

## Bowling Arm Coaching

A bowling arm is a specially designed device that allows you to deliver the jack or a bowl without having to bend down. It grips the bowl securely, and with a simple trigger release, lets you deliver with a smooth motion from a standing or semi-standing position. Bowling arms come in different lengths and materials, so you can choose one that suits your height, grip strength, and personal preference.

**First Considerations** - There will be various physical reasons why the person may have decided to try a bowling arm. In conversation, or by observation you may be able to clarify what are the issues for the individual.

Examples:

- Balance problems-bending over to pick up the bowl
- Unstable stance on the mat
- Bending to deliver the bowls
- Maintaining balance during delivery
- Back, shoulder, hip or knee issues
- Arthritis
- Muscle weakness - Inability to lift the bowl; tiredness resulting from movement

**DHB Hacksaw Bowling Arm** - Bowls Canterbury stock these in Size Small, Medium, Large & Extra Large

- Open hand to release
- Made to your height
- Lightweight
- Separate section to hold the jack
- Notch on the end of the arm to pick up the mat

**STANCE:** Depending on their physical problems and on personal preferences there are 3 basic stances with a bowling arm:

**1. Normal stance with a step forward as you deliver.**

**2. Fixed stance with one foot forward of the mat.**

**3. Fixed stance with both feet evenly on the mat.**

Whatever the stance it is important to stand with shoulders square to the intended line of delivery. Stand consistently in the same position on the mat to achieve a regular routine for delivery. For balance, place the unused hand against the front of the hip or top of the leg.

### **Possible errors**

- Body/shoulders not square towards the line of delivery. Swinging around the hips.

Solution: The player may need to tilt the hips to one side to allow the arm to swing through vertically.

### **Finding your Line**

Before delivering the bowl take 3 or 4 practice swings making sure that those swings are exactly along the line. On the final swing keep the exact same line and the bowl should run out on that line. Practice without a jack to eliminate thinking about weight.

**Possible errors:** Swinging arm around the body (hips) will lead to the bowl being off-line. Not looking up the green when delivering the bowl. This will cause inconsistency of line and length. Look along the line to the aiming point.

### **TIMING**

Release the bowl at the right time when the swing is at its lowest point so that the bowl flows smoothly out onto the green in line with the swing. It is essential to master this before anything else.

**Practise** without a jack and do not worry about the line or length. Just concentrate on getting the bowl away smoothly. Just keep delivering bowls over and over again until you find that you are getting it right.

### **Possible errors:**

- Bowl popping up into the air. Usually occurs if they are not moving forward with the delivery.
- Hitting the ground. Either the bowling arm is too long or they are bending forward into the delivery. They should not need to bend at all.

# Step-by-Step Guide to Using a Bowling Arm

## 1. Grip and Setup

- Hold the handle comfortably in your dominant hand.
- Make sure the bowl is seated correctly in the arm's cradle.
- Keep your shoulders relaxed and your wrist in a neutral position.

## 2. Stance and Alignment

- Stand squarely on the mat, facing your aiming line.
- Position your feet so your delivery arm is aligned with your target.
- Keep your weight balanced, no leaning forward too early.

## 3. Delivery Motion

- Swing the bowling arm in a smooth pendulum motion.
- Keep your eyes on your aiming point, not the bowl.
- As the arm reaches the lowest point of the swing, squeeze the trigger to release.

## 4. Follow-Through

- Let the arm continue naturally forward after release.
- Hold your balance for a moment to ensure stability and accuracy.