

PRACTISE LINING UP CORRECTLY



You do not need bowls shoes for this exercise. You don't need shoes at all or even socks. In fact, why not try this completely naked (oops, sorry – got a bit carried away there)

Stand with your feet slightly apart with both feet pointing at the gap between the two guideposts. This will ensure that your body is correctly aligned for the standard draw shot.



Next, place your lead foot forward in a straight line towards the aiming point.

You can adjust your back foot position until you feel comfortable.