

Check list for self correction

1. Comfortable, relaxed stance, body weight evenly distributed
2. Shoulders square to delivery line, shoulder of delivery arm not dropping
3. Feet facing line of delivery
4. Bowl not held in "middle of body"
5. Eyes focused on the line of delivery
6. Check thumb is in a comfortable position and controlling wood or jack
7. Check the transfer of body weight is coordinated
8. Check Bowling arm stays close to the body
9. Check non-bowling arm is not causing unbalance
10. Forward step straight along delivery line
11. Check step is a comfortable length
12. Back leg relaxed and balanced
13. Delivery straight down delivery line
14. Check if over stretching/over reaching
15. Check speed of delivery is not too fast