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Lawn Bowls Tips

Preparation

- Work out a personal strategy before a game so you arrive relaxed, focused, and positive.
- Always arrive in good time so you're ready to play without rushing onto the green.

Keep It Simple

- Avoid complicating things. The easier shot is usually the right one.

Reacting on the Day

- Plan to play to your strengths and your opponents' weaknesses.
- React to the circumstances and conditions – if you're scoring better at certain lengths, stick with it.

Scoring with the Draw

- Master the draw shot – most scoring shots are drawn to the jack.
- Avoid becoming addicted to the driving shot; it has a role but should be used with discretion.

Watch the Back

- Do not lose cheap shots by ignoring the position of bowls at the back of the rink.
- Always try to cover any accumulation of opposition bowls.

Build the Head

- Ensure you have more than one bowl in the head by building the head early, increasing your shot options later.



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Lawn Bowls Tips

CONTINUED

Short Bowls

- Never be consistently short. Short bowls are the scourge of the game, and are the biggest single factor determining the outcome of the game. Short bowls lose games.

Touchers

- Respond to an opposition toucher by trying to get your next bowl as close as possible. It will reduce your opponent scoring another shot, and it will increase your own shot options.

Positive Play

- Do not be negative. While it is unwise to play heavy bowls at the time, it's better to be positive than to be too cautious, particularly when playing at the back end of a rink. If it is possible to draw do so, do not be too tentative, if the hands are difficult to negotiate make sure you attack the head.

Decisions, Decisions

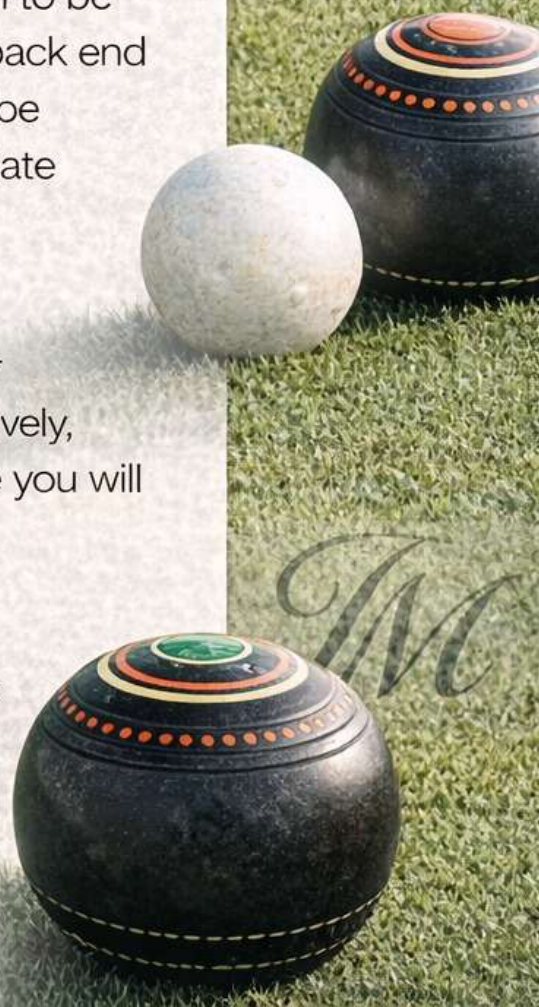
- Do not be caught in two minds. Work out your shot options, select the best one and play positively, if you are still deciding whether to draw or drive you will play an in-between shot and miss your line.

Keep it Tight

- If both hands are equally true then choose the tighter hand. It should be the easier to play.

Trial Ends

- Make the best use of trial ends in competitive games. Watch and learn from all the bowls being delivered. Stand behind the centre line



WHAT IS THE SECRET TO LAWN BOWLS?

The secret to excelling in lawn bowls is mastering **the art of consistent delivery**. This involves a combination of technique, practice, and mental composure. Here are some insider tips:

- 1 Perfecting the Grip:** Holding the bowl correctly ensures a smooth and controlled release. A loose or uneven grip can affect the bowl's trajectory.
- 2. Steady Stance and Alignment:** A stable posture and proper alignment with the target increase accuracy.
- 3. Practice Makes Perfect:** Repeatedly practicing on different greens hones skills and builds muscle memory.
- 4. Staying Calm Under Pressure:** Like many sports, lawn bowls demands mental resilience, especially during competitive play.



LAWN BOWL GLOSSARY

SHOT TYPES



Back Bowl

A strategic shot where the bowl is deliberately delivered to come to rest beyond the jack. This tactical shot provides insurance against the jack being driven backward, as it creates a favorable scoring position if the jack is moved toward the rear of the head.



Blocker

A tactical shot where a bowl is deliberately placed to obstruct a particular line to the jack or head. This shot is used to prevent opponents from accessing certain areas of the head or to protect favorable positions. A well-placed blocker forces opponents to play more difficult shots with narrower margins for error.



Running Shot

A controlled weight shot delivered with more force than a draw shot but less than a drive. It's played with at least ditch weight, typically to remove an opponent's bowl from the head. The shot requires adjusting the line (as increased pace reduces bias effect) and is delivered by taking a long step-out while pushing the bowl with arm muscles rather than using elevation for power.



Drive

A shot delivered with maximum force toward the target, also known as a "firing shot." This aggressive shot is aimed straight at the target with sufficient pace to minimize the effect of bias. It's typically used as a rescue shot when the head is unfavorable, with the aim of knocking the jack out of play, removing opponent's bowls, or killing the end. The drive is essentially a last line of defense rather than a routine shot.

Code of Bowling Etiquette

Bowls' etiquette, the **unwritten laws** of the sport, combine good sportsmanship and good **manners** essential to the game's legendary sociability.

- 1 Be conversant with the **Laws** of the Sport of **Bowls** and observe them at all times.
- 2 When bowls need to be measured, the team or singles player that will probably or certainly concede a shot(s) should do the measuring and place identified counters together.
- 3 Be punctual and come to each game properly attired.
- 4 The player whose turn it is should step onto the mat from its left side and exit to the right.
- 5 Keep quiet and refrain from moving when players are on the mat. Stand behind the mat while your opponent is delivering a bowl.
- 6 The team or singles player that rakes the bowls should mark the scoreboard if one is being used.
- 8 Always stand still at the head when a player is about to bowl. Movement, talking or gesturing at the head is very distracting and is considered gamesmanship. Do not use gamesmanship to beat your opponent.
- 9 Always pay your skip the respect of waiting for his/her instructions.
- 10 Keep track of play and be ready with bowl in hand to step on the mat when it is your turn.
- 11 Be sure that complete access to the head is accorded to the team with possession of the rink.
- 12 Neither applaud nor complain about lucky results. Accept them graciously, knowing that they equal out over time.
- 13 Never say "thanks" for a bad shot that goes your way.
- 14 Never shout instructions for your opponent's bowl to miss its target or fall in its intended task.
- 15 Admit a "fluke" in good spirit.



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Code of Bowling Etiquette

CONTINUED

- 16 Learn to be a **good marker**. Markers can make or break a game. Obtain a current copy of the **Laws of the Sport of Bowls** to learn the duties of a marker.
- 17 Compliment a team member or an opponent for a good shot.
- 18 When an umpire is called, retire away from the head as you no longer are part of the decision making. Respect the decision made.
- 19 Players should assist in collecting bowls when the **end is complete**. The lead who will roll the jack should hasten to gather and place the mat in preparation for the next end.
- 20 Walk close to the center of the rink with minimum delay when changing ends as you could distract play on adjacent rinks.
- 21 **Respect the green** at all times. Do not drop or loft bowls. Walk on greens only when playing.
- 22 Always **inform** your opponent if you wish to leave the green.
- 23 If you lose, be a **good loser**. Don't blame your loss on other people, the green, weather conditions, etc.
- 24 After each game, congratulate the winners and shake hands with all. Don't be too impressed with your win today as positions could reverse tomorrow.
- 25 **Be a bowler** who is renowned for always **helping** put the equipment away.
- 26 When playing singles, whether you have won or lost, be sure to thank the marker. Remember that markers are volunteers and have given their time to assist you in your game. Your courtesy is their only payment.
- 27 It is always gracious and appropriate to **thank event administrators** and the **umpire(s)** before leaving the green.
- 28 Skips should always remember that the **players** on their team are doing their best.
- 29 Above all, enjoy the **game of bowls** for the fun, fitness, pleasure and the lasting friendships it provides.

LAWN BOWLS ETIQUETTE

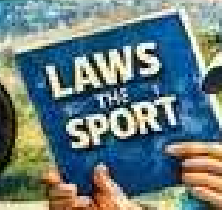
THE BASICS

Want to keep your reputation as “gracious” rather than 🙄
“that one who lofts their bowl”?

THE BASICS: DON'T BE LATE. DON'T BE LOUD. DON'T BE THAT PERSON.

1. KNOW THE LAWS OF THE SPORT

“I didn't know” doesn't fly
when a shot is on the line! 🙄



2. IF YOU'RE GOING TO LOSE THE SHOT... DO THE MEASURING ✓

It's the polite way to admit defeat.



3. BE PUNCTUAL & LOOK THE PART

Yes, the whites (or team kit) matter. 🕒



4. ENTER THE MAT LEFT, EXIT RIGHT

It's like a roundabout, people! 🙄🙄



5. SILENCE IS GOLDEN 🤫

Stand behind the mat &
keep still while others are delivering.



POINTS 1-5 OF THE ULTIMATE 29-POINT CODE OF BOWLING ETIQUETTE

#BowlsEtiquette #BowlsLife #PlayWithRespect.

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LAWN BOWLS ETIQUETTE

THE BASICS – CONTINUED

Want to keep your reputation as “gracious” rather than “that one who lofts their bowl”?

MORE RULES EVERY BOWLER MUST FOLLOW

6. IF YOU'RE THE ONE RAKING THE BOWLS, YOU'RE THE ONE MARKING THE SCOREBOARD.

(Yes, we skipped 7, keep up!) 



8. STAND STILL AT THE HEAD.

Don't be the person gesturing like a maniac while someone is mid-bowl.



9. YOUR SKIP IS THE BOSS.

Wait for their instructions.

YOOHOO!
AWW JEEZ!



10. BE READY!

Have your bowl in hand before it's even your turn.



10. BE READY!

Have your bowl in hand before it's even your turn.



11. GIVE THE TEAM WITH POSSESSION FULL ACCESS TO THE HEAD.

Don't crowd the jack.



POINTS 6, 8, 9, 10, 11 OF THE ULTIMATE 29-POINT CODE OF BOWLING ETIQUETTE

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LAWN BOWLS ETIQUETTE

LUCK, FLUKES, AND KARMA

Want the good juju of the bowling gods on your side? 🍀 (No one likes the bowler with bad karma...)



12. DON'T CLAP OR MOAN ABOUT "LUCKY" SHOTS.

The bowling gods even things out eventually.



13. IF YOUR OPPONENT MESSES UP AND IT HELPS YOU, DON'T SAY "THANKS."

That's just cold.



THANKS!



14. NEVER SHOUT AT YOUR OPPONENT'S BOWL TO MISS.

We aren't playing football here.



WHOOPS!
BIT OF A
FLUKE!



15. IF YOU GET A "FLUKE" (A LUCKY WICK), ADMIT IT WITH A SMILE.



POINTS 12, 13, 14, 15 OF THE ULTIMATE 29-POINT CODE OF BOWLING ETIQUETTE

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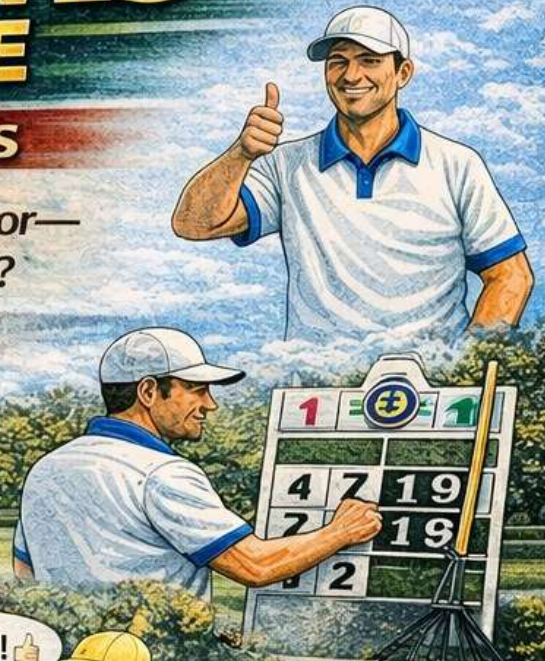
LAWN BOWLS ETIQUETTE

THE "PRO" MOVES

Want to play like a true competitor—
not just another social bowler?

16. LEARN TO BE A GOOD MARKER.

A bad marker is a quick way to
lose friends.



17. COMPLIMENT A GOOD SHOT.

Even if it's your opponent's.



18. IF THE UMPIRE IS CALLED, WALK AWAY.

Let them do their magic in peace.



19. HELP COLLECT THE BOWLS WHEN THE END IS FINISHED.

Don't just stand there looking pretty.



20. CHANGING ENDS? WALK CLOSE TO THE CENTER OF THE RINK.

So you don't distract the neighbors.



POINTS 16, 17, 18, 19, 20 OF THE ULTIMATE 29-POINT CODE OF
BOWLING ETIQUETTE

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LAWN BOWLS ETIQUETTE

RESPECT THE TURF (AND THE PEOPLE)



21. RESPECT THE GREEN.

No dropping, no lofting, and only walk on it when you're actually playing.



22. GOING FOR A "COMFORT BREAK"?

Tell your opponent before you vanish.



23. BE A GOOD LOSER.

Don't blame the wind, the heat, or the grass.

You had me today, well done!



24. SHAKE HANDS, CONGRATULATE THE WINNERS, AND STAY HUMBLE.

You might lose tomorrow!



POINTS 21, 22, 23, 24, 25 OF THE ULTIMATE 29-POINT CODE OF BOWLING ETIQUETTE

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LAWN BOWLS ETIQUETTE

THE HEART OF THE GAME



26 THANK THE MARKER.

They are volunteers, and your "thank you" is their paycheck.



27 THANK THE EVENT ADMINS AND UMPIRES BEFORE YOU HEAD TO THE BAR.

Show gratitude before relaxing after the game.



28 SKIPS: REMEMBER. YOUR TEAM IS TRYING THEIR BEST, EVEN WHEN THEY'RE NARROW.



29 ABOVE ALL: ENJOY IT. We're here for the fun, fitness, and friendships.



PRO TIP: If you follow Rule 29 (having fun) the other 28 usually fall into place!

#BowlsEtiquette #BowlsLife #PlayWithRespect

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BOWLS FITNESS LEVEL

People say bowls isn't exercise.

Excuse me?



I walked **6,000 steps**.



Bent down **47 times**.



Carried a **1.5kg weapon**.



And emotionally carried my team.



That's **CrossFit** with manners.

Respect the Green.

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Key Strategy in Lawn Bowls

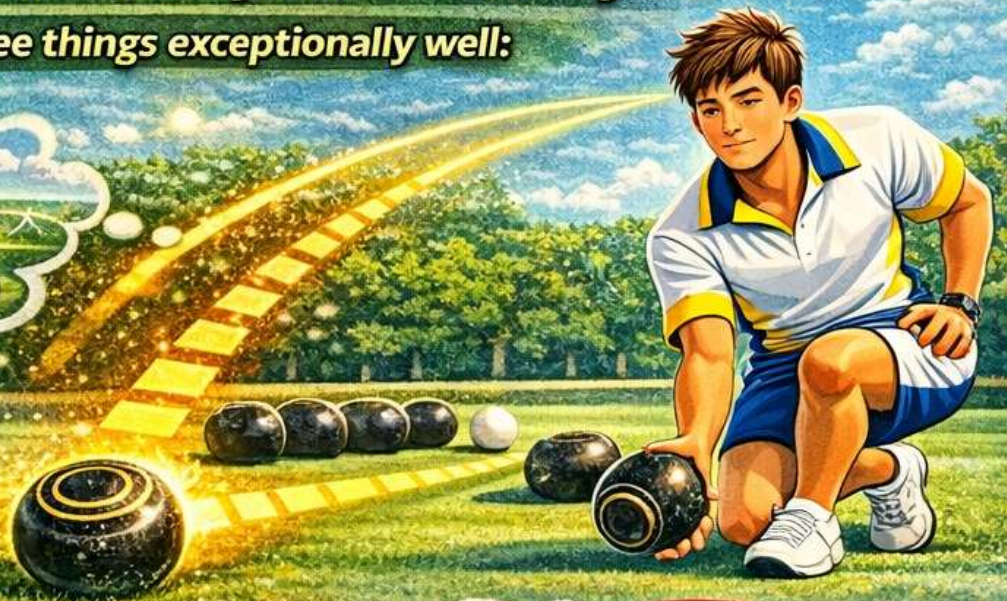
The key strategy in lawn bowls lies in precision and placement. Players must account for various factors to deliver their bowls effectively:

1. **Reading the Green:** Understanding the speed and slope of the green is crucial. A bowl's trajectory can change dramatically based on the surface conditions.
2. **Weight Control:** Players must adjust the weight (speed) of their delivery to reach the desired target without overshooting or falling short.
3. **Tactical Positioning:** Placing bowls strategically can block opponents or create scoring opportunities. Bowls are commonly used by players to protect the jack or obstruct the opponent's setup.



Mastering the **MENTAL GAME** of a World-Class Draw Shot

The draw shot relies heavily on mental clarity.
Top bowlers do three things exceptionally well:



✓ Visualise the Shot

See the entire arc (the path the bowl will take) before delivery.

✓ Clear Distractions

Wind? Opponent? Noise? Doesn't matter. Tune them out and lock into your routine.

✓ Stay Emotionally Stable

Frustration, rushing, or anxiety hurts your draw. Keep your mind calm and focused.



✓ Visualise the Shot ✓ Clear Distractions

✓ Stay Emotionally Stable

Mental clarity is the key to a perfect draw shot

Building Your Draw Shot Confidence

Confidence comes from three things:



1. Technique you trust



2. Practice you believe in



3. Experience under pressure

When you master all three, the draw shot becomes automatic.

KEY TAKEAWAYS

- ✓ The draw shot is the foundation of successful bowls
- ✓ Mastering setup, delivery, line, and weight is essential
- ✓ A consistent pre-shot routine improves reliability
- ✓ Most draw shot errors come from tension or inconsistent rhythm
- ✓ Tactical draw bowling can win matches even without weight up-shots or
- ✓ Purposeful drills accelerate learning and strengthen game-day performance
- ✓ Confidence grows through repetition, feedback, and intentional practice

FINAL END

Mastering the draw shot is the single most important step toward becoming a consistent, confident, and high-impact bowler. When you combine a repeatable setup, a smooth delivery, disciplined line and weight control, and a reliable pre-shot routine, the draw shot becomes a weapon you can trust in any situation – from opening ends to high-pressure conversions.

The draw shot is the heartbeat of the game – master it, and every other part of your bowls game will rise with it.



The Best Drills to Improve Your Draw Shot

Approved drills!

1. The Four-Corner Drill

Place targets (or Purposeful Practice Targets) in all four corners of a rink. Deliver alternating forehand/backhand draw shots to each corner.

Builds:

- ✓ Line adjustment
- ✓ Weight control
- ✓ Pre-shot routine discipline

2. The Mat Length Challenge

Set targets one mat length from the jack. Try to finish your bowl between the jack and the target.

3. The Jack High Ladder

Move the jack in 1-metre intervals and draw to each position.

Builds:

- ✓ Adaptability
- ✓ Green reading
- ✓ Weight variation

Builds:

- ✓ Touch
- ✓ Control under pressure

4. The Consecutive Draw Challenge

Goal: draw 10 bowls within a defined scoring zone. Every bowl that lands inside the zone = 1 point. Record your progress over time.

Builds:

- ✓ Consistency
- ✓ Feedback awareness
- ✓ Performance mindset.

The Ultimate Guide to Mastering the Draw Shot in Lawn Bowls

Most Important Skill in Lawn Bowls

When you strip **lawn** bowls back to its essence, one skill stands above everything else: **the draw shot**.

Mastering the draw shot is the single biggest improvement you can make to your game.

Why mastering the draw shot is essential:

- Everything flows from the draw shot.
- Builds consistency and confidence
- Gives you control to influence the head
- Draws build pressure end after end

What Is a Draw Shot?

A draw shot is delivered with controlled weight and an accurate trajectory so the bowl finishes as close as possible to the jack, ideally within a mat length or better.

Mastering the Draw Shot is Crucial!

- New bowlers **figuring** out their stance and seasoned competitors sharpening their skills all benefit from mastering the draw shot.
- The guide breaks the draw shot down from fundamentals to advanced, sharing proven techniques and training principles used by elite bowlers.



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THE FUNDAMENTALS of World-Class Draw Shot

To master the draw shot, you must refine four core pillars:

1. The Setup

Your setup determines your delivery before you even move.

A strong draw setup includes:

✓ Foot positioning

- Feet shoulder-width apart
- Toes pointed toward the intended delivery line
- Weight evenly distributed

✓ Bowl grip

A relaxed, natural grip with fingers supporting the running surface.

Avoid excessive tension, it kills feel and touch.

✓ Stance

Slight bend at the knees, head steady, eyes focused down the line.

✓ Pre-shot routine

Consistency starts before movement.

Top bowlers repeat the exact same routine every shot:

- ✓ Visualise line
- ✓ Confirm aim point
- ✓ Set grip
- ✓ Breathe
- ✓ Deliver

This routine reduces anxiety and sharpens focus consistency.



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The Fundamentals of WORLD-CLASS DRAW SHOT

CONTINUED

2. The Delivery

A smooth, repeatable delivery is the cornerstone of great draw bowling.

Key elements:

- Smooth backswing
- Stable head
- Bowl delivered under the lowest possible point of the arc
- Follow-through toward the intended line
- Body weight driving gently forward

The most common fault budding bowlers develop is "pushing" the bowl instead of swinging it.

A draw shot must be rolled, not shoved.

3. Line Control

Line is often misunderstood as a technical skill but it is actually part technical, part tactical.

How to find the right line:

- Identify the natural draw path for your hand you are playing
- Select an aim point on the bank or rink edge
- Deliver through your aim point, not at the jack

A good line allows the bowl to finish its natural arc. If your line is wrong, your weight becomes irrelevant.



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The Fundamentals of **WORLD CLASS DRAW SHOT**

– continued

4.

WEIGHT CONTROL

This separates average bowlers from elite players.

Great draw bowlers develop touch, the ability to feel the green and adjust weight instantly. This comes from repetition and feedback, not guesswork!

TIPS FOR MASTERING WEIGHT:

- Practice with purpose, not random rolls
- Adjust to green speed in the first couple of ends
- Focus on feel, not how 'hard' you're bowling.
- Keep a steady rhythm as you deliver

Top players
say weight control is like
"muscle memory
fuelled by focus!"

The 7 Most Common Draw Shot Mistakes (and How to Fix Them)

1. Incorrect aiming

Fix: Pick a visual target on the bank and commit to it.

2. Changing delivery pace

Fix: Develop a repeatable rhythm, think smooth, not fast.

3. Poor follow-through

Fix: Hold your follow-through for two seconds after release.

4. Dropping the bowl

Fix: Keep your hand under the bowl until the very last moment.

5. Standing up too early

Fix: Stay low through the shot - imagine "delivering under a fence."

6. Overthinking the green

Fix: Trust your routine; adjust incrementally, not dramatically.

7. Tension in the grip or shoulders

Fix: Shake your arms before each shot, relax your grip, breathe out on delivery

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THE LEAD.

BUILDING THE END

FROM THE FIRST BOWL

**CONSISTENCY
& RELIABILITY**

**LAYING THE
FOUNDATION
FOR SUCCESS**

**SETTING THE JACK TO
THE RIGHT LENGTH**

**DELIVERING ACCURATE
DRAW SHOTS**

**CREATING CONFIDENCE
FOR THE TEAM**



The Second:

STRENGTHENING AND APPLYING PRESSURE

Apply Pressure? ➔



Be Adaptable!

With the head beginning to take shape, the Second's role is to strengthen and apply pressure to the opposition!

- ✓ Adaptable & Reliable
- ✓ Draw Shots, Up Shots, and Positional Bowls
- ✓ Correcting the Head as Needed



Patiently Work Toward the Skip's Objective

Apply Steady Pressure on the



Opponent



Patiently Build the Head & Apply Steady Pressure!

Resist the urge to play low-percentage shots too soon.

The Third:

The Team's Tactical Engine

Information & Decision Support

- Accurate counting of the head
- Analyzing and relaying the situation to the skip
- Providing tactical advice & options

Effective Communication

- Clear, confident explanations of the head
- Precise measurements when calling the count
- Knowing when to advise, when to stay silent

Leadership & Emotional Intelligence

- Supporting the skip's decisions, not competing with them
- Boosting team morale during momentum shifts



A Third must balance accuracy, communication, and supportive leadership.

THE SKIP

LEADERSHIP, STRATEGY AND EXECUTION

18 vs 16

Seeing the **BIG PICTURE**:

The Score • Conditions
• Momentum
• Team Emotion

► **Guiding the Team
with Confidence**

► **Playing the Pressure
Shots with Composure**

► **Leading by Example**

► **Encouraging & Supporting** ► **Staying Calm
& Focused** ► **Believing Your Team**

ULTIMATE RESPONSIBILITY...
ONE SHOT TO WIN IT

😂 THE BOWLS 😂 THERAPIST

"Please... just once...
listen to me."

Too heavy!

WHY
did it do that?! 😱

That's the line!

I don't need therapy — I have bowls.

Where else can you roll your problems away,
argue with an inanimate object...

...and still come back tomorrow for more? 🌟 😂

Bowls: cheaper than therapy... but just as emotional.

#BowlsLife | #BowlsHumour

JM Bowls
Graphics

THE 10 C'S FOR BOWLERS

Characteristics that can influence results

The similarities between top bowlers exists primarily in their temperament ... more so than in their delivery technique.

Components of temperament can be **expressed in terms of The 10 C's**

COMMON SENSE – correction after poor deliveries.

CONTROL – your own personal actions and way of thinking.

CALMNESS – is the ability to neutralise stress in tight situations.

COMMITMENT – is the will to set goals for practice and competition.

CREATIVITY – is about seeing the ideal shot and to recognise tactical opportunities.

COLLABORATION – avoid destructive bickering and play in tune with your team mates.

CONFIDENCE – is the outcome of positive self-affirmation and improving personal bests.

CONCENTRATION – the ability to narrow one's focus to factors of immediate importance and to ignore distractions.

CONSISTENCY – is about avoiding variations to controlled techniques when faced with a difficult shot or during the excitement of competition.

COMPETITIVENESS – NEVER SURRENDER.





How to Bowl Perfectly Every Time

Achieve consistent results with these essential steps

1 Master the Basics

Ensure that your grip, stance, and delivery technique are correct. Regularly revisit these fundamentals during practice.



2 Focus on Smooth Delivery

A smooth and controlled delivery minimizes the chances of errors. Avoid jerky or rushed movements.



3 Adapt to the Green Conditions

Each green is unique, so learn to adapt your technique to the specific surface you're playing on. This includes adjusting for speed, slope, and weather conditions.



4 Stay Confident

Confidence plays a significant role in delivering a perfect bowl. Trust in your abilities and commit fully to each shot.



5 Practice Under Pressure

Simulate match conditions during practice sessions to get used to performing under pressure. This helps you deliver consistent results when it matters most.



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