

# Bowling Tips

## Issue 1 - Length of Delivery

I've been asked many times.

"How can I improve the length of my delivery"?

The length - controlled exercises below will help you improve this area of your game.

The aim of these drills is to help you to gauge the power each bowl needs to travel a certain distance.

### Session 1

Roll your bowl a short length (Minimum length 23 mtrs) and as close to the centre line as possible. Then increase the length of every bowl after. If a bowl fails to pass the previous one, repeat that particular bowl.

Make sure all bowls delivered go a minimum of 23 mts from the front of the mat.

Once you have completed the first end start bowling in the opposite direction. This time, roll the first bowl a long length, and decrease the length of every bowl after.

### Session 2

Place two discs ( CD's or beer mats) either 8 or 12 meters apart. Roll the first bowl just past the disc closest to you. Play the last three bowls, making sure each one rolls further than the previous. The aim of this drill is to finish with all four bowls between the two discs. Again, if a bowl fails to pass the previous one, repeat the bowl.

A copy of this exercise is available to download and print.