

THE ART OF BOWLING

1. Practice

Complete Control

Types of shot

Running Wood

Intense study of impact of bowls from different angles etc. under varying conditions: heavy, medium, fast greens etc. (knowledge of billiards and snooker useful here)

Grip

Stance

Delivery

Length

Draw

Drive

2. Concentration

Tactics

Knowledge of the green

Pace

Swing

Condition

Wear texture etc

Use of mat

Jack

Choice of hand

Position of woods

The head

Choice of shot

What do I stand to gain?

What do I stand to lose?

What are the chances of it coming off?

What are the chances of it going against me?

Is this the time to play it?

3. Temperament

Sportsmanship

The ability to win and lose gracefully

Etiquette of the game

Building a positive approach

Training the mind to

Consider only relevant factors

Shut out all distractions

Do not worry about your own game

Try to pressurize your opponent