

Delivery Stance – Player’s Workbook

Your stance is the foundation of every bowl you deliver. It affects balance, accuracy, and consistency. This guide blends narrative explanation with tables, checklists, tips, and step lists to help you find the stance that works best for you.

Why Stance Matters

A stable stance sets you up for a smooth delivery. It helps align your body, control your weight, and release the bowl consistently. Different stances suit different players – the key is repeatability and comfort.

Types of Stance

Stance	Description	Advantages	Drawbacks
Shooter	Front foot points to the target, back foot at 90°	Stable, wide base, excellent balance	May feel awkward for beginners
Square	Both feet face forward	Simple, natural step, easy rhythm	Less stable if the balance is weak
Upright	Tall body position before delivery	Generates easy power, suits slow greens	Harder to balance, risk of excess weight on fast greens
Crouched	Knees and hips bent, body lowered	Compact action, smooth release	Hard to repeat depth, strain on joints

Choosing Your Stance

- Mobility – Can you crouch safely? If not, stay upright.
- Comfort – Which stance feels most natural to you?
- Surface – Adjust based on green speed:
 - Fast greens → crouch more to reduce weight.
 - Slow/wet greens → upright stance to add distance.

Tip – Foot Placement

If your bowls keep finishing too wide or too narrow, check your foot angle on the mat. A small toe adjustment can change your delivery line significantly.



How to Assess Your Stance

1. Try both foot placements (Shooter vs Square).
2. Experiment with both body positions (Upright vs Crouched).
3. Note which stance feels most comfortable and balanced.
4. Adjust stance for different green speeds.
5. Confirm your stance choice by asking a coach for feedback.

Key Takeaways

- Your stance is the starting point of consistent delivery.
- There is no single 'correct' stance – it depends on mobility, comfort, and green conditions.
- Consistency and repeatability matter more than style.
- Small adjustments in stance and foot placement can improve accuracy.

