

How To Improve Concentration In Lawn Bowls?

Concentration is vital for lawn bowls success. Match-long focus is often the difference between winning and losing. Boost your mental game with these strategies:

1. Practice mindfulness: Stay present, avoiding **mental wandering**. Focus on your breathing to maintain calmness and composure.

2. Visualize your shots: Before delivery, picture the desired trajectory and outcome. Visualization connects intention with execution.

3. Block out distractions: Learn to block external noise and internal doubts. Some find noise-canceling earplugs helpful during practice.

4. Establish a pre-shot routine: A consistent pre-shot routine is like a mental anchor. It's a series of actions and thoughts repeated before every bowl, building muscle memory and triggering focus.

Implementing these techniques will enhance your performance and maintain mental sharpness throughout the game.



4 GAME TACTICS TO RAISE YOUR COMPETITIVE EDGE

New Series Launch

— INTO —

Having a preconceived game tactic or a greater understanding of game tactics at your disposal can shift game momentum and ultimately the match result in your favour. Game tactics are a key tool used to take advantage of your strengths, whilst also exploiting your opponents' weaknesses. We have all seen games where a team/player is struggling with a certain jack length and the opposition is dictating and controlling the game by playing their preferred jack length. Utilising some game tactics at crucial moments during a game can increase your competitive edge, and ability to overcome the most fearsome of competitors.

★ 4 TACTICS TO RAISE YOUR COMPETITIVENESS ★

1. **Minimum Length Jacks**
2. **Maximum Length Jacks**
3. **Matt Position**
4. **Jack Position**

In order to become a more competitive and versatile bowler, I encourage you to approach purposeful practice sessions with these 4 game tactics in mind;



4 GAME TACTICS TO RAISE YOUR COMPETITIVE EDGE

CONTINUED

1 – Minimum Length Jacks

Jack lengths that bowlers typically neglect to practise tend to be either minimum or maximum lengths, or both. The vast majority of bowlers tend to practice medium length jacks on a regular basis, which leads to opportunities for the more purposeful bowler to fine tune their minimum jack length skills and create a competitive advantage. Going into the start of a game when neither opponent has any game tactic, the first few ends are typically medium length jaks, which becomes the default length for the rest of the game.

Players may be trapped in battling it out to see who 'picks up' that length the best, rather than playing to their strengths. Sometimes as a player you may not even realise that this is occurring. What if your opponent's main weakness was minimum length jacks and you didn't exploit this to your advantage; you might have won that game with ends to spare instead of it coming down to the last bowl or the last end to win the game.



4 GAME TACTICS TO RAISE YOUR COMPETITIVE EDGE

CONTINUED

2 – Maximum Length Jacks

Even if you are not an expert at maximum length jacks, you can still use them to your advantage while you hone your skills. Usually with maximum jack lengths you can score even if you have not 'nailed' the jack, with heads generally more open and allowing you more room to play the winning shot. With purposeful practice sessions focused on this game tactic, you will become confident in your maximum length ability which can give you a competitive edge, compared to the majority of bowlers who tend to stick to the default medium length jacks during practice sessions and competition.

Maximum length ends also bring into play the element of the ditch. This can also exploit an opponent's weakness if they are constantly overweight with their shots, or their inability to ditch draw if the jack ends up in the ditch.



4 GAME TACTICS TO RAISE YOUR COMPETITIVE EDGE

CONTINUED

3 – Matt Position

For elite bowlers, varying the matt position is a key tactic for gaining an edge. Moving the matt forward or back even a few meters after an end can disrupt opponents, build momentum, and open up the head. **Consistent adjustments can keep your opponent guessing** and make it harder for them **to find their line consistently**. Ending the opponent's end with the matt placed at a different distance keeps your opponent settling into guaranteed lines ➦

Matt Position

- ✔ Disrupt an opponent's flow ★
- ✔ Build momentum in your favour ★
- ✔ Create more space for winning shots 👍



Move the matt for a
competitive edge!



#GameTactics #MattPosition #LawnBowls #RaiseYourGame #Competitive
#BowlStrategy #BowlsStrategy

3 Tips to Play a Successful DRIVE SHOT in LAWN BOWLS

INTRO

The drive shot is one of the most exciting and intimidating shots in lawn bowls. When executed well, it can change the course of an end in an instant, removing opposition bowls, opening a head up, or even converting the head in your favour. But with speed comes risk, and a poorly played drive can just as easily leave you exposed. Here are three essential tips to help you master the art of the drive:

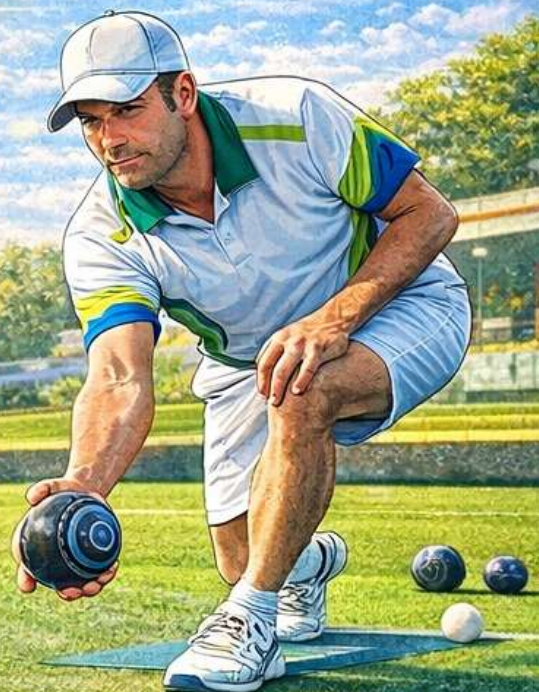
HERE ARE THREE ESSENTIAL TIPS TO MASTER THE DRIVE:

1 NAIL YOUR PRE-SHOT ROUTINE

Before stepping onto the mat, take a moment to visualise the shot. Players that perform the drive shot well don't just aim and fire, they rehearse the outcome in their mind.

Picture the path of your bowl and identify if you need to allow for some/none of the bias or turn of the green to take effect – this obviously depends on the speed at which you can physically deliver the bowl.. ***not all of us can throw it as fast as top-tier bowlers!!!***

- Keep your rhythm smooth — don't rush!
- Stick to a consistent pre-shot routine to build muscle memory.
- Have a slight difference in your pre-shot routine to your normal draw shot routine.




✓ 3 Tips to play a successful Drive Shot in lawn bowls continued.

2) ADJUST YOUR GRIP AND STANCE

A successful drive requires a stable base and a secure grip. You'll need to add more speed to your delivery, but without sacrificing control.

- ✓ Widen your stance slightly to stay balanced through the motion.
- ✓ Grip the bowl firmly but not tightly, allowing a clean, confident release.
- ✓ Keep your weight forward and follow through directly towards your target.

 **Tip:** Practice weighted shot drills to build power in your delivery without compromising your smooth release.

3 TIPS TO PLAY A SUCCESSFUL DRIVE SHOT

in Lawn Bowls- CONTINUED

✓ 3) PRACTICE CONTROLLED SPEED, NOT AS HARD AS YOU CAN...

KNOW HOW QUICK TO GO

Too often, bowlers associate a drive with simply "bowling hard." But speed without control is wasted.

The best drivers have found a sweet spot - fast enough to get results, but not so wild that they miss the mark.

- **Focus on controlled acceleration** through your delivery.
- **Don't rush your action.** A smooth build-up to release helps retain line.
- **Regularly practice driving with cones or Purposeful Practice Targets** to refine your accuracy under speed.



Tip: Start with medium-weight shots and gradually increase speed. This helps you learn how much strength you can apply without your accuracy dropping off.



FINAL END

The drive shot is a **weapon**. When used wisely, it can clear a head, swing the end, and shift momentum in your favour.

By combining a clear routine, balanced mechanics, and controlled speed, you'll not only land more successful drives... you'll do it with confidence.



WHAT BOWLERS SAY

VS

WHAT THEY MEAN!



WHAT BOWLERS SAY

WHAT THEY MEAN!

- ✓ Unlucky."
- ✓ Good weight."
- ✓ Nice line."
- ✓ Just a touch heavy."
- ✓ Just a touch light."
- ✓ It held up."
- ✓ It ran on."
- ✓ That was brave."
- ✓ Positive bowl."
- ✓ We can build from that."
- ✓ You weren't far off."
- ✓ Right idea."
- ✓ That's bowls."
- ✓ Great effort."
- ✓ Nearly."
- ✓ We'll take the next end."
- ✓ Best back!"
- ✓ Good try.

- ✓ That was an absolute disaster.
- ✓ Wrong line. Very wrong line.
- ✓ You're about two meters short.
- ✓ You nearly reached the clubhouse.
- ✓ That bowl needed a passport.
- ✓ You completely misread the green.
- ✓ You fired it like you're late for work.
- ✓ You fired it like you're late for work.
- ✓ Why would you attempt that?
- ✓ At least you looked confident while missing.
- ✓ Let's pretend that never happened.
- ✓ You were very far off.
- ✓ Execution: 0/10.
- ✓ I am internally screaming.
- ✓ Effort was the only great thing.
- ✓ Not even close.
- ✓ Please. Let's reset.
- ✓ Very wasted. Completely wasted.




WHAT TYPE OF PLAYER ARE YOU? 😊

The Practice Legend



Unstoppable in practice ...
Useless in the match!

The Green Explorer



Exploring every corner of the green!

The Blame Everything Player



- ✓ Wind
- ✓ Green
- ✓ Shoes
- ✓ Opposition


Never their fault!

The One Perfect Bowl Player



Talks about it ALL game!

The Overthinker



Changes everything...

The Lucky Specialist



"Did you mean that?"
...Yes..
(Absolutely not!)

The Coach Mid-Game



Gives tips...
Bowls like a tourist!

The Silent Assassin



Says nothing...
Takes the shot!

The Scoreboard Watcher



Knows the score...
Forgets where to bowl!

BONUS: The Talks to the Bowl Player!



"Come on... Come on...
COME ON...!!
(Bowl: Ignores you completely)"



TAG YOUR TEAMMATE & SHARE THE LAUGHS! 🎯 🔥 #JustBowlsThings

What Type of BOWLS PLAYER ARE YOU?

The Big Hitter



Sends it to the parking lot...

The Perfectionist



Perfect line... perfect weight.
Absolute poetry.

The Speed Bowler



Delivers before you've
even blinked 🏏

The Green Reader



"Ja this green is tricky..."
(Proceeds to read it wrong every time 😬)

The Celebrates Too Early Player



Starts celebrating mid-roll...
Then watches it drift away 🤦🏻

The Switcher



Misses one bowl...
Immediately changes hands
like it's a brand-new sport.

The Socializer



Game starts... and chaos begins 😂

The Tactical Mastermind



Analyzes every angle...
Explains every possibility.

JM

BOWLS GRAPHICS

NEW SERIES LAUNCH!

7 Common Lawn Bowls **DELIVERY MISTAKES** (And How to Fix Them)



If your **delivery** isn't consistent,
your **game** will falter.

- ✓ **The 7 Most Common Mistakes**
- ✓ **Why They Happen**
- ✓ **How to Correct Them**
- ✓ **Practice Drills to Improve**

**New or Experienced - Refine Your Delivery,
Transform Your Game!**

Follow the Series & Improve Your Delivery!



• Coaching • Development • Performance •

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Bowls Graphics

7 Common LAWN BOWLS

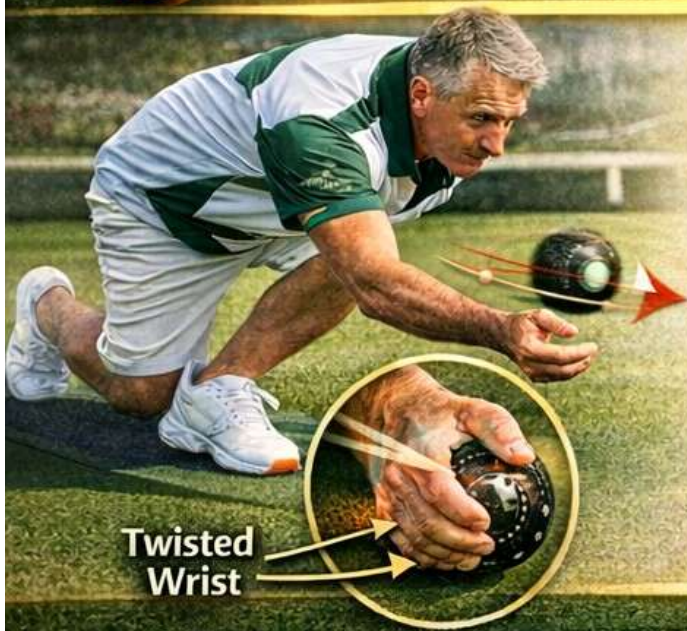
DELIVERY MISTAKES – CONTINUED



Delivery Diagnostics

The Bowler's Guide to Fixing Common Faults

1 Wobbling or Skewed Bowl at Release



A wobbling bowl is one of the easiest delivery faults to spot – that small sideways shake as the bowl leaves your hand and settles onto the green.

It usually happens because of:

- Misalignment of the running surface
- A twisted wrist during release
- Slight rotation of the hand at the moment of delivery

Even a few *degrees* of rotation can **send the bowl off line** and ruin an otherwise perfect shot.

The Fix

- ✓ Re-examine your **grip and hand position**
- ✓ Ensure the **running surface** faces directly along your target line
- ✓ Keep your **wrist straight and relaxed** – no flicking motion
- ✓ Focus on a **smooth pendulum swing**

Coaching Tip

A clean release means the bowl rolls **true immediately**, allowing the bias to work naturally.

Practice Drill

Shadow Release Drill

Rehearse your delivery **without a bowl**.

Focus on:

- **Straight** arm swing
- **Balanced** body position
- **Even** rhythm



Filming your delivery from the **front** and **side** is extremely useful to check that the bowl leaves your hand cleanly with **minimal rotation**.

7 Common LAWN BOWLS

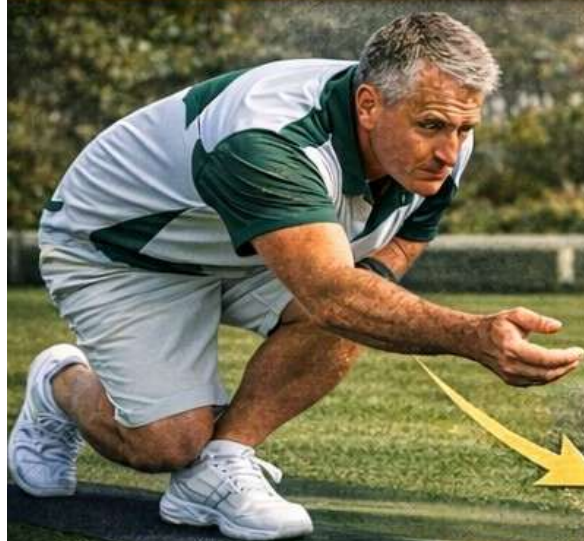
DELIVERY MISTAKES – CONTINUED



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2 Bouncing or "Thudding" Deliveries



If your bowl hits the green with a loud thud and stops short, you're likely **releasing too high or too early** in your forward motion.

When this happens, the bowl **loses momentum** and struggles to hold its intended line.

THUD!

If your bowl hits the green with a loud thud

✂ The Fix

- ✓ Focus on **lowering your point of release**
- ✓ Imagine you are **rolling the bowl** onto the grass rather than throwing it forward.
- ✓ Practice **slow, rhythmic roll ups*** to short targets, concentrating on a **gentle, brushing contact with the turf.**

*You can write 'roll-ups' if you prefer.

🎯 Coaching Tip

Bowlers training on **quicker greens** should pay special attention to this.

Excessive bounce can magnify small **inconsistencies** and make weight control far more difficult.

A **smooth, low release** allows the bowl to track naturally and maintain its line.

• Delivery Fundamentals Series •

7 COMMON LAWN BOWLS

DELIVERY MISTAKES – CONTINUED



Delivery Diagnostics

The Bowler's Guide to Fixing Common Faults

3

Stepping Off-Line

One of the most common but least-recognised issues is stepping across your line.

Many bowlers unintentionally step toward the jack instead of along their aiming line, dragging the body and arm off target. The result? Bowls will consistently finish narrow or wide.

The result? Bowls will consistently finish narrow or wide.

✂ THE FIX

- ✓ Lay down two narrow tape lines from the mat directly along your target path.
- ✓ Practise stepping and delivering along this lane to reinforce muscle memory.
- ✓ Keep your front big toe pointed toward your aiming point and ensure your shoulders follow that same direction.



Video yourself

from behind – most bowlers are **shocked** to see how much their step **drifts** when they thought they were straight.



A useful cue: imagine your step is the “**rail**” and your arm is the “**train**” running smoothly along it.

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7 COMMON LAWN BOWLS

DELIVERY MISTAKES – CONTINUED



Delivery Diagnostics

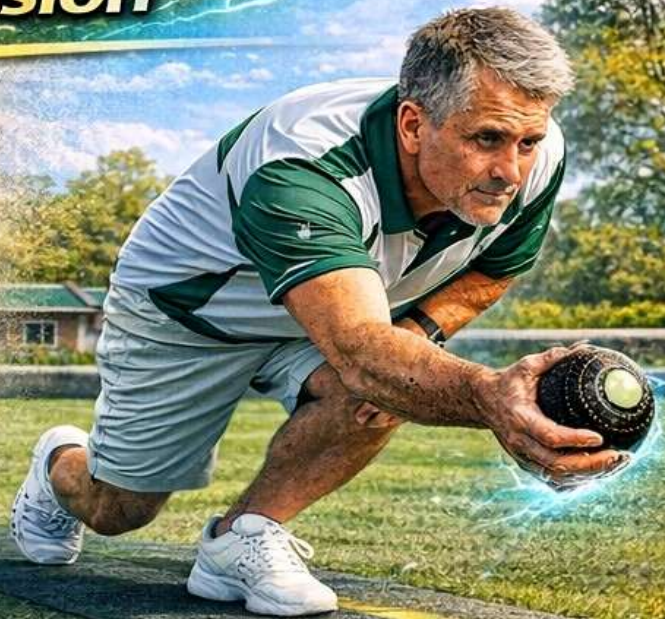
The Bowler's Guide to Fixing Common Faults

4 Over-Gripping or Excessive Tension

Pressure situations can make even calm players **tighten their grip**.

Unfortunately, tension **stiffens the wrist and forearm**, causing jerky delivery and inconsistent release.

Over-gripping can also force the bowl out early, disrupting the intended line.



✂ THE FIX

- ✓ Check that your **grip pressure** allows the bowl to feel **secure yet comfortable**.
- ✓ Firm enough that it **won't slip**, but light enough that your hand remains **flexible**.
- ✓ Before each delivery, **take one deep breath** and consciously release **tension** in your shoulders and arm.

PRACTICE DRILL – THE TOWEL DRILL

- ✓ Hold a **towel** in your bowling hand and keep it balanced using **minimal pressure**.
- ✓ That relaxed control is the same level of **grip pressure** you want when delivering a bowl.



- ✓ With practice, this **relaxed grip** and smooth release will become automatic.

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7 COMMON LAWN BOWLS

DELIVERY MISTAKES – CONTINUED

Delivery Diagnostics

The Bowler's Guide to Fixing Common Faults

5 Looking Up Too Early

A subtle but costly mistake is **lifting your head or eyes** too soon after release.

When this happens, your **shoulders follow**, altering the **path** of your arm and the bowl.

Even a slight **head lift** can cause your **line to stray** or your bowl to **fall short**.



THE FIX

- ✓ Keep your **eyes locked** on a **focal point** about **3~6 metres** in front of you until the bowl has fully left your hand.
- ✓ Hold your follow-through position for **two full seconds** before straightening up.

COACHING CUE

Many elite bowlers use a simple mental reminder:

"Eyes down – bowl down."

This cue helps maintain **focus** and **stability** through the release.

BEFORE



Remember, a **consistent release point** is the foundation of accurate and effective bowling.

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7 COMMON LAWN BOWLS

DELIVERY MISTAKES – CONTINUED



Delivery Diagnostics

The Bowler's Guide to Fixing Common Faults

6

Poor Balance and Stance

Balance is everything. Feet that are too close together, a stride that's too long or too short, or an uneven weight shift can all cause your body swaying.

Once your balance breaks, your delivery path shifts, no matter how clean your arm swing feels.

BEFORE



STABLE BASE ----- **2.5s**

✂ THE FIX

- ✓ Start from a **stable base**, feet shoulder-width apart, knees slightly flexed.
- ✓ When stepping out, aim for a **natural stride** (not a lunge) at roughly **45 degrees**.
- ✓ Keep your **back leg** acting as a **stabiliser** rather than swinging it behind.

Practise "**hold-finish**" drills: deliver slowly and freeze your body at the end of the motion. If you can stay **balanced for two seconds** without wobbling, your stance is sound.

Stay calm, stay consistent, and success will follow.

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7 COMMON LAWN BOWLS

DELIVERY MISTAKES – CONTINUED



Key Takeaways

Consistency begins with a clean, repeatable delivery.

Wobble, bounce, step drift, tension, early head lift, poor balance and rushed follow-through are the seven most common culprits.



WOBBLE BOUNCE STEP DRIFT TENSION



EARLY HEAD LIFT POOR BALANCE RUSHED FOLLOW-THROUGH

- ✓ Fix one at a time through focused drills and video feedback.
- ✓ Even elite players periodically re-check fundamentals.
- ✓ Build awareness → Make small corrections
→ Embed through repetition.



Pair these insights with **Purposeful Practice Targets** or a **solid on-green drills framework** to turn good habits into instinctive ones.



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7 Common LAWN BOWLS DELIVERY MISTAKES

— CONTINUED —
FINAL END

Every bowler, no matter the level, battles delivery drift. The difference between frustration and improvement lies in awareness and structured correction.

Next time your bowls start missing for no clear reason, return to this checklist — you'll likely find the answer within these seven fundamentals.

THE 7 DELIVERY FUNDAMENTALS

- 1 Wobbling or skewed bowl on release
- 2 Bouncing or thudding deliveries
- 3 Stepping off-line
- 4 Over-gripping or excessive tension
- 5 Looking up too early
- 6 Poor balance and stance
- 7 Inconsistent or rushed follow-through