

The Basic Delivery

At Foundation level the basic delivery needs to be coached in a simple but effective way and this can be done through 5 stages, each stage with minimal coaching points.

The 5 stages are:

- A. Pre-shot routine
- B. Holding the Bowl
- C. Mat Routine
- D. Delivery
- E. Follow Through

A. Pre-mat routine

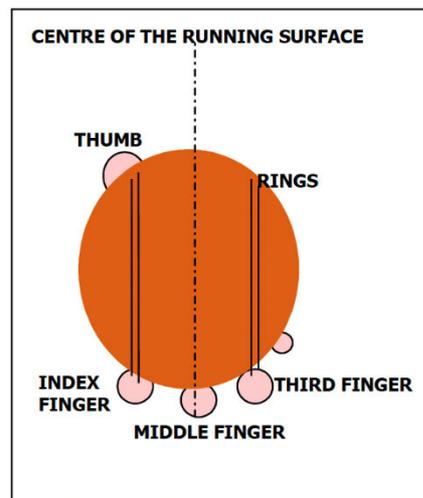
1. Decide what shot to play - **Forehand or backhand**
2. Start 1 step away from mat, facing in the direction of the intended line
3. Position the Bowl in the hand (see below correct way) - **Confirm bias**
4. Identify the intended line, selecting a permanent object on the bank
5. Visualise the shot to be played, line, "how far how fast"
6. Confirm line, establish a focus point
7. Move onto the mat

B. Holding the Bowl

1. The bowl is held comfortably in the hand with the middle finger directly along the running surface
2. The first and third fingers placed no wider than the rings on the bowl
3. The position of the thumb is no higher than the top rings
4. The little finger is should rest lightly on the side of the bowl in a comfortable position.

HOLDING THE BOWL

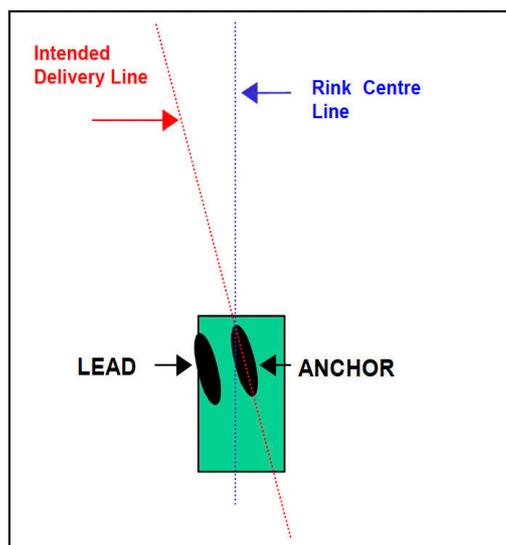
(DIAGRAM INDICATES RIGHT HANDED BOWLER)



C. Mat Position

1. Place the anchor foot in the centre of mat approximately 50 - 100mm back from front edge pointing directly along the intended delivery line
2. Place the lead foot adjacent and parallel to the anchor foot - feet should be hip width apart and weight should be evenly distributed
3. Shoulders and hips will be square to the intended line and head centred
4. Reconfirm the focus point **Reconfirm the bias - forehand or backhand**
5. Body should be relaxed, back straight, knees flexed, shoulders forward of hips in a comfortable upright or semi upright position

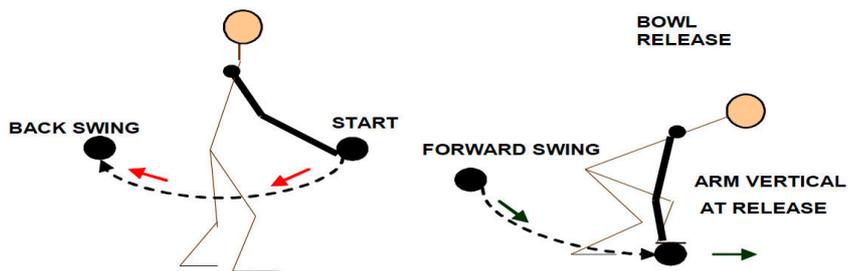
N.B. To comply with the Laws one foot must be entirely on the mat in the address and all or part on or over the mat at the point of delivery



D. Release

1. The bowling arm action is a **controlled pendulum swing**
2. Start with a slight transfer of weight forward onto toes (without lifting the heels)
3. Drop the arm downwards and backwards in a straight line
4. Simultaneously step forward along the intended line and lower the body
5. Release the bowl when the delivery arm is extended and vertical and therefore the bowl is at the closest point to the ground (i.e. at the bottom of the pendulum swing)
6. Release occurs directly below the shoulder and adjacent to the toe of the leading foot
7. Allow the non-bowling arm to slide down the thigh during the delivery to rest lightly on top of knee with the lower arm (elbow to wrist) resting firmly on the lower thigh as the bowl is delivered. This action assists with stability at release and ensures that the shoulders remain square throughout the delivery

THE PENDULUM SWING



E. Follow Through

1. Keep hand aligned behind bowl throughout delivery
2. Allow arm to follow along the delivery line with palm to sky and head still
3. Stay down during delivery with the body moving forward along the delivery line
4. Complete weight transfer and stand up slowly by bringing anchor foot up to the leading foot
5. Move off the mat forward along the intended delivery line

