Bowling Tips

For 2026 we will have a series of bowling tips on the coaching section of our club's website.

**Issue 1 - Length of Delivery**

I've been asked many times

"How can I improve the length of my delivery"?

The weight-controlled exercises below will help you improve this area of your game.

The aim of these drills is to help you to gauge the power each bowl needs to travel a certain distance.

**Session 1**

Roll the bowl a short length and as close to the centre line as possible. Then increase the length of every bowl after. If a bowl fails to pass the previous one, repeat that particular bowl.

Make sure all bowls delivered go a minimum of 23 mts from the front of the mat.

Once you have completed the first end start bowling in the opposite direction. This time, roll the first bowl a long length, and decrease the length of every bowl after.

**Session 2**

Place two discs (or CD's if you still have any!) either 6 or 8 meters apart. Roll the first bowl just past the disc closest to you. Play the last three bowls, making sure each one rolls further than the previous. The aim of this drill is to finish with all four bowls between the two discs. Again, if a bowl fails to pass the previous one, repeat the bowl.