



CONTENTS

Stance & Delivery	4
Purposeful Practice	11
Introduction	11
Delivery Routine & Consistent Action	11
Assessing & Adjusting The Length	12
Assessing & Adjusting The Line	14
Delivering The Jack	17
Singles Play	18
Introduction	18
Match Day	19
Pre Match	19
Trial Ends	21
The Early Game	22
The Middle Game	26
The End Game	28
Team Play	30
Introduction	30
The Role of each Position	32
Purposeful Team Practice	35
The Game Plan	37
Building A Head	40
Tactics	44
Shot Selection	46

"It is very good that you have written it commencing from a beginner prospective and then utilizing your applied knowledge and learning to great effect".

Tony Allcock MBE, Bowls England

"Worth every penny, Peter! I have already reviewed my delivery based on your advice and am enjoying good results. The book is very clearly written and the advice throughout makes excellent sense. I think it is a reference that I will keep returning to as my playing develops".

Ray – Shoreham-by-Sea, Sussex, UK

"Many thanks for the books which are greatly appreciated by those who have read them. I have been bowling about thirty years and I wish someone had given me a book like this when I started. Today we held an Open Day, 22 people came along! We are confident that many of them are going to join so we would like to give one of your books to each couple or individual. Therefore, can you please send me another 10 books for starters, I may need some more".

Brian – Lutterworth, Leicestershire, UK

"I was so impressed with your book. I have bowled for 32 years and am a Club Coach, I have praised the book so much the Club has decided to purchase some for us to loan to our members. Many thanks".

Jane – Regil, Somerset, UK

"It's a great little book. Not too long that people lose interest, not too complicated that new bowlers feel daunted and yet still enough content for more experienced bowlers to learn from. We had a quiz at the bowls club yesterday and I showed some of our newer players your book. We would like 10 copies please."

Tracie - Ewell, Surrey, UK

I have studied the game and its tactics in detail for over 30 years, learnt from my mistakes and have developed an approach to bowls which works for me. I describe my delivery, how I developed it, best practice methods and the tactics I have employed to succeed both in singles and team play. My best personal achievement was becoming Sussex County Champion of Champions in 2011 and again in 2013.

The book is firstly directed at Club bowlers who have learnt the basics and now seriously wish to improve their skills and maybe move up the order in the rink. It will also be useful as a refresher for the more experienced bowler who wants to reassess their game. Team Managers and Selectors may also draw some inspiration from the section on Team Play.

BOWLS - My Way (A5 size) Price C\$12 (plus postage: 1 copy C\$9 2 or 3 copies C\$13)

All enquiries to:

Peter Carter - bowlsmyway@gmail.com

Larger quantities – price on request

Payment by 'PayPal' or Online Banking, details on request.

Peter Carter (Bowls My Way), 9 Clifton Road, Brighton, East Sussex, BN1 3HP, UK. Tel: 011 44 1273 205139