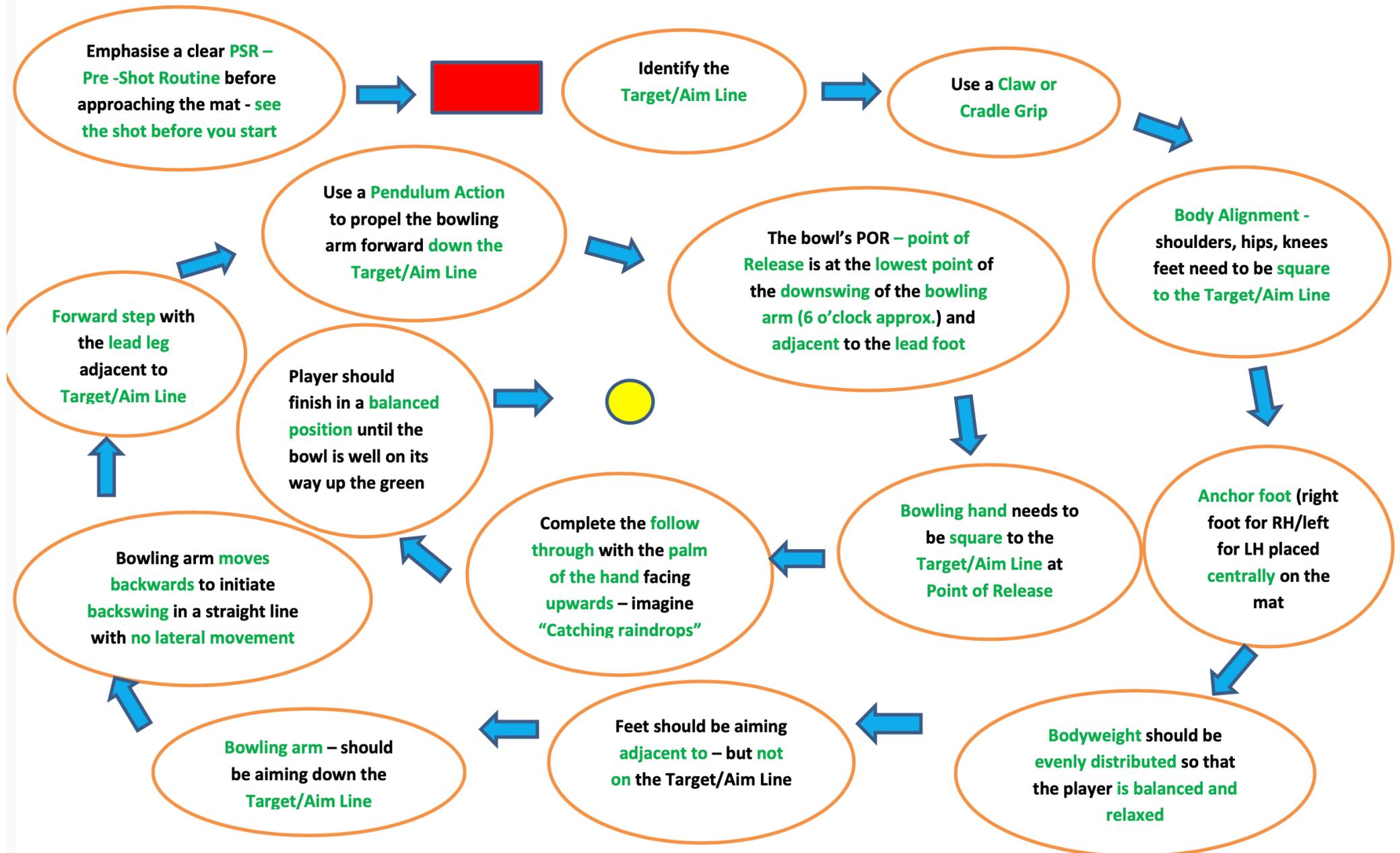


Anatomically Correct Delivery – Key Coaching Points to highlight and look for. MCE Nov 2021



Stages of Delivery Action	Factor to Consider	Points to remember	Why are these important
Behind the mat	Shot Decision	You should choose the shot or take instruction from their skip before stepping on the mat	With the shot selection made, and understood, you are able to solely concentrate on delivering the bowl.
	Grip and Alignment of bowl	Now you can pick up the bowl, using your preferred grip and check the bias of the bowl! The running surface of the bowl should be aligned with forearm	Claw and cradle are the main 2 grips used, but the bowl must be comfortable in the hand. Individual adjustments may be needed. The bowl becomes a natural extension of the arm and, when delivered, runs smoothly without wobbling which can affect the distance it travels and the line.
	Line	Identify the line you need to take / angle / drawing point, shoulder, etc.	You need to find the line in a way that makes sense to you!
	Length	Consider the weight needed to reach the designated position	Think about a smooth pendulum action and / or the speed of the arm required
Walking on to the mat	Line of approach	Walk on to the mat along the line you have selected with your bowling shoulder facing that line. Before delivery, you may like to bring their eyes back (from the distant aiming point) to a point down the aiming line about 4-5 metres from the mat.	This sets you up so you're not then adjusting your feet and losing concentration. With your bowling shoulder facing down the line, your arm should be moving down that line.
	Alignment and stability	Take the line from the shoulder of the bowling arm. Remember also to align feet, hips, head & eyes so you're standing square to the line you intend to deliver the bowl. Stand comfortably with feet about shoulder width apart. Right-handed bowlers should put their right foot on the mat & vice versa. This foot remains on the mat while the other foot makes the step.	Alignment of the whole body, and with feet apart, will provide lateral stability and balance during the delivery. Good balance prior to beginning the delivery action means you are more likely to be able to step along your chosen line and create a stable base without falling over.
	Posture	Ensure correct posture and engage core muscles	Core stability enables the lower back and hips to maintain good posture and balance.
	Breathing	Control your breathing	This will help you to focus and keep calm

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Motion	Swing and step	Timing of the delivery action should be "Swing and Step" Have your weight comfortably positioned above your standing leg to decrease the lateral movement transferring your weight from two feet to one. Step straight forward as if stepping on train tracks Take a normal walking step length	Swinging the arm back just before moving the foot means the action will create more momentum Remember a common fault is to step across their other foot and lose balance Overstepping can result in losing balance - you then snatch at the delivery while trying to regain balance. This changes the arc of the pendulum swing, affecting the point of delivery which may cause more serious problems
	Pendulum action	The arm action should be a pendulum action Use both a long back swing and long follow through for a long jack. Use both a short back swing and follow through for a short jack. Try to achieve a consistent speed throughout the swing	A long pendulum action means the bowl goes further for less effort A consistent long pendulum action makes it easier to make speed of delivery changes to determine length Shortening the backswing reduces the distance the bowl travels Putting in extra effort (push or flick) at the end of the swing often unbalances you and affects the weight.
	Stability	Spare hand should rest on the knee/thigh of the stepping leg	This will help to provide a firm base. Keep the head still and in line with upper body
	Release	Release the bowl at the bottom of the pendulum, i.e.at 6 o'clock Ensure the hand and wrist remain in line with the arm Release the bowl in line with the front of the stepping foot	Dropping the bowl onto the surface from a height causes a bounce and reduces length. Lower centre of gravity creates a more stable base Twisting of the wrist puts the bowl off line at the release point of the delivery & creates a wobble effect at the beginning of the delivery which can affect line and length Releasing early or late reduces the distance the bowl travels as the bowl is either "thrown" on to the surface or is "driven" into the surface, both of which can damage the green
	Follow through	Follow through & stretch fingers in the direction the bowl is travelling	This helps to deliver on the required line Keep the arm action smooth With the momentum of the delivery, any step off the mat should continue to follow the line the bowl has taken.