

The Theory of Elevation



If you find your bowl is falling short when trying to play a good draw shot, a few points may be tried to remedy the situation. First, consider the Theory of Elevation as shown in the accompanying photos. The higher the elevation of the bowling hand, the greater the distance the bowl will travel. This, of course, is on the assumption that the weight of the bowl is controlling the length of the backswing. Other points the coach must watch for:

1. The bowling arm elbow is forward of the body.
2. The weight towards the balls of feet.
3. The bowling arm straightens at the bottom of the pendulum swing as the forward step commences.
4. Ninety per cent body weight is transferred to the front foot.
5. Jack or bowl released 15 to 20 centimetres forward of the front foot.

Long End



Medium



Short

