

How to Deliver the Jack – Player's Workbook

Delivering the jack is one of the most important skills in bowls. It sets the target for the entire end and gives your team control over the length. This guide explains the rules, techniques, and practice methods in a clear workbook style.

✓ Rules for Delivering the Jack

- At least one foot must remain on or above the mat during delivery.
- Jack must travel a minimum of 23m from the front of the mat.
- If a player delivers the jack incorrectly, the opponent places the mat and delivers the jack.
- If both players fail, the jack is centred on the 2m mark.
- If the jack finishes less than 2m from the ditch, it is moved to the 2m mark.

✋ Correct vs Incorrect Grip

Grip Type	Description	Effect
Correct (fingertip grip)	Jack rests on fingertips with the thumb securing	Clean release, accurate control
Incorrect (cupped grip)	Jack sits deep in the palm or clenched	Inconsistent release, poor sensitivity

📋 Jack Delivery Sequence

1. Stand on the mat with a balanced stance.
2. Hold the jack using the correct fingertip grip.
3. Swing the arm naturally, just like with a bowl.
4. Transfer weight smoothly onto the front foot.
5. Release the jack cleanly with a steady rhythm.

💡 Key Tip

Deliver the jack exactly like a bowl – same swing, same rhythm, same weight transfer.

🏏 Practice Drill – Jack Rolling

1. Roll the jack to three positions: short, medium, and long.
2. After each roll, place 2 bowls near the jack to practice drawing to it.

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Berkshire Bowls Coaching Scheme



3. Repeat using both forehand and backhand deliveries.
4. Track your consistency over multiple sessions.

Key Takeaways

- The jack sets the target and controls the end length.
- Follow the rules: minimum 23m, 2m from ditch if too short.
- Correct fingertip grip gives the best release and accuracy.
- Deliver the jack exactly like a bowl for consistency.
- Practice rolling jack to varied lengths to build confidence.

