

## ONE HANDED DELIVERY

This section will deal with bigger kids who are big enough and strong enough to use the one-handed method.

The first thing you have to do to see if a bowler is ready to start one handed bowling is to ensure they are able and strong enough to hold the ball properly. To do this, ask the bowler to pick up a ball with their bowling hand and hold it on their finger tips. Then ask the bowler to turn the ball upside down as illustrated in these pictures. If they do not drop the ball they are ready to try bowling one handed.

*IMPORTANT: someone should be prepared to catch the ball should the bowler not be able to hold on to it. Bowling balls are heavy enough to do damage to someone's foot or even the floor if dropped in this manner.*



For those who are ready to continue bowling with one hand, get the bowler to set up one step from the foul line, without a ball in their hand, and have them practice the following:

First, put all their weight on their right leg (left leg for a left handed person), feet together, shoulders square to the foul line, hands close to the chest. *Remember, they don't have a ball in their hands yet.*

Now have the bowler push their hands away from their body until the bowling arm is straight in front of them and let the arm drop down and come back in a pendulum-like swing with the shoulder as the centre point. When the hand is ready to come frontwards again, have the bowler take one step forward (with the foot opposite of the bowling hand), bend at the waist and release the imaginary ball onto the lane.

After a couple of practice runs without the ball the bowler is ready to try it with a ball. Get them to pick up a ball, set up in position as above, with a good grip on the ball, and tell them not to try and throw too hard. After a couple of frames remind them about their target and to keep their arm following through to their target as described previously (see Two Handed Approach).



## COMMON MISTAKES for one-handed bowlers

- Trying to throw the ball too hard
- Not having a proper grip on the ball
- Too high a back swing (arm swing should be approximately parallel with shoulder height)
- Ball too far away from the bowlers side (on the way back and the way forward)
- Not watching the target
- Shoulders not square to the foul line