

# G-R-A-S-S-S\*



G  
R  
A  
S  
S  
S

**Grip** – firmly but gently and positioned to roll on the running surface for either a forehand or backhand shot (small ring facing centre line).

**Ready yourself on the mat** – Standing at east with feet comfortably apart with feet placed in “Best Position” on the mat.

**Aim** – allow for the bias of the bowl and judging the weight required take aim along what is referred to as the ‘grassline’ or line of aim.

**Swing** – pendulum action. The further back the swing, the further the bowl will travel.

**Speed** of the Swing – the faster the swing, the further the bowl will travel, too.

**S & S - Step and Swoop**. A coordinated movement that should flow. Become aware of the kinetic energy from your body move into the bowl. **Step forward** thinking about **r-o-l-l-i-n-g** the bowl along your intended line of aim. Let your body continue to move toward the line of aim even after the bowl has left your hand. Follow through with the arm on your line of aim. Watch the bowl’s path **until it stops** while gently moving out of the way of the upcoming bowler. Look to your skip for communication.

*Then **plan your next delivery** based on the outcome of this delivery e.g. adjusting weight, aim, etc. all the while keeping your head in the game.*

\* Thanks to Ron Leslie, Sidney Lawn Bowling Club for permission to use his mnemonic.