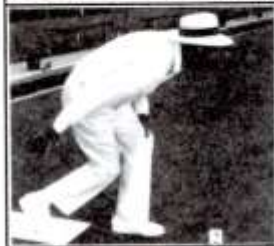


## The Fixed Stance



Have your pupil take up position on the mat, ensuring that body and arm are correctly placed, feet facing along the aiming line. Next, have the bowler take a normal walking step towards the aiming line. If the pupil has a balance problem, turn the forward foot in slightly, for this will give a wider base. Make sure that the toes of this forward foot do not lie across the aiming line of the back foot. Next, the pupil's body goes down in the position shown in Photo 1. In this position the pupil is ready to begin the backswing. The coach will realise the delivery is then identical with a normal delivery.

If the pupil has difficulty obtaining enough length, try starting a little higher, when the backswing is completed a little body movement can take place, coming forward and down as the forward swing comes into operation. Another method is to get the pupil to take shorter walking step, as Photo 4; then, as the forward delivery begins, the extra step is taken to give a little more body movement with the delivery, as shown in Photo 2.

The pupil must be well-balanced before delivery.

### The Pupil needs help!

If your pupil should lose balance and finish up lying on the green, help him/her to attain a kneeling position. Then stand facing him/her and ask him/her to place one foot on the ground so that (s)he is kneeling on one knee. With your left hand, grasp his/her right hand (vice versa if the other hand is stronger), place your free hand behind his/her shoulder and draw him/her forward and upward. This method entails much less effort than heaving a person up by the armpits, and is much more dignified, as shown in Photographs 5 and 6.

