AIMING LINE

When delivering our bowls we want to find the correct path to the jack.

To do this successfully we are faced with two problems.
One, to decide how far "out" from the center line you should deliver your bowl to compensate for its bias and allow it to finish on the center line. This distance out from the center line is called your "green" or "grass".
The second problem is that the distance between mat and target can vary from end to end and often within an end, so you must also be able to vary the length of your delivery

If the playing conditions do not change, the green (or grass) you need to take for a draw shot will remain the same for every bowl that you want to finish on the center line. However, life is not that simple, the state of the green whether it is fast or slow or it is wet or windy influence the green we need.

How do you as a beginner go about finding the correct green to take?
If you are a right hand player, playing the forehand shot, can I suggest you choose a spot on the bank to the right of the Rink number plate? Try to visualize a straight line running from that point on the bank to the mat. This is your green (grass) line and it forms an angle where it joins the center line on the mat.

Place your feet carefully so that the outside of your right foot is aligned along that grass line and concentrate on a fixed point down that aiming line. Do not worry about the Jack; just concentrate on the grass line or aiming line as I prefer to call it, delivering your wood exactly along it.
If your woods consistently stop short and to the right of the jack, then you need to take less green. To do this, choose a spot to the left of your original point on the bank. Again visualize a straight line from your new spot to your position on the mat, placing the outside of your right foot along that line. Should you find the bowl finishes across the center line, then your aiming point is too narrow and you need to take it a little to the right.

Finding length and line is not as easy as it sounds; it is something which you need to be constantly practicing. Once you feel confident of your ability to bowl consistently along a line, you may wish to use some other method of finding the correct aiming line.
Some bowlers will focus on a distance out from the bank. Others will use the point where the bowl begins to turn in, this is called the shoulder of the arc, and it is approximately two thirds of the distance between the jack and the mat. Others will use a point reasonably close to the mat as we have shown you, however, after some practice you will find the best method for you.

One should not hold the head up too high and one should never look at the jack when you go to release the bowl, focus on that aiming point.

Although it is necessary during the stance to keep glancing at the jack (moving the eyes not the head) to assess weight, when commencing delivery it is imperative that one maintains focus on the aiming point and remain fixed on this aiming point after the bowl has left the hand, until the **follow through** is completed.

A right handed player should never try and follow the line of a left handed player and the same applies to a left handed player.

CONCENTRATION is very important; trying to remember what you used before to obtain a high level of consistency.