

Pre-Shot Routine – Player’s Workbook

Why a Pre-Shot Routine Matters

Think of your pre-shot routine as your personal launch sequence. It prepares your body and mind to deliver with confidence and consistency. Every top athlete uses one.

Benefits of a Routine

Benefit	Why It Matters
Triggers memory	Activates your delivery sequence automatically
Controls breathing	Keeps you calm under pressure
Improves focus	Blocks out distractions
Aligns stance	Ensures feet, shoulders, and arms are in position
Builds consistency	Reproducible actions = reliable results
Boosts confidence	Routine builds trust in your ability

The Pre-Shot Routine Steps

- Step 1: Pick up your bowl while your opponent is delivering.
- Step 2: Clean the bowl with a towel (even if dry).
- Step 3: Hold the bowl, check grip and bias.
- Step 4: Decide on your line and aim point.
- Step 5: Step onto the mat with feet aligned to your line.
- Step 6: Confirm distance to target (usually the jack).
- Step 7: Visualise the bowl’s path to the target.
- Step 8: Recheck bias and settle grip.
- Step 9: Breathe steadily.
- Step 10: Deliver with balance and control.

What To Do If Disrupted

- Step off the mat.
- Restart your sequence from Step 2 (cleaning bowl).
- Repeat through to delivery.

Self-Check Questions

- Do I follow the same sequence every time?
- Am I rushing any part of the process?

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- Do I visualise before I deliver?
- Does my breathing stay calm and steady?

Practice Drill

Play 6 ends where your only focus is on repeating your pre-shot routine. Ignore the outcome of the shots. After each end, reflect: Did I stick to my sequence? Where did I skip or rush?

Key Takeaways

- A routine prepares your mind and body for delivery.
- Consistency in routine = consistency in performance.
- Reset calmly if disrupted.
- Practice your routine as much as your shots.

