

STAND AND DELIVER



Now all you need to do is deliver your bowls repeatedly between the guideposts. You can practise both forehand and backhand by simply moving the guideposts from side to side.

Once this becomes easy, reduce the gap between the guideposts by 3". Eventually you might get down to a gap of 9" which is less than two standard bowls widths.

The reason I recommend just two bowls is because you will need to carry them back to the tea towel end each time. Unless you live in a mansion (which applies to most Harpenden bowlers) where you will have enough room to bowl from both ends of your play space.

If you want to measure your improvement, keep score of how many times you hit the guideposts.

And to avoid boredom, try putting on some good music or listen to a podcast (I can highly recommend Fortunately with Fi Glover and Jane Garvey).

This exercise is not only good for your bowling but also goes a long way to meeting your step count for the day.

Good luck and good bowling.

BM