

## TEACHING THE ESTABLISHED BOWLER

**W**hen a bowler first contacts the coach and asks for help, it must be made quite clear that once a bowler starts, even if only one point needs to be corrected, the game may not improve until the delivery becomes fluent again without having to think about the correction or corrections. Practice sessions should never last more than one hour and bowlers always practise on their own.

If the bowler has contacted the coach in the belief that his/her game has not been up to its usual standard, it is a good idea to ask what particular aspect of play is causing the problem.

Once on the green, the coach will be looking at the bowler's delivery, seeking to analyse and pin-point the fault which has caused the bowler's game to decline.

Playing short bowls is one of the most common problems. A few of the most common faults the coach will be looking for are:

- Is the bowl being released behind the front foot?
- Is the bowling arm bending at the time the bowl is being released?
- Is the body coming up as the bowl is being released?

The coach will also be looking to see whether the timing of the step and arm movement is correct.

The faults mentioned above are only a few of the most common a coach looks for in a bowler's delivery. A number of other factors can cause short bowls. If the bowler's precise problem cannot immediately be pin-pointed, it is often useful to speed-up the backswing to see whether this provides the "cure".

If the bowler is having trouble taking the correct green, you should be looking at the step. Make sure the bowler is not stepping across or wide of the back foot; pulling the arm across the body is another failing, but this is usually because the bowler is starting with the bowling hand in front of, instead of to the side of the body; the other common fault concerns bowlers who do not keep their eyes focused along the aiming line through the complete delivery.

A bowler may be corrected between playing in tournaments; but this should apply only to bowlers who, the coach feels, need to be corrected in only one small point. Examples could be the bowler who is coming up too quickly or whose arm is bending when the bowl is being released. But faults like stepping too long, too short, stepping wide or narrow, or taking too great a backswing, do not allow for correction in between tournaments, for they are difficult to correct without adequate practice.