



THE DRAW SHOT

The draw shot is arguably the best shot of the game

It is also generally the safest shot to play

It is also important a player can play both backhand & forehand consistently

Take your time, make sure your body is in the correct position when about to bowl

Get used to playing to the Jack at different lengths

Practice bowling the Jack up the mat. Always play longer ends, particularly in Fours & Triples

Learn to play to an off centered Jack, occasionally the Jack will get shifted to the side of the mat

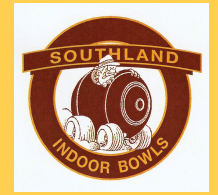


80% of players normally start off on their backhand or favour their backhand. It is an advantage to force your opponent onto their other hand, remember it is the opposite for "lefties"

When leading in a game, lead one game on your forehand and the next game on your backhand. This avoids the bad habit of favouring one hand
Always aim to be on or behind the Jack, short bowls are not useful



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



A wobbly bowl is more about correcting your grip on the bowl and delivery, sometimes a small adjustment is required.

One of the most common faults, and why players may struggle on a particular hand, is not watching their bowl travel along the bowling line and this can lead to:

- Lifting the head to early
- Flicking the bowl
- Insufficient follow through
- Adding unnecessary speed or weight
- Golden rule – do the basics correctly and take your time

“Don’t be intimidated by the impossible – be motivated by the possible”



All clubs should have a DVD in regard to Coaching
Check out the New Zealand Indoor Bowls website
Info-our game-rules of play- New Players and download
"The Basics of Indoor Bowls"