

Common Delivery Faults – Player’s Workbook

Getting your delivery technique right is only half the battle – the real challenge is repeating it consistently every shot. Small faults can creep in and cause bowls to fall short, veer off line, or lose balance. This guide highlights the 5 most common delivery faults, their likely causes, and practical fixes.

Faults, Causes, and Fixes

Fault	Likely Cause	Fix
Wobbling bowl on release	Grip misaligned, fingers not centred on the running surface.	Reassess grip; align bowl properly; check finger placement with coach.
Bouncing bowl	Early release or poor step–swing timing.	Practice smoother rhythm; focus on releasing near ground level.
Stepping across the intended aiming line	Hips or feet are misaligned on the mat.	Square hips to the target intended aiming line; use a shooter stance for better alignment.
Incorrect weight distribution	Too much weight on toes, heels, or one side.	Anchor weight slightly on the back foot; practice balance in stance.
Twisting hand on release	Wrist/arm rotating during delivery	Keep palm up, fingers to target; pause briefly after release

Coach’s Tips

- Film yourself from the side – you’ll quickly spot early release or bouncing.
- Think hips, not just feet, when setting your stance alignment.
- Pause with palm up after release – this trains a straight follow-through.
- If bowls wobble, it’s almost always grip. Fix the grip first before changing delivery.
- Balance is your anchor – feel stable before and after every shot.

Self-Assessment Checklist

- Do my bowls wobble after release?
- Do I hear a thud when the bowl lands?



Berkshire Bowls Coaching Scheme



- Do I step directly towards my aiming point?
- Do I feel balanced during and after release?
- Do I twist my wrist or hand unintentionally?

Key Takeaways

- Most delivery faults come from small changes in grip, stance, or timing.
- Simple corrections – like aligning hips or holding the finish – make a big difference.
- Use a video or a coach to identify faults you can't see yourself.
- Check balance, grip, and alignment regularly to avoid creeping faults.
- Consistency is built through awareness + deliberate practice.

