Stance

There are a number of variations of stance adopted by players. There is no ***right or wrong*** form but it needs to provide the bowler with a relaxed and well balanced platform for the delivery of the bowl.

The chosen stance will be the best suited to a particular person depending on their weight, build and agility.

Those players who experience some stiffness in the hip or knee joints may have to adopt a stance of compromise to enable them to release the bowl smoothly.

Whatever stance you adapt, it must provide you with a proper balance at the moment of delivery (delivery is defined as the moment the jack or bowl is released by the hand) you should have part of one foot remaining within the confines of the mat. It may be in contact with the mat or over it.

THE ATHLETIC STANCE (the most popular)

THE CROUCH

THE SEMI-FIXED

THE FIXED

The main criteria is that the bowler feels comfortable and at ease on the mat. The feet should be sufficiently apart to give a good balance, the knees relaxed and the body weight slightly forward. The bowl should be held firmly but without tension in the wrist or arm.

The feet should be correctly positioned on the mat with the right foot pointing (*right handed player*), left foot pointing (*left handed player*) along the aiming line.
During delivery, the non-bowling arm should not wave aimlessly and can stabilise balance by resting on the front leg.

It is a good idea to allow a certain amount of time after adopting your stance before actually releasing the bowl. This brief period of a few seconds may enable you to completely focus your concentration on the shot to be played.

One thing is for certain, you will never achieve consistent results if you keep varying your stance, because altering your stance can complicate the rest of the equation. Find a stance which is comfortable to you and allows you a good delivery and stick with it.