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| A group of colorful crutches  Description automatically generated |

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| **The Bowling Arm**Coaching someone using a bowling arm has more similarities than you may expect with coaching someone on the standard delivery of a bowl. Once the correct arm is selected, it is the same basics of stance, grip, backswing, and point of release.So don't overcomplicate it.**Selecting the right arm**Many arm manufacturers make these devices in a range of sizes. The DHB arm, widely considered to be one of the better devices comes in five different lengths as standard and they also manufacturer specific arms for people in chairs.The way to find the right length is to get the bowler to stand straight and hold a pencil in their hand, measure the distance between the pencil and the ground and follow the manufacturers guideline to find the correct size.**Stance**The stance on the mat has as many variations as there are bowlers, just the same as it is regular bowl delivery. The bowler can stand straight with both feet pointing in the direction the bowl is intended to travel, and can also adopt a shooters stance. The bowler can take a step or not. One of the consistent themes for bowlers who step out and bowl, is that the foot moving out should point in the direction they wish the bowl to go.**Grip**Just as in regular bowl delivery, there are a range of grip options when using a bowling arm. The most popular approach is for the device to be gripped in a way that it becomes like an extension of the arm so there is no movement other than that supplied by the upper arm. Just as in regular delivery, a flick of the wrist at the end is frowned upon.Another approach is to grip the device as lightly as possible and allowing the device to do most of the work. I suggest you get the bowler to try both and see which they prefer.Another common theme here is 'the harder the bowl, the tighter the grip'. So while driving or playing ‘on shots’ a steadier hand is required on the device.With either style of delivery the bowl must be exactly centred in the device.**Backswing**No surprise that the backswing is just as important using a device as it is for regular bowlers, perhaps even more important as any variation or deviation in the backswing will be accentuated by the sheer length of the device.**Point of release**The point of release should be in line with the front foot.**The easiest way to start**1 - Get situated on the mat.2 - Point your stepping foot in the direction of your intended line3 - Ensure you shoulders are squared to your intended line4 - With the first small swing forward, count 1. When the arm comes back out in front, count 2. Then, as the arm starts to come forward you step out and count 3 and release the bowl. |

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