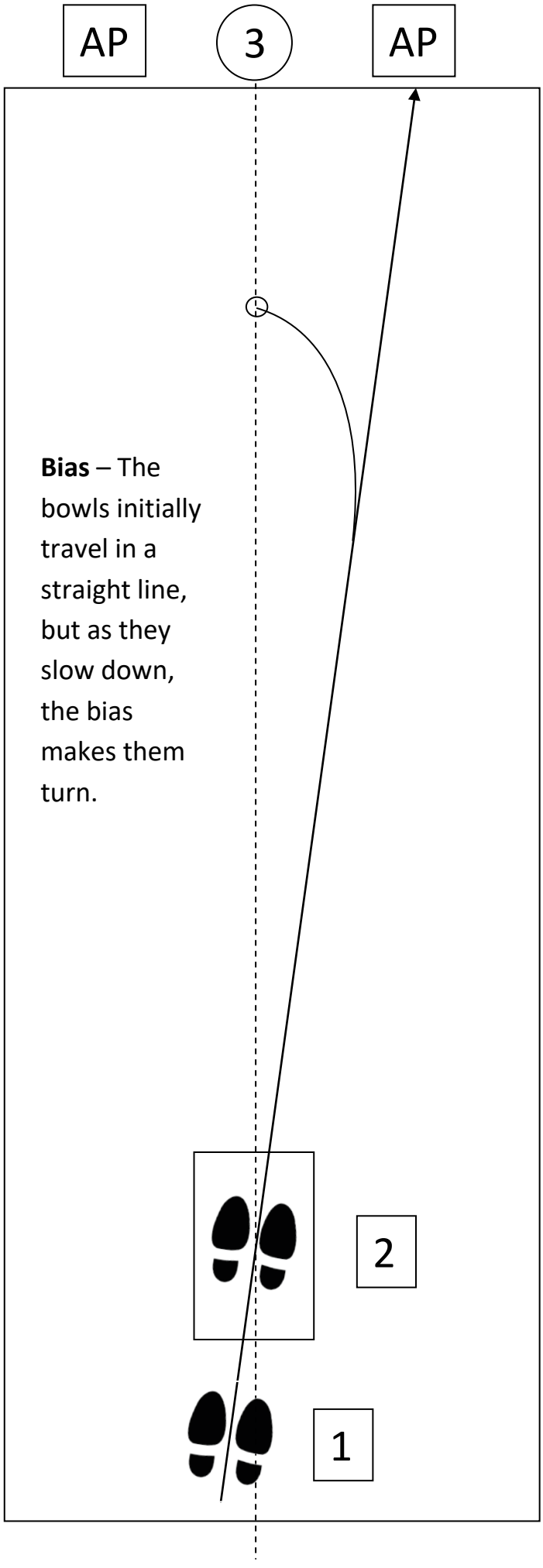


Bias – The bowls initially travel in a straight line, but as they slow down, the bias makes them turn.

Aiming Point – Ideally, this is a point on 'the bank' (the upstand around the green) rather than objects on the walkway (furniture, plants, accessories, etc.). It needs to be identified on both sides of the rink AND at both ends of the rink. A distance away from the rink marker also works well.

'Cockpit Drill'

1) Stand behind the mat (Approx 1m) and identify your Aiming Point – Ideally, this is a point on 'the bank' (the vertical edge of the green) rather than objects on the walkway (furniture, plants, accessories). It needs to be identifiable for both sides of the rink and for both ends of the rink. Feet should be in line with the AP.

2) Step forward onto the mat. Check your alignment and deliver the bowl. Finish the delivery with the throwing arm pointing at the aiming point and the palm of your hand facing upwards & flat.