

Improving Your Grip – Player's Workbook

Your grip is the last connection you have with the bowl. If it is weak or uncomfortable, every part of your delivery suffers. This guide explains how to diagnose grip problems and apply practical fixes, using tables, checklists, tips, and drills.

Spotting Grip Problems

Symptom	Likely Cause	Why It Matters
Dropping bowls	Grip too weak	Loss of control, bowl falls short
Bowl wobbling	Poor release from fingers	Line lost, bias affected
Finger pain over time	Muscles overworked	Delivery weakens later in the game
Needing to bend the wrist	Bowl too big/wrong hold	Risk of injury, poor accuracy

Fixing Grip Issues

- Adjust your grip – keep bowl on fingertips, not deep in palm.
- Relax wrist – avoid bending or twisting.
- Use grip enhancers (Grippo, Crack-a-Jack) for tackiness in wet conditions.
- Check bowl size – oversized bowls cause wobbling, dropping, and strain.

Key Tip

Your grip is the foundation of your delivery. Fix it before changing stance or swing – it's the simplest way to improve consistency.

Practice Drills

****Release Drill**** – Deliver 10 bowls focusing only on smooth, clean release, ignoring accuracy.

****Wet Weather Drill**** – Spray bowls lightly with water and test deliveries with/without grip enhancer.

****Bowl Swap Drill**** – Borrow bowls of different sizes from teammates and compare control/comfort.

****Endurance Drill**** – Play 6 consecutive ends and see if grip weakens over time.

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Key Takeaways

- Grip is the foundation of consistent delivery.
- Diagnose grip problems early using symptoms like wobbling or pain.
- Fix order: Adjust grip → Use enhancer → Check bowl size.
- Practice drills build confidence in all conditions.

