

Bowling Drills

You have two diagrams of 14 different tasks, 7 are pure drawing skills but all are different only the draw to position and length are different so the thinking is the same, and 7 on achieving the weighted shots.

When you have mastered all of them you will be a very successful bowler.

How

have you day, the Firstly you must want to spend time on the practise green and plan a regular session within the time you available in your busy life, carry a small note book with and record all your practice sessions, it is helpful if you record, rink of practice, weather conditions, time of task to be carried out, one at a time please, and outcomes of the practice session.



If you keep a running diary of your practices you will be able to see how you improve or any problems with a particular skill that you experience, in which case we do have instructors and coaches who can observe your play and make helpful suggestions on how to overcome any glitch in a delivery, All the instructors are named on the coaching board and are only waiting for you to ask.



If you are reading this you have found it on the coaching board, I would be pleased to send you a copy if you email me address and you will receive the two diagrams and these instructions.



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If you do not have a computer I can print them off but will charge you 30c for the hard copies. My phone number is on the coaching board.



Good bowling and remember we are here to help you.