

## Ten important Points in the Delivery

1. Weight towards balls of the feet, with knees relaxed.
2. Eyes focused along the aiming line.
3. Forearm of bowling arm running down towards the wrist.
4. Shoulders square to the line of delivery.
5. Allow the weight of the bowl to determine the backswing.
6. Take a normal walking step (knee of back leg close to rear of front leg).
7. Stepping as the bowling arm straightens at the bottom of the backswing for correct timing and co-ordination.
8. A firm straight arm as the jack or bowl is released.
9. Bowling arm finishing not much higher than the forward knee.
10. Stepping forward off the mat after the jack or bowl has been delivered and has travelled at least 4 metres.