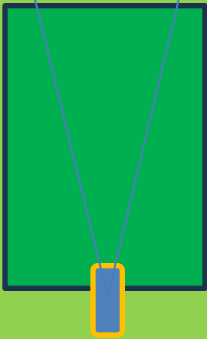


14 pieds
TRIANGLE INVERSÉ
FIG.1

10 pieds

3-4 pi.



***The inverted triangle is part of your visual adaptation. It helps to reduce your panoramic vision and prepare your brain for a more compact view.**

***You become the apex of two diagonal lines that extend from the center of the small mat to each of the left and right markers.**

***The distance between the two markers at the back is 14 feet... If you draw a line from the center of the small mat to the back, you are essentially playing on a half-triangle that is only 7 feet deep, which significantly reduces your field of vision.**

Furthermore, if we move closer to between 25 and 35 meters, since these are diagonals extending to the back, we can determine that, in this area, the distance between the two diagonals is only 10 feet, or 5 feet on each side.

It becomes easy to communicate to your brain that it can visualize 5 different lines: R5-4-3-2-1 or L5-4-3-2-1, which can guide your bowls towards the center. (Fig. 2)

***There are several aiming points: (the back of the lane with the marker, the spot on the green where your ball starts to turn, a colored area on the green, or closer to you as it leaves the big carpet, or even when the ball is released). It's very important to correctly identify your aiming point because it's what allows you to constantly adjust and make accurate shots.**

***This isn't a hard and fast rule, but most excellent players have an aiming point very close to their delivery point.**

*** The reason is simple: when your aiming point is far towards the middle and back, you'll have roughly 1 foot of distance between each line (R5-4-3-2-1 or L5-4-3-2-1) to adjust your shot...whereas if your aiming point is very close, you'll have about 1 inch of distance between each line...1 inch is roughly equivalent to 1 foot of adjustment. Much easier this way!**

***If you can adjust your delivery lines to within 1 inch of each other every time, you'll understand how you've gradually narrowed your field of vision to develop the Tunnel Vision essential for precision shooting.**