

DETERMINING THE AIMING LINE FOR THE DRAW SHOT UNDER NORMAL AND WINDY CONDITIONS

Presented by Macka Jensen

Aim; This is a special forehand and backhand training exercise designed to improve the bowler's competence in determining the aiming line and to establish two prominent reference points for the backhand and forehand draw shots.

Layout; This is a 4 bowl exercise using one rink with the mat placed on the 2 metre mark and the jack at a medium end. The exercise is commenced as follows;

Stance position; If you are right handed, stand on the left side of the mat facing the jack so that the right shoulder is aligned with the centre of the rink allowing the pendulum arm action to swing directly along the centre line. Stand vice versa for a left handed bowler.

Requirement; Focus on an aiming point at a distance of 4 metres along the centre line of the rink; deliver two bowls to a medium end down the centre of the rink as follows; one on the forehand and one on the backhand ensuring that the bias is turned outwards, see Diagram 1. Ensure that the path of the bowl runs precisely down the first 3 metres of centre line before the bias turns the bowl out away from the centre line. Where each bowl come to rest, establish the forehand and backhand aiming lines from the mat through each resting bowl to the bank and mark a reference points on both alignments, see Diagram 1. With the remaining 2 bowls use these established aiming lines; focus on your normal aiming point and deliver 2 draw shots to the medium end jack, again one on the forehand and one on the backhand. Whether they are old or new bowls, this method establishes your aiming line for the draw shot on that day, on that rink, under those climatic conditions at that time and with those particular bowls.

Reference point; It is strongly advised that obvious reference points be established for the aiming line on each hand and at the end of each rink for confirmation and adjustment.

Windy conditions; Apply the same delivery method with the following exception;

- **Wide hand;** Where the bowl comes to rest on the side from which the wind is blowing, double the width jack to bowl and establish a wider aiming line. This now becomes the wide hand, see Diagram 2.
- **Narrow hand;** Where the bowl comes to rest on the side to where the wind is blowing, halve the width and establish a narrower aiming line. This now becomes the narrow hand, see Diagram 2.

Note:

1. This procedure applies to all directions of wind. Older style bowls will have a wider and more rounded bias. Newer type bowls will be much narrower and have a straighter bias. Bowlers should be ever alert that if the speed of the wind increases or decreases the angle of the aiming line may alter to be narrower or wider.

Diagram 1:

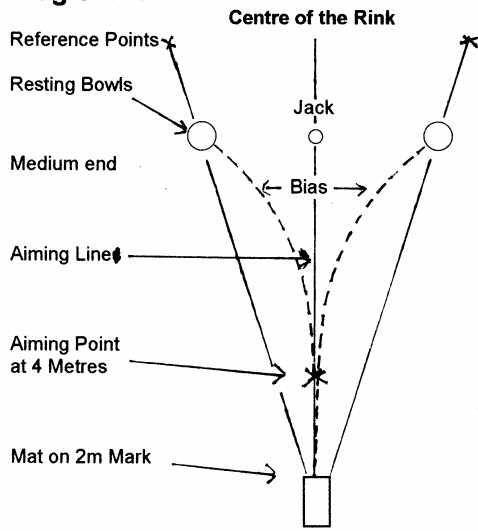


Diagram 2:

