

Casting (rolling) the Jack

This is an extremely important part of the game as it allows you to control the length being bowled. Get it right and you are in control but get it wrong and you hand the initiative to your opponent/s. Therefore, it is well worth practising this skill to ensure you can accurately place the jack to your advantage.

Use the same stance and delivery action as you would for bowling your bowls.

Avoid twisting your wrist at the point of delivery.

Hold the jack balanced centrally on the tips of your middle three fingers with your thumb on the top to steady the jack in your hand.

Use the pendulum action following through along the line you are rolling the jack.

It helps to have your bowl nearby so that the feel of rolling the jack is not lost by searching for the bowl behind you somewhere.

Either have the bowl at the side of the mat or if comfortable with it in your other hand hold it ready to switch to your delivery hand without leaving the mat.

When rolling the jack from a mat some distance up the green or near the 23 metre position you can increase the margin for error by bowling the jack towards the corner of the rink.

Don't roll the jack and immediately turn round looking for your bowl.

Watch the jack roll down the green until it finishes and then guide the skip or marker in centring the jack.

Concentrate throughout.