

# DON'T TRY THIS AT HOME

## IMPROVING CONSISTENCY OF LINE

Any player can bowl the occasional good bowl. Even a complete novice can throw a bowl on the right line with the right weight and get somewhere close. Good bowlers do it consistently. So here is an exercise you can try at home to help you put your bowl down on the same line repeatedly.

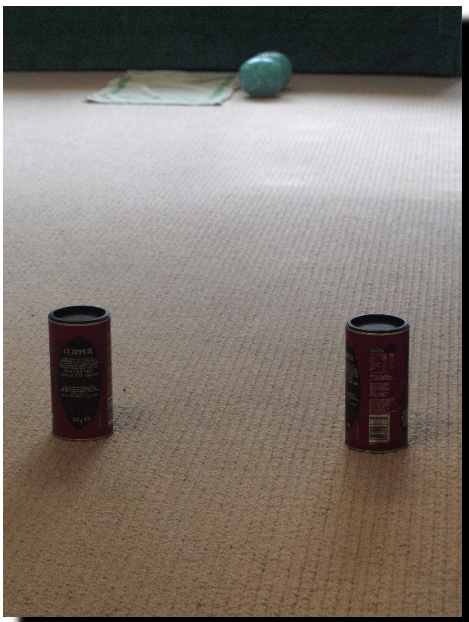
## EQUIPMENT



You will need the following items of equipment:

- A tea towel (which is roughly the same size as a rubber bowls mat)
- A pillow or two (to prevent damage to walls, doors and furniture)
- Two non-fragile items to act as guides. I use empty chocolate drink containers (my guilty secret)
- Two or more bowls

## LAYING OUT YOUR PRACTISE AREA



You can set up your practise area comfortably in your lounge or hallway as you don't need the full length of a short mat.

Firstly, place your tea towel at one end of the available space. Then, place your guideposts 18" apart, in a position where your normal delivery line will pass between them. They should be as far from the tea towel as is practical.

Place your pillow, pillows (or even duvet if you are not feeling confident) at the other end of the space in the most likely position for you bowls to end up.

The objective is to repeatedly deliver your bowls between the guideposts on both forehand and backhand.