



BOWLS
VICTORIA

**ARM BOWLERS
GUIDE**





BOWLERS ARM FACT SHEET FOR NEW BOWLERS

Bowls Victoria supporting Arm Bowling

This document seeks to help bowlers who are new to Arm Device Bowling

1. Laws of the Sport governing the use of Arm Devices.
2. Selecting the best device for you
3. Use of the Device
4. Coaching drills you might find useful

Laws governing the use of an arm device

Subject only to the Rules of Competition Arm devices are able to be used to

- Roll the jack, or you can deliver the jack by hand
- Once a player chooses to use their Bowlers Arm, he/she must complete the game using the device.
- Device replacement in the event of a breakage. This can be undertaken however to avoid conflict in Pennant we recommend that the player asks the Side manager to advise the opposing Side manager of the change to be made. This is never an issue in social bowls.

Selecting the correct device

This is perhaps the most difficult and important decision you will make as it can affect the final outcome and your level of satisfaction.

- We are all physically different
- Each person has a different reason for needing an Arm device
- Devices have differing properties

Some are hand controlled, trigger controlled, lighter, heavier, thumb released, and all are now available in a variety of colours.

We suggest that as far as is possible you try out every design of Arm device, preferably with the assistance of a Coach who can help you determine the Arm best suited to your physical needs.

- Picking up the mat using a device.

At this stage the only device that has an approved built in aide that can be used on some mat types is the DHB which has a diamond shaped attachment at its base which can help lift mats with open sections.

- Rolling the jack

All devices can be used to roll the jack but may take a little practice to load and deliver.

- Choosing the correct length of device. Perhaps the most important decision you will make.

This will largely depend upon the level of your physical capacity which may well vary over time as your body alters and that too needs to be considered in your selection process.

The Bowling Arm and Bionic Bowler Arms come in four sizes. Long, medium, small and special ultra short for wheelchair users.

DHB comes in four sizes XS, S, M and L.

Choice of length will also depend upon the delivery method you are able to undertake or choose to use. Fixed stance usually requires maximum length for your height. A partial fixed stance with a short step would most likely need a Medium length again dependent upon your height and with a full stepping motion most likely a short device.

We stress this decision should be made with the help of a coach and only after trying several device types. It helps to have another set of eyes looking at your physical delivery options as they are more likely to pick up any special needs.

For example we cannot all stand fully balanced in an upright position with our feet side by side. Some need to have a foot turned outward or stand slightly side on etc. all of which might determine the type of arm best suited to you.

Aligning the bowl

- It is essential that care is taken when loading the bowl in the device as this enables an efficient delivery.
- The Bowling Arm allows easy loading of the bowl in a vertically aligned direction. You can load by placing the bowl on the ground between your feet in the correct bias position and close the jaws over the bowl, or you may choose to load by hand either is ok.
- Bionic Bowler allows the bowls to sit easily on the rungs and is held by the suction cap and will not move until released also easy to load correctly.
- DHB requires some care to ensure the bowl is held accurately on the running surface but this too is easily mastered with practice.

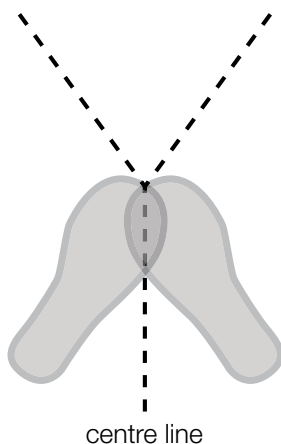
Approaching the mat

- From no more than about 2 metres behind the mat, the approach is along the intended line of delivery.
- Step onto the mat by first placing the heel down and then rolling the rest of the foot forward onto the beginning of the chosen trajectory line.
- Bring the other foot up parallel to the foot already on the mat and maintain a comfortable stance distance between them (similar to when walking naturally).

Position on the mat

- When standing on the mat prior to delivery, the swing arc of the Bowlers Arm should travel above as much of the mat as possible to protect the green surface in case of a miss swing.
- Access the mat from 2 metres behind, then place your anchor foot on the centre line adjusted according to your delivery.

- Anchor foot should be on the centre line of mat for normal draw delivery



Stance prior to delivery

- It is important first of all to be as relaxed as possible
- Do not over grip the device
- The non bowling hand should be placed in a comfortable position.
We recommend upon the associated thigh to help prevent unwanted rotation of the hips or shoulders at the moment of delivery.

This is an area that a coach can be particularly helpful in assisting you to find the best delivery position for you.

Finding the line

- From approximately 2 metres behind the mat seek out the required line and place yourself on the mat while looking for the required length. This choice should be based upon your knowledge of your bowl characteristics, conditions of the green, weather influences and any helpful geographic references as might be available, e.g. boundary peg, a tree, seat a spot on the green at a suitable distance from the mat etc that might assist in getting lined up.
- Again coaching assistance with this will be helpful.

Finding the length

- As with all sports finding the target position is essential, e.g. throwing a cricket ball or dart or putting a golf ball. Our eyes can flit between direction (taking account of bias) and target at an incredible speed thereby getting the information to your brain which then directs the muscles appropriately.
By looking in this manner down the correct chosen line and at the target (be it the jack, a bowl or a position) both remain in focus and accuracy is ensured.

Variation of length

- When the mat is moved for shorter or longer ends and there has been no change in conditions your feet should remain in the same draw shot delivery position.
- Minor change to position might be made when the jack has been moved or for a firm (upshot) or positional delivery.

Care of your arm device

- Attention to this area is important as it can affect the best performance of your device.
- Where there is reliance upon any spring device this needs to be kept in a non stressed state when not in use to preserve the tension and life of the spring.
- Always be careful to stow your device in a safe place when not playing. It is your passport to play bowls, it is a valuable item and needs to be looked after for you to maximise enjoyment from your chosen sport.
- When bowls polish is used the rubber grips can become sticky and hold the bowls, when this occurs simply wash with warm water.

Practice makes perfect

- As with any sport practice is the key. Repetition until you can release your bowls with your eyes blindfolded, without needing to think about the release is a big step toward good bowling with an Arm device.
- How often have you heard the expression in golf ‘ he or she has “soft hands” that’s the key to success when playing short ends or finessing difficult placement shots. Don’t over grip your device try to be as relaxed as possible.
- As the great Gary Player said “the more I practice the luckier I get”
- The rest is up to you. Good bowling.

Approved suppliers

The Bowling Arm

Greg Sherman

Address: 12 Nolan Street Bendigo VIC 3550

Email: thebowlingarm@vic.chariot.net.au

Web: www.thebowlingarm.com

Phone: 03 5443 7133 Fax: 03 5444 1088

- Thumb release also available
- Three sizes including wheelchair length



Bionic Bowler

Peter Bloomfield

Email: bionicbowler@live.com.au

Phone: 03 5157 5443

- Left or right hand release
- Finger pull & centre thumb release



DHB

Hunter Bowls

Address: 8 Victoria Avenue Castle Hill NSW 2153

Email: sales@hunterbowls.com.au

Web: www.hunterbowls.com.au

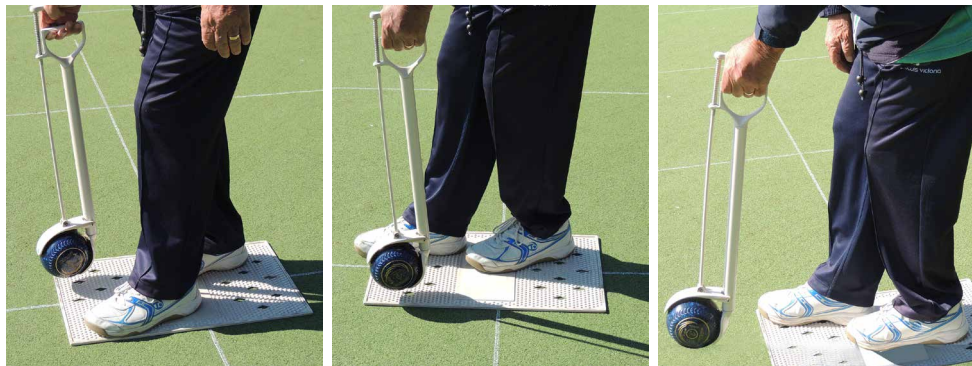
Phone: 02 9634 5888

Fax: 02 9634 5855

- Made to measure



Selecting the right arm length



Position of the mat

When standing on the mat prior to delivery, the swing arc of the Bowlers Arm should travel above as much of the mat as possible to help protect the green surface from any inadvertent damage.

Right handed bowlers would therefore stand on the left side of the mat for jack and bowl delivery while left handed bowlers would use the right side with the anchor foot on the centre line positioned along the line required by your bowl.



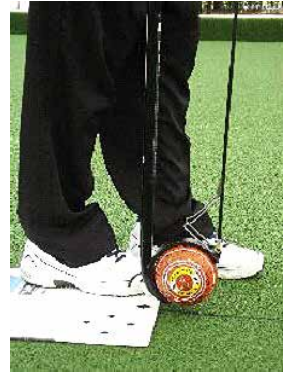
Three basic delivery techniques

Fixed Stance:

- Both feet are parallel with the delivery foot completely on the mat; the non-delivery foot slightly ahead and on the playing surface.
- First movement of the Bowling Arm is slightly forward towards the line of delivery to ensure there is no body rotation off line.
- The second swing is to pick up the momentum for delivery.
(If on a fast green and/or a short end, this swing may need to be eliminated)
- The third swing incorporates the release and is at the required speed to reach target: jack, bowl or positional placement.

No step is taken and head and shoulders should remain elevated to ensure there is no grounding of the Bowlers Arm.

Follow through should be along trajectory line.



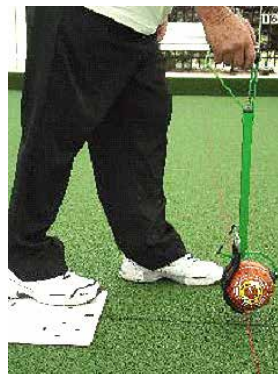
Small Step/Partial fixed stance:

- Both feet are parallel with the delivery foot completely on the mat; the non-delivery foot slightly ahead and on the playing surface.
- First movement of the Bowling Arm is slightly forward towards the line of delivery to ensure there is no body rotation off line.
- The second swing incorporates the release and is in conjunction with a small step that provides the momentum for the required speed to reach the target: jack, bowl or positional placement.
- Follow through should be along trajectory line.



Full Step:

- Both feet are parallel with the delivery foot completely on the mat; the non-delivery foot slightly ahead and on the playing surface.
- First movement of the Bowling Arm is slightly forward towards the line of delivery to ensure there is no body rotation off line.
- The second swing incorporates the release and is in conjunction with a normal walking step that provides the momentum for the required speed to reach the target: jack, bowl or positional placement.
- Follow through should be along trajectory line.



Bowlers Arm Tournament & Coaching Clinic Schedules

To discover what Bowlers Arm opportunities exist for the current season, please refer to the Bowls Victoria website at:

www.bowlsvic.org.au/Representative/Bowling-Arm

Information relevant to Bowlers Arm Tournament & Coaching Days will be updated and added as venues and dates are confirmed.

Acknowledgements

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This paper has been written and produced by Phil Gude, as an aide to Victorian bowlers using an Arm Device.



GRASS

	DRILL	AIM
1	Rolling the Jack	Finish within 2ft (1 mat) of the jack
2	Controlled Weight	Play through with 3 yards of weight
3	Drive & Draw	Balanced, accurate, fast shot to hit a bowl
4	Draw to Jack near boundary	Finish inbounds within 2ft of jack
5	Draw to Jack in ditch	Finish within 2ft of jack & not in ditch
6	Correction	Play to just beat last bowl by adding or taking off pace
7	Trail the Jack	Trail the jack using correct weight -4-6ft
8	Draw onto the bowl	Draw with 3-Sft to sit bowl & stay in the head
All drills are played from the 1.8m (T) mark to short or long jacks		
X	Achieved aim	
S	Short (lacked pace)	
L	Long (too much pace)	
W	Wide (2ft or more)	
N	Narrow (2ft or more)	
XW	Achieved aim (wide)	
XN	Achieved aim (narrow)	

SYNTHETIC

	DRILL	AIM
1	Rolling the Jack	Finish within 3ft (1.5 mat) of the jack
2	Drive & Draw	Balanced, accurate, fast shot to hit a bowl
3	Draw to Jack near boundary	Finish inbounds within 3ft of jack.
4	Draw to Jack in ditch	Finish within 3ft of jack & not in the ditch
5	Correction	Play to just beat last bowl adding or taking off pace
6	Draw onto the bowl	Draw with 3-Sft to sit & stay in the head
All drills are played from the 1.8m (T) mark to short or long jacks		
X	Achieved aim	
S	Short (lacked pace)	
L	Long (too much pace)	
W	Wide (3ft or more)	
N	Narrow (3ft or more)	
XW	Achieved aim (wide)	
XN	Achieved aim (narrow)	
To score: Number of Xs achieved over number of bowls played. Calculate %		

Lawn Bowls Alphabet

- A:** Attitude
- B:** Believe
- C:** Concentrate, Confidence, Correction
- D:** Dedication, Decisions, Delivery
- E:** Expectations, Enjoy
- F:** Friendly
- G:** Goals, Game time
- H:** Helpful
- I:** Interesting
- J:** Judgement
- K:** Knowledge
- L:** Listening
- M:** Motivation
- N:** Notification
- O:** Opportunity, Organise
- P:** Perfection, Perfect Practice
- Q:** Quality, Quantity
- R:** Respect
- S:** Selection, Scoring
- T:** Team
- U:** Understanding
- V:** Victory
- W:** Willingness
- X:** Marks the spot
- Y:** Yourself
- Z:** Zero errors



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