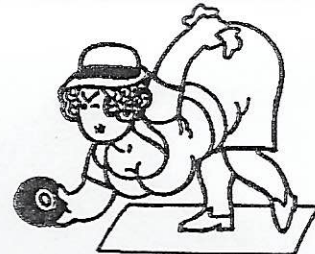




SUGGESTED TIPS FOR PLAYERS



1. **Holding the bowl** - Resting comfortably in the hand.
2. **Line establishment** - An imaginary line to a fixed point on the bank.
3. **Feet placement** - Anchor foot pointing along line.
4. **Delivery** - starts with gentle arm movements to achieve relaxation. Lift arm to required height then **drop** as a pendulum - allow the arm to swing behind as far as in front - **drop** again as you step and bend your knee, arm pointing along delivery line - do not be in a hurry to rise up. Then step up to front foot - never back. Controlled rhythmic, flowing and balanced from start to finish.
5. **Evaluating Green.** Slow, fast, medium, wide hand, narrow hand, irregularities.
6. **Accept the conditions** - green, weather, etc and adjust accordingly.
7. **Note:** Moaning about the green and conditions and you are lost your opponents will be marking more points on the scoreboard than you!
8. Think about the game all the time. Do not be distracted by others. Watch every bowl, stay focused.
9. **Concentrate** - Listen to the skip at all times, or if skipping be very clear with instructions to each player.
10. Be sure you understand the type of shot requested. Approach the mat with a clear picture of the shot you are going to play.
11. **Practice.** Most important - prepare a plan of activities for each session. Keep a record of progress of shots. Note weak areas for development. Don't hesitate to ask for guidance from your club coach. He is there to assist.
12. The draw shot is always on. If you are at a loss to know what shot to play, **the draw shot is always on.** The question arises - should I drive or draw? You want an opinion? I say don't even think about driving unless you can guarantee at least 50% accuracy and can assure yourself that you won't be worse off than before if your drive fails.
13. If you are down on the head, **never be short.** Short bowls can not score but they can impede your next shot.
14. Obvious but equally important. If you are down on the head, never be wide. A wide or short bowl when you are trailing is obviously wasted and makes strong skips cry.