

Pre Shot Routine

- Establish the **Bowls Objective**
- Identify **Line Reference Point**
- **Position** the bowl in the hand
- **Visualise** the shot to be played
- Move **On to the Mat**

The Mat Drill

- **Confirm Body** square to line
- **Confirm Relaxed** and **Stable**
- Check How **Far**, How **Fast**
- Establish your **Focus Point**

The Delivery Routine

- Start the **Pendulum** Swing
- Step **Straight** Forward
- Release the bowl **Smoothly**
- Complete the **Arm Swing** and **Weight Transfer**