



THE RUN SHOT

Some bowlers have seldom played a run shot. Many leads and 2nds never get the opportunity to play one or think they are good enough to play one.

A couple of golden rules

- Do practice the run shot variations on club nights
- Swap positions with your club mates, give them the opportunities to play these shots. It is an important skill to have in your repertoire.
- Limit the use of these shots for new or young bowlers particularly in the first or second season. The draw shot is the skill to master first and sets a player up to master other shots easier.

Run Shot

- The run shot is simply a shot played fast enough to remove a bowl, or bowls, off the mat. The weight required for a run shot is not particularly critical.
- All that is needed is to set the bowling line so that the track of the running shot passes through the object bowl.
- Because of the speed of the bowl in a run shot, a narrower line is required than what would be expected if drawing a shot to the same point on the mat.



Run shots fall into three categories - light impact, upshots (splits and oblique's/wick) and drives.

It is difficult to teach 'weight' or 'speed' - mastering these skills requires plenty of practice. Different mats and playing surfaces may require an adjustment to the line and/or speed of a run shot.

Light Impact - is moving a stationary bowl a short distance. It is bowled at a speed greater than a draw.

If the skip says weight or speed to the end of the mat, she means just that - enough speed to stop at the end of the mat.

A light impact shot may also be used to trail a bare jack.

What if the target bowl is lying flat? Generally, requires a speed two to three times that required for a bowl standing up.

CONTACT:
SOUTHLAND INDOOR BOWLS
email:sibc@outlook.co.nz



Upshots - are bowls played with slightly more force - usually three or more times the speed of a draw shot. On colliding with other bowls the target bowls will turn over three or more times and sometimes even off the mat.

Might be used to split two bowls and rest the jack or promote bowls into the head, or obliquely play (wick) off a bowl or slice the jack.

In all cases with an upshot aim for an 'effective' bowl, i.e. I need it to count or come to rest in a position I can take advantage of with my next shot. Losing the bowl is NOT an option.

What line do I take? Allow between 1.5 and 2 bowl widths from the imaginary centre line to the target.

Drives - are played with as much speed as the player can deliver. These shots should be used as sparingly as possible as it is much more difficult to play an 'effective' bowl. A drive can be useful, however, if you are in danger of losing more shots than any penalty that applies. For safety reasons, warn people in close proximity.



Practice makes perfect and helps understand the result of bowl-on-bowl contact. The Skill Sheet provides some very good practice routines for the above shot making.