

Stopping Dumping and Bumping – Coaching Workbook

If your bowl is bouncing before it rolls smoothly, you're experiencing a dumping or bumping issue. Both are common problems, but the good news is that they can be fixed with the right approach. This workbook will help you diagnose the cause and apply the right solution.

What Are Dumping and Bumping?

Issue	What Happens	Why It Matters
Dumping (early release)	Bowl thuds into the ground before rolling	Shot loses weight, bowl finishes short
Bumping (late release)	Bowl bounces forward off the hand	Line disrupted, possible wobble
Both Issues	Release too early or too late	Inconsistent results, potential injury risk

Why It Matters

- Loss of weight – every bounce can shorten the distance by ~1 metre.
- Incorrect line – bowl can bounce off the target line or wobble.
- Risk of injury – fingers or hand can be jarred if the bowl bounces awkwardly.

Causes and Fixes

Cause	Fix
Poor timing	Use a reference point: where your hand meets the grass or toes of the front foot. Practice shadow swings to build a consistent release point.
Poor grip	Check grip style. Use a polish/grip enhancer. Consider a smaller bowl size if too big.
Both	Investigate with memory, video recording, or feedback from teammates to identify the main cause.

How to Investigate

- Memory – recall when it happens: did grip feel wrong, or timing feel off?
- Video – film deliveries side-on to review the release point.
- Teammate feedback – ask others to watch for grip or timing issues.

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Practice Drills

- Release Point Drill – shadow swing without bowl, focus on letting go at the ground/foot line.
- Grip Strength Drill – deliver 10 bowls, focusing only on the same grip position.
- Video Feedback Drill – record 6 deliveries, note which are dumped or bumped.
- Consistency Drill – play 6 consecutive ends focusing on smooth release only.

Key Takeaways

- Dumping = too early release, Bumping = too late release.
- Both reduce accuracy and confidence, but both are fixable.
- Investigate the cause first (timing vs grip).
- Use drills and reference points to build consistency.
- Practice until corrections become second nature.

