Braunton Bowling Club

Bowling Course- Length & Pace

LENGTH

From end to end and often during an end, the distance between the mat and the jack will vary. Also you may be asked to play to a distance beyond the Jack. It is important that you are able to control the length of your delivery.

HAVING SAID THAT, IT TAKES A LOT OF PRACTICE AND EVEN THEN YOU WILL ALL HAVE DAYS WHEN YOU ARE NOWHERE NEAR.

For a fast green you need less effort. For a slow green you need more effort. Technique coupled with the amount of force required to deliver a Bowl to a definitive length, not force on its own.

How do you control the amount of force or pace needed?

1) You can vary the length of your step forward when delivering, longer step forward an increase in force.
2) You can vary the length of the backward swing naturally, longer back swing for an increase in force.
3) Another way to increase pace is to incline your forearm upwards at an angle to the ground; this again will naturally increase your back swing.
4) The **height** of the stance also influences your pace. The more vertical your stance, the longer the backswing will be with greater propulsion and the lower your stance, the shorter the backswing with less propulsion.
5) The **speed** of your delivery also influences pace, faster backswing and delivery increases the pace, a slow backswing and delivery reduces the pace.
6) The pressure of your grip. On fast greens you need to caress the bowl whereas on slow greens you need a much firmer hold.

Before delivering your bowl "weigh" the bowl in your hand to get a correlation between the weight of the bowl and the distance it has to travel.

Practice of bowling to a length marker is the best exercise and the more you practise the more consistent you become. A good club player should achieve all woods within 1 metre of the marker and 1 of the 4 within 30 centimetres.