

Self-analysis check list

Check that you are holding the bowl correctly with your middle finger along the centre line of the running surface (true for both cradle and claw grips).

When stepping on to the mat use the right foot (for a right-handed player – left foot for a left-handed player) to line up pointing to the shoulder of the green.

Use the left foot to line up next to the right foot or slightly ahead and to the side to achieve a comfortable and stable stance.

Hold the bowl with your arm straight down to your side below your shoulder and check that from your starting position your arm can swing straight back along the line from the sighting point (shoulder of the green) close to the side of your body and straight back along the delivery line.

As you deliver the bowl, using a simple pendulum action with the arm, step along the delivery line with a comfortable pace as you would when walking.

Bend the knees (keeping the shoulders square to the line of delivery) so that your hand is close to the ground at the point of release.

As the bowl reaches the low point (approximately next to your front foot) release the bowl and follow through with the arm stretching out along the delivery line as if reaching for the shoulder of the green.

Hold the finish position for a couple of seconds watching the bowl travelling along the delivery line towards the shoulder. This is not posing! It confirms that you are stable and in control.

Make sure that the action is smooth and coordinated.

Don't jump into the delivery or release with a flick or jerk of the hand/wrist.

Don't take too long a step. This usually results in delivering the bowl way out in front and above the ground in a throwing/lobbing action.

Make sure that you have a backswing otherwise you will catapult the bowl away with very little consistency in length and very little consistency of line too.

If you ask yourself what your biggest problem is, the above list of points will probably indicate where you need to concentrate your attention.