowls to assess the green's pace. This will help calibrate your delivery for optimal length.

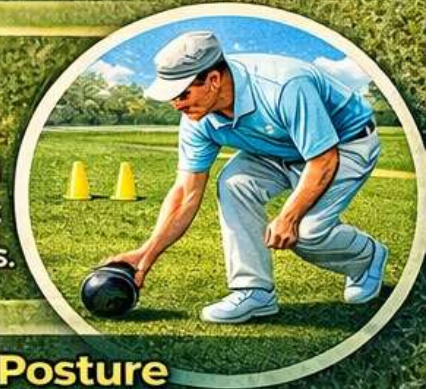


Maintain a Consistent Release Point

By keeping your release point constant, so you make sure that your bowls always go the same distance.

Practice Length Drills

Practice delivering bowls to targets that are marked at different distances by setting up markers. This aids in the development of muscle memory for varying lengths.



Monitor Your Stance and Posture

Good posture and a steady stance help you with smooth delivery, which enhances length control.



Improving your control over length in lawn bowls will make you a more skilled and adaptable player.





MASTERING

LAWN BOWLS DELIVERY:

PRO TIPS to IMPROVE YOUR GAME

Get better at lawn bowls with these essential tips!



1 Solid Stance

- Feet shoulder-width apart.
- Knees slightly bent
- Lower your body smoothly.
- Feel balanced and ready to roll!



Pro Tip: Think like a tripod!
Stay steady and balanced for smooth moves!

2 Perfect Grip & Aim

- Bias side of the bowl facing the right way.
- Support the bowl with your fingers underneath.
- Keep your thumb resting on top for control



Pro Tip: Think like a tripod!
Stay steady and balanced for smooth moves!

3 Smooth Step & Swing

- Start your swing by stepping forward with your **opposite foot**.
- Swing your arm back like a pendulum.
- Step smoothly forward and release the bowl gently.



Pro Tip: Swing your arm like a pendulum!
Chill swings mean better aim and speed.

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MASTERING LAWN BOWLS DELIVERY: CONTINUED

4) The RELEASE: Letting the BOWL FLOW

This is the **most critical part** of the delivery.

A poor release will undo even the best stance and swing.

Key elements:

- ◆ Release the **bowl** close to the ground to reduce bounce.
- ◆ Keep your hand and **wrist** aligned with your target line.
- ◆ Maintain a **steady speed** and avoid snatching or rushing the release.
- ◆ Follow the natural arc of your swing, allowing the bowl to roll smoothly off your fingers.



5) FOLLOW-THROUGH: Locking in ACCURACY

Many bowlers make the **mistake** of stopping their **motion too early**.

A proper follow-through ensures your delivery is stable and your aim stays true.

- ◆ **Your arm** should finish pointing towards your target. ★
- ◆ **Your body weight** should end **slightly forward**.
- ◆ Hold your position for a moment after the release -this helps reinforce consistent muscle memory.



MASTERING LAWN BOWLS DELIVERY: **CONTINUED**



6) Common Mistakes to Avoid

- **Over gripping** – Creates tension and Inconsistent releases.
- **Looking up too soon** – Keep your eyes on the aiming point until the bowl has left your hand.
- **Rushing the delivery** – Smooth a steady wins the end.
- **Dropping the bowl from height** – Always release low to the green.



7) Practice Drills for Improvement

• Line & Length Drill

Place markers at different distances and practise delivering bowls consistently to each one, focusing on smoothness and rhythm.

• Shadow Delivery

Without a bowl, go through your full delivery action, concentrating on balance, posture, and follow-through.



The Final Word

A great delivery is about balance, rhythm and repetition.

Once your fundamentals are solid, you'll be able to adapt to different green speeds, weather conditions and tactical situations with ease.

We encourage players to work closely with **coaches**, **video-analyze** their technique and keep a **practice log** to track improvements.



Remember: every champion started with the basics.
Master your delivery, and the rest of the game will follow.

TACTICAL APPLICATION: HOW THE DRAW SHOT WINS GAMES

The draw shot isn't just a technical skill, it's a tactical weapon.

1. Opening the End

A strong opening draw:

- Establishes control
- Creates pressure
- Sets team strategy

2. Building the Head

You can shape the head by drawing to:

- Block driving lines
- Force narrow lines/increased weight in shots
- Surround the jack
- Create risk for your opponent

3. Saving the End

When you're down, a single draw can reduce damage or even convert a losing head into a winning one.

- A bowler who can reliably "save" with a draw is priceless.

4. Forcing Opponents Into Errors

Opponents forced to play weight shots tend to:

- Miss more often
- Move the jack in your favour
- Open the head

Pressure creates opportunities.



Why Most Bowlers Struggle With **WEIGHT CONTROL**

How to Improve Your Weight Control

Focus on a Smooth Release

- Aim to roll the bowl onto the green rather than dropping it.
- A slightly longer step can help lower your release point and produce a smoother delivery.




This helps the **bowl** maintain its natural momentum.



Develop a Consistent Delivery Rhythm

- Try to keep the same tempo in every delivery, whether you are rolling to the jack or playing a heavier shot.

A repeatable rhythm makes it much easier to judge weight.

 **NOVICE FOCUS – KEEP IT SIMPLE**
 **PRACTICE AT THE SAME LENGTH**
 If you're learning... don't change everything at once.

Practice Different Lengths

Weight control improves when bowlers practice delivering bowls to multiple jack lengths.

A simple drill is to roll jacks to various distances and attempt to finish as close as possible to each one. This forces you to be Consistent.



Use Target-Based Drills

Structured drills help bowlers develop consistency faster.

Placing practice targets at different distances allows you to measure how accurately you control weight and provides clear feedback on each delivery.



NEW SERIES – INTRO

Why Most Bowlers Struggle With **WEIGHT CONTROL**

(And How to Fix It)

TOO HEAVY

← Too Long

TOO SHORT

Too Short →

- In lawn bowls, many players focus heavily on line, but the real separator between average bowlers and consistent performers is **weight control**.
- You can have the perfect line, but if the bowl is **too heavy** or **too short**, it won't finish near the jack.
- At higher levels of the game, matches are often decided not by **brilliant shots**, but by **who controls their weight better** throughout the game.

The good news is that **weight control** isn't just a natural talent – it's a skill that can be developed with **awareness and purposeful practice**.

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CONTINUED

Why Most Bowlers Struggle With **WEIGHT CONTROL**

(AND HOW TO FIX IT)

— **CONTINUED** —

The Secret to Better Weight Control

WHAT IS **WEIGHT CONTROL?**



Weight control is the ability to consistently deliver bowls with the correct pace or speed so they finish at the intended distance.



IT'S INFLUENCED BY SEVERAL FACTORS INCLUDING:



**DELIVERY
TECHNIQUE**



**RELEASE POINT
OF THE BOWL**



**LENGTH OF
YOUR STEP**



**RHYTHM AND
TEMPO OF THE
DELIVERY**



**GREEN SPEED
AND CONDITIONS**



*When these elements are inconsistent,
weight becomes unpredictable.*

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BOWLS
GRAPHICS

CONTINUED

Why Most Bowlers Struggle With **WEIGHT CONTROL**

(AND HOW TO FIX IT)

CONTINUED

Why Many Bowlers Struggle With Weight?

After analysing many bowlers' deliveries through coaching sessions and video analysis, several common patterns appear.

Releasing the Bowl from Too High



TOO HIGH

LOW



Momentum is lost



- The bowl can bounce or wobble
- Weight becomes difficult to judge

A lower, smoother release helps maintain momentum and improves consistency.

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BOWLS
GRAPHICS

WHY MOST BOWLERS STRUGGLE WITH WEIGHT CONTROL

(AND HOW TO FIX IT) - *continued*



INCONSISTENT DELIVERY RHYTHM

- Weight control is strongly linked to rhythm.
- Many bowlers rush their delivery when they feel pressure, or slow it down too much when trying to play a delicate shot. This change in tempo leads to inconsistent weight.
- The best bowlers develop a repeatable rhythm that stays the same regardless of the shot they are playing.



POOR BALANCE AND FOOT POSITION

- Balance is critical during the delivery.
- If a bowler's stance is too narrow or their body is not aligned towards the target line, they often compensate during the delivery motion. This affects the swing of the arm and the release of the bowl.
- A balanced stance with feet around shoulder-width apart allows the body to remain stable and the delivery to remain smooth.

INCORRECT



WOBBLY



CORRECT



HOW TO IMPROVE YOUR WEIGHT CONTROL

continued



Developing Perfect Control through Technique.

Lack of Structured Practice

Another major reason bowlers struggle with weight control is simply how they practice.



Many players spend practice sessions rolling bowls without a specific goal. While this may feel productive, it rarely develops the consistency needed for competition.



Improvement comes from purposeful practice, where each delivery has a clear objective and measurable outcome.

DELIVERY DIAGNOSTICS



continued **7** *Inconsistent or Rushed Follow-Through*

Many bowlers decelerate their arm before the natural end of the swing or stop abruptly after releasing the bowl. This shortens the kinetic chain and often results in under-weight or offline shots.

The Fix:

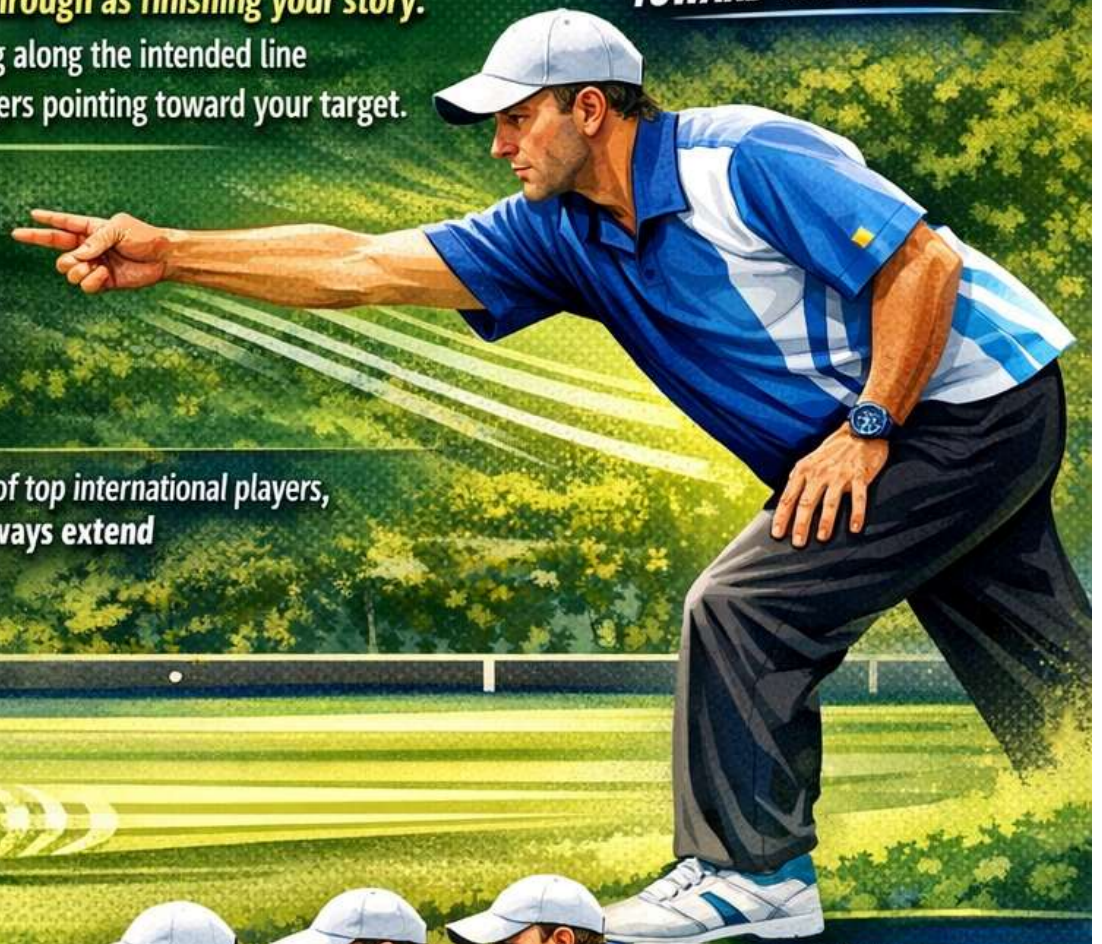
Think of your *follow-through* as *finishing your story*.

Keep your hand travelling along the intended line and finish with your fingers pointing toward your target.

To build consistency, practise "slow-motion deliveries," exaggerating a smooth, continuous arm swing from start to finish.

When you review footage of top international players, notice how their arms always extend fully toward the target – *that's no accident.*

**FULL EXTENSION
TOWARD THE TARGET!**



**PRACTICE SLOW-MOTION
DELIVERIES**

TIP

Don't be afraid to significantly move the matt position on end 1!!



This could really set a different tone for the game from the get-go and will make for an interesting reaction possibly from your opponent. With the majority of first ends starting with the matt position near the 'T' it adds an element of psychology to the game tactics by not allowing your opponent to settle into their 'default' position.

