

HOW TO CHOOSE THE GOOD LINE

GENERALITIES

N.B.

This section is normally part of on-field instructions with the players and is easier to demonstrate in person than to explain in writing. However, I wanted to make it accessible to as many people as possible. If you read these general points carefully, you will surely be able to choose a section that will help you become more consistent in your line selections.

The Scorecard

The scorecard is simply one of the club's scorecards. On the back divide the card in two half's (right and left) and three sections :(short 21 m. to 25 m.), (medium 25 m. to 30 m.), and long 30 m. to 40 m.).

Refer to fig. 2 and write down the line that will bring back the bowl to the center. R is the right side and L the left side. Be aware of the sections: it might be a D5 for long one but a D4 for medium length.

Note anything that can help you identify your REFERENCE LINE.

Trials

*The most important thing is try to find your REFERENCE LINE on one side. I suggest that you play your 4-practice bowls on one side only. This strategy helps you control one side from the start of the game.

Pay attention, by being in the back, to the tracks that other players take on the other side and enter a temporary note.

When you will be asked to change side use your temporary note instead of questioning yourself. Play and adjust your note for the next bowl on that side.

Routine: Crucial step

Every one complains about not being consistent. Do you realize that you are doing something different every time you show up to the mat? If you want consistency you need to create a routine that will be the same on every throw.

ROUTINE

1) Behind the mat

***Go at the back of the mat (between 1 and 2 m.)**

Adapt your vision. Be aware that you are playing in a box (rectangle) 120 pi. X 14 pi. or 37 m. x 4.2 m.

***Refine your vision to the section where the jack is and also the different bowls (RUPERT IS WORKING). Don't rush, exchange informations with your captain. Relax and breath.**

***Now, upgrade your vision: you are not only in a rectangle but you are playing in an Inverted triangle that has 2 diagonals that goes to each marker. Between the 2 markers there are 14 feet.**

(fig.1)

However, since these are diagonals, the distance between the two lines is only 10 ft. (5 ft. on each side) when they cross the 25 to 32 m zone. This way of viewing the terrain allows you to divide your triangle into half-triangles with 5 possible reference lines on each side, with a foot of distance between each line. (Fig. 2)

You will use those 2 diagonals to find your REFERENCE LINE.

To find your REFERENCE LINE start by determine your aiming targets and your focus point. (the markers, the place where your bowl turns, an area where the green is not the same color, a stain 3 m. in front, or a spot right down where you deliver your bowl) (Rupert and Wally are working together). You are not lost in your thoughts you are simply working on your plan.

***NOTE: remember that your focus point, your aiming target and the marker has to be on the same line.**

You are starting to use visualization...you walk slowly to the mat in the direction you have chosen and with your vision down on the green in front. *It is time to complete your plan.

You are discovering that your vision can focus on half a triangle with only 5 lines on each side (fig. 2)

2) On the mat

***Imagine a line that goes around the obstacles. Believe, stay committed, be confident away from your thoughts**

***Engage your tunnel vision(fig.2). It is not time to look at all bowls at the head, this has been done before.**

***Slowly take your posture. Aligned yourself with the aiming and the focus point.**

***It is time to stop thinking, you are executing a plan not a thought. It is silence inside, and you are breathing.**

3) The reference line

***Look one last time to the place you want your bowl to stop in a very soft way, let Rupert registered the data and then find your delivery point again and be ready to let your body play.**

***When making your delivery, keep your vision on the delivery point and check exactly where your bowl's path begins, as this is the crucial starting point. It's the initial line that guides each subsequent shot. (so don't look at the head right after the delivery, just like in golf, your eyes on the ball) This is called the **REFERENCE LINE**.**

***Above all, try to stay crouched for several seconds because as soon as the bowl starts rolling, you must check if it's in a straight line with the marker.**

***Once you've established your reference line on both sides, or even just one side, you'll feel confident because you will be able to make small adjustments (one or two inches) on each side of your delivery point and thus be able to make consistent, accurate shots.**

In your notebook, make notes depending on whether you're playing short, medium, or long. Normally, your delivery point will remain the same; it's the speed or weight that you'll adjust.

However, on certain lanes, the bowl can behave differently the further you play. You might start with a R4 in the middle of the lane, while further out you might need a R5 to get back to the center because the lane is steeper there.

Hence the importance of taking notes in your notebook. I often see several players who, after six ends, say, "What's the line on

this side again?"... This means they have no idea of [their reference line](#) and are playing randomly... It's difficult to be consistent under these conditions!

Conclusion

If, on each shot, you execute your pre-routine, your routine on the mat, and your precise delivery with [reference line](#), you will transform your game, develop greater consistency, and above all, your confidence level will be much higher because you will make shots you've never been able to make before.

The added bonus is that you will be able to repeat this on other occasions.

Of course, nothing is perfect. Playing conditions, imperfections in the greens, your own anxieties, teamwork, and your ability to forget bad shots can always influence the results, and that's part of the game.