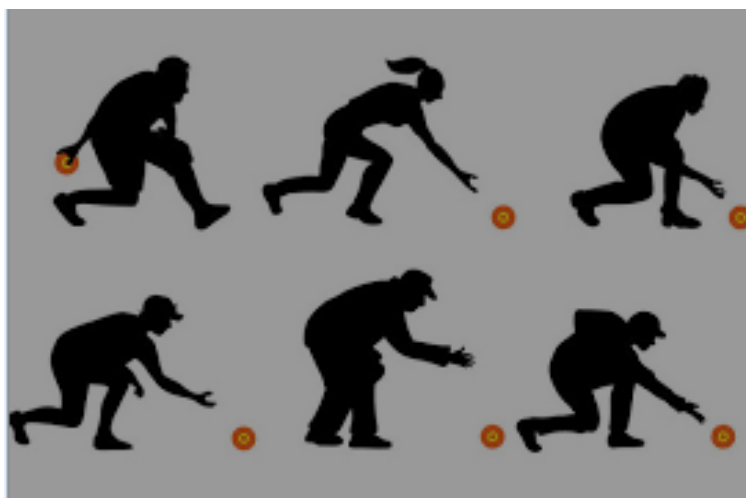




Coaches Corner

Bowls drills designed to practice with purpose

“Practice makes perfect is BS....only perfect practice makes perfect “
Ron Barassi (AFL Football Legend)



Line Drill

The purpose of this drill is to develop your skill of delivering the bowl consistently along a line.

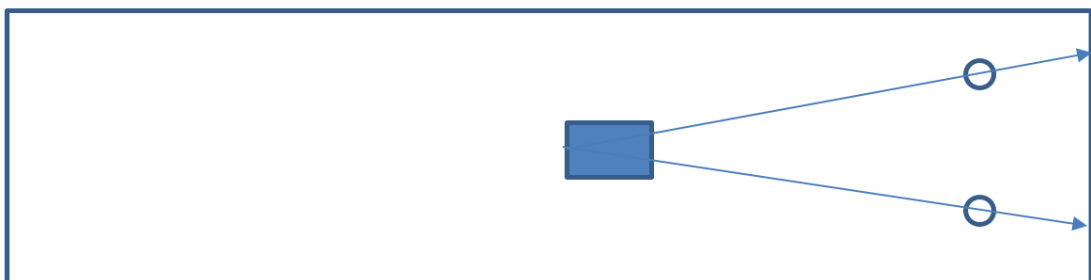
The drill involves bowling over a disc – all your focus must be delivering the bowl over the disc.

Instructions

- Place the mat three quarters up the green
- Place a disc (a CD will do) 3 metres from the mat (refer diagram below)
- Deliver your bowl along the line to go over the disc
- Once you have delivered your 4 bowls repeat 4 more times then do the drill on the other hand
- Scoring
 - 1 point every time your bowl travels over the disk
 - Maximum score 40 (20 on forehand, 20 on backhand)

What you need

- Your bowls (4)
- A scorecard and pen/pencil.
- A mat plus a CD



Drawing Drill

The purpose of this skill is to develop your draw shot skill. A foundation skill for playing lawn bowls.

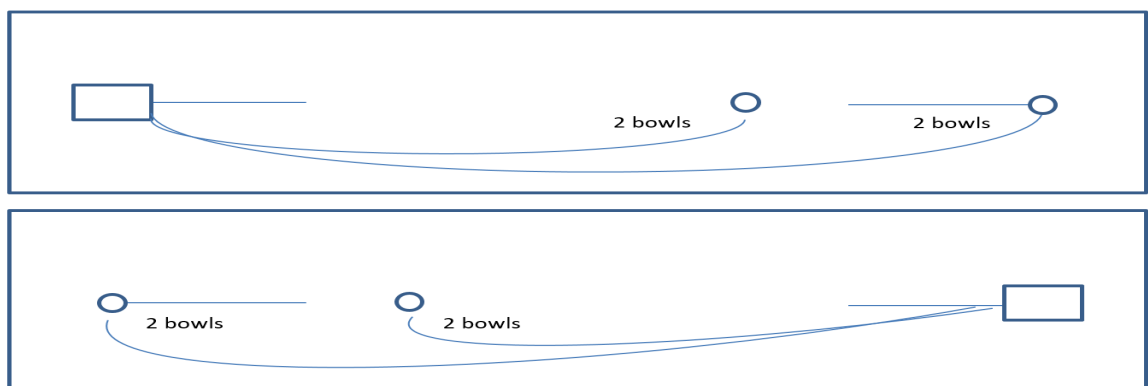
Instructions

- Place a jack on the tee at each end of the rink and place a jack at the minimum mark at each end of the rink
 - Place the mat in front of the Jack at the end of the tee
 - Pick the side of the Green to play (all bowls are to be played on this side of the green)
 - Draw two bowls to the minimum length jack then two to the long jack
 - Draw two bowls to the selected jack then two bowls to other jack
 - When you have delivered your four bowls pick up the mat and walk to the minimum length jack and score your bowls
 - Score 2 points if your bowl is within one mat length behind the Jack to the side
 - Score 1 point if your bowl finishes within two mat lengths behind the jack
 - Score 1 point if your bowl is within one mat length in front of the Jack
 - Score 0 points if you bowl is more 1 mat length in front of the jack or more than two mat lengths behind the jack
- Be honest – your only cheating yourself
- Complete drill for 10 ends (40 bowls)
 - Total available points = 80
 - Record your score so you have a score to beat the next time you complete the drill
 - Circle any non-scoring short bowls you played
 - Less than 10 is acceptable – ideally you want zero
 - 10 or more is not meeting expected standard

What you need

- Your bowls (4)
- A scorecard and pen/pencil.
- A mat plus 4 jacks

Drawing Drill - playing one side of the green



Draw around the bowl

The purpose of this drill is to develop your skill and confidence to draw around a bowl.

Instructions

- Place two bowls 20 and 30 cm in front of the jack for either a forehand or backhand shot (refer sample diagram below).
- Deliver your four bowls then walk up to the head, collect them and repeat for another 5 ends (6 ends in total)
- When you have finished the 6 bends repeat the drill on the opposite hand.
- Score
 - 2 points for every bowl that draws around the two bowls and finishes within 2 feet of the jack
 - 0 points if your narrow, hit the bowls or the bowl finishes

Note: You will need to reset the two bowls placed in front if you hit them.

What you need

- Your bowls (4) plus 2 additional bowls
- A scorecard and pen/pencil.
- A mat and 1 jack

Draw around the bowl drill



Draw inside or outside a short bowl

The purpose of this drill is to Develop your skill and confidence to draw inside or outside a short a bowl. Visualise the path of the bowl before delivering your bowl.

Instructions

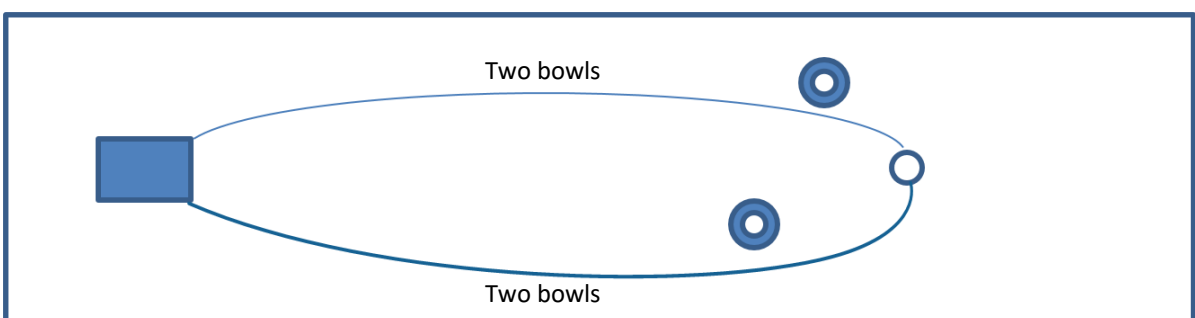
- Place a bowl 50 cm in front of the jack and another bowl opposite that bowl about 30 cm in front of the jack (refer sample diagram below).
- Play 2 bowls to draw around the short bowl then two bowls to draw inside the short bowl.
- Walk up to the head, collect your two bowls and repeat for another 5 ends (6 ends in total).
- When you have finished the 6 ends you can repeat the drill with a different length.
- Scoring
 - For the outside draw shots 2 points if your bowl draws around the short bowl and finishes within 2 feet of the jack, otherwise 0
 - For the inside draw shots 2 points if you bowl draws inside the short bowl and finishes within 2 feet of the jack, otherwise 0

Note: You will need to reset the placed short bowls if you hit them.

What you need

- Your bowls (4) plus 2 additional bowls
- A scorecard and pen/pencil.
- A mat and 1 jack

Draw inside or outside shot bowl drill



Drawing to the ditch

The purpose of this drill is to build your skill and confidence when you need to draw to the ditch to either add shots or save shots.

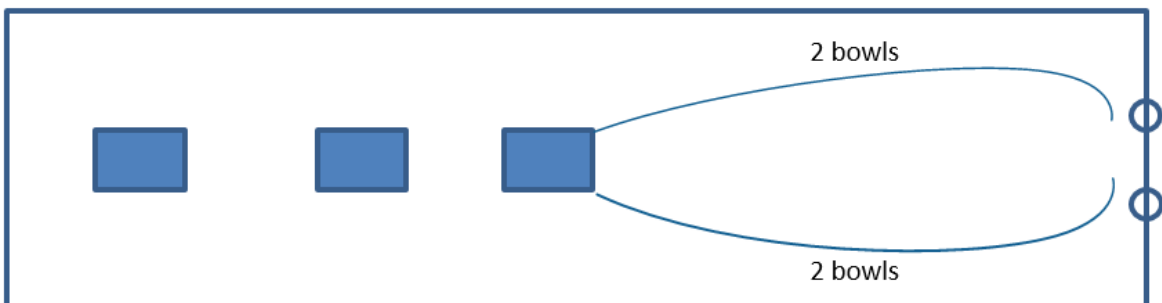
Instructions

- Place two markers on the bank two feet either side of the rink number
- Play a total of 6 ends
 - Start with 2 ends at short length
 - Then 2 ends at medium length
 - Finally 2 ends at full length
- At each end play 2 bowls on the forehand then 2 bowls on the backend – do not cross the centre line
- Score 2 points if your bowl finishes two mat lengths from the ditch, 1 point if past the tee but more than two mat lengths from the ditch and 0 points if your bowl finishes short of the tee or in the ditch
 - Total available points = 48pts
- Record your score so you have a score to beat the next time you complete the drill

What you need

- Your bowls (4)
- A scorecard and pen/pencil.
- A mat and 2wo bank markers

Drawing to the ditch drill – play 2 bowls forehand then 2 backend from each mat position



Crack an egg

The purpose of this drill is to develop your skill to make connection with a bowl against the jack with draw weight so that the jack moves back to a receiving bowl.

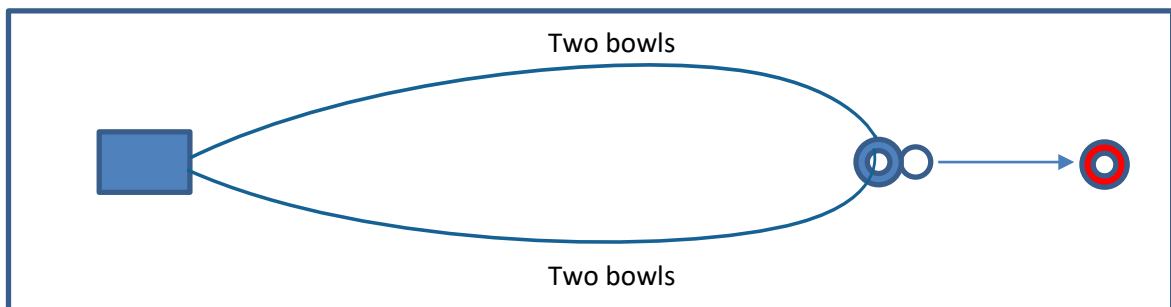
Instructions

- Place a bowl in front of a jack (make sure the bowl is touching the jack)
- Put the mat on the T and start with minimum length end and then medium length
- Play two bowls on the forehand the two bowls on the backend – if you hot the bowl you will need to reset the bowl and jack
- Scoring
 - 2 points if your bowl makes connect with bowl and moves the jack back to receiving bowl
 - Score 0 points if you miss
- Complete drill for 6 ends (24 bowls)
 - Total available points = 48
- Record your score so you have a score to beat the next time you complete the drill

What you need

- Your bowls (4) plus an additional bowl
- A scorecard and pen/pencil.
- A mat plus 1 jack

Crack an egg exercise



Upshot drill

The purpose of this drill is to build your skill and confidence of playing a medium weighted shot (not a drive) and understand the line required for your bowl. This is a key skill for the third and skip and when executed well can be a game changer.

Practice the upshot drill on minimum, three quarter and full length ends.

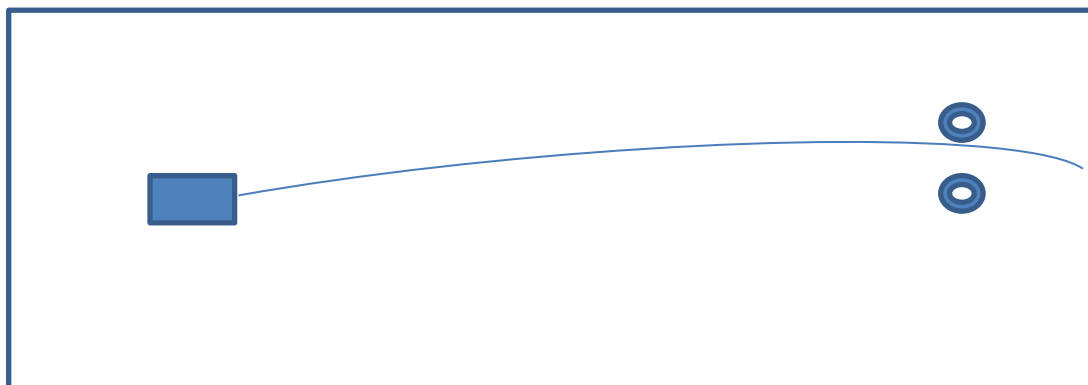
Instructions

- Place two bowls about 30 centimeters apart near the tee (refer diagram below)
- Place the mat for the length of end you want to practice
- The aim is to play a shot with enough weight to reach the ditch
- Start with either the backhand or forehand and play two bowls
- Play a total of 12 bowls (6 ends)
- Change over to the over hand and play 12 bowls (6 ends)
- As you play each bowl focus on the line and the weight and watch the bowl so you can make any required corrections
- Score each bowl you play
 - 2 points if bowl goes between the two bowls
 - 1 point if you hit one of the bowls
 - 0 points if you miss the gap and the bowls
- Record your score and length of end you played so you have a score to beat the next time you complete the drill

What you need

- Your bowls (4)
- A scorecard and pen/pencil.
- A mat

Upshot drill



Driving drill

The purpose of this drill is to build your skill and confidence of playing a fast weighted shot. This is a key skill required for a third and skip.

It's important to find the right 'Drive' shot for you which will result in accurate outcomes. Speed isn't everything control and consistency are key.

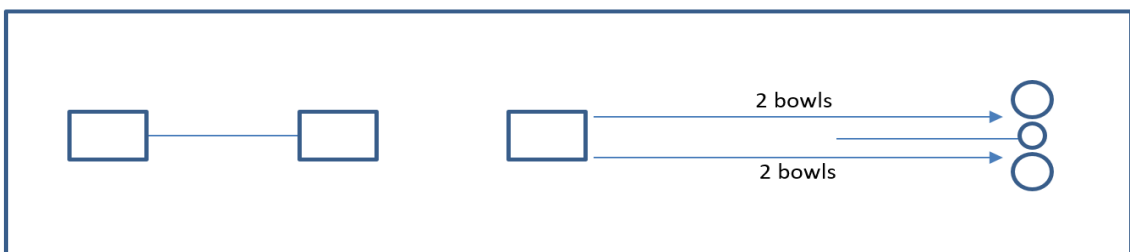
Instructions

- Place the Jack on the tee and a bowl either side
 - Small target – each bowl 5cm from the Jack
 - Bigger target – each bowl 20cm from the Jack
- Play a total of 6 ends
 - Start with 2 ends at short length
 - Then 2 ends at medium length
 - Finally 2 ends at full length
- At each end play 2 bowls on the forehand then 2 bowls on the backend
- Score 1 point when you hit one of the targets, nothing if you miss
 - Total available points = 24pts
- Record your scores for each length so you have a score to beat the next time you complete the drill

What you need

- Your bowls (4) plus 2 additional bowls
- A scorecard and pen/pencil.
- A mat and a jack
- If possible a fellow bowler who can do the drill with you. While you do the drill the other bowler resets the target and removes your bowls from the ditch – swap over once you have finished.

Driving drill (fast weighted shot) – play 2 bowls forehand then 2 backhand from each mat position

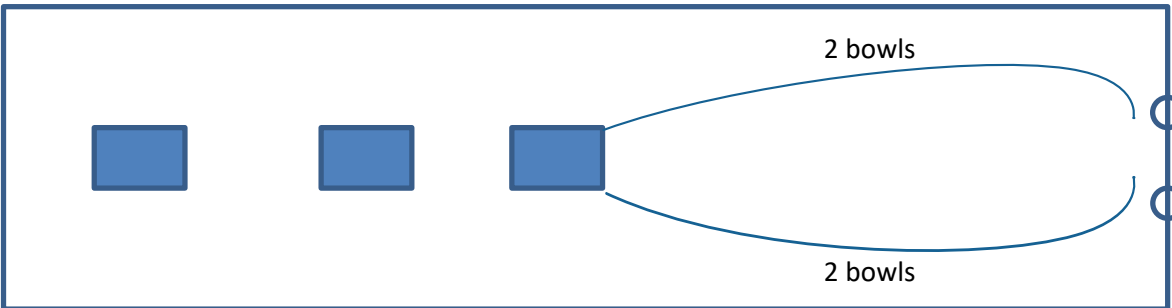


Diagrams

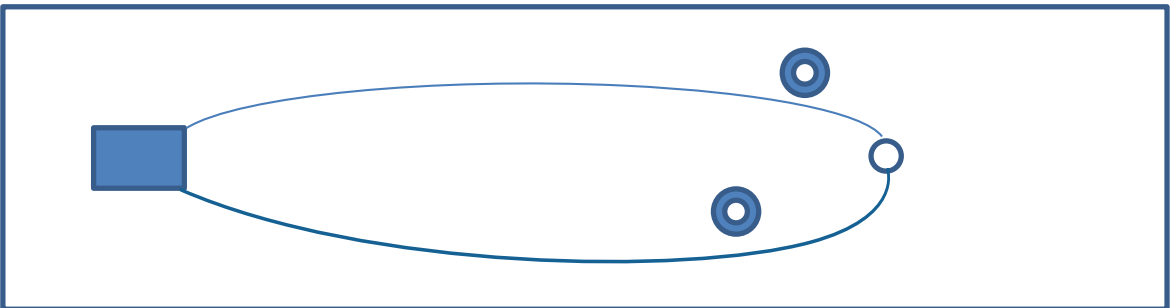
Drawing around short bowls



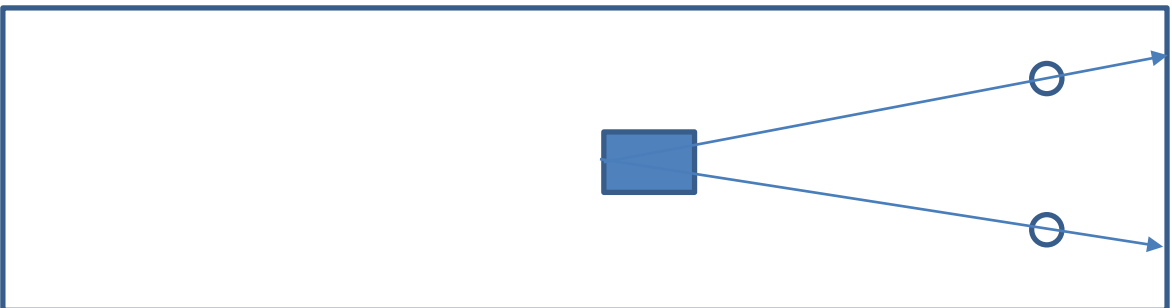
Drawing to the ditch



Draw inside or outside a short bowl

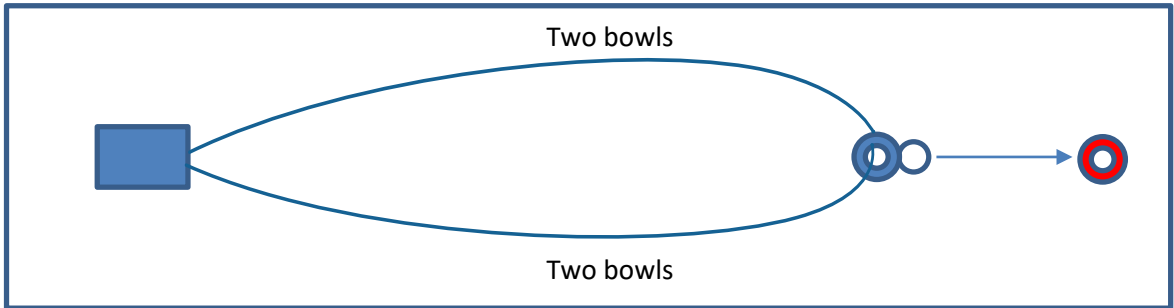


Line drill

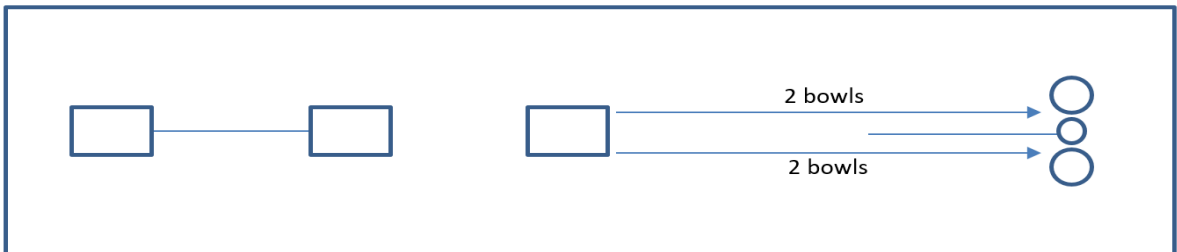


Diagrams

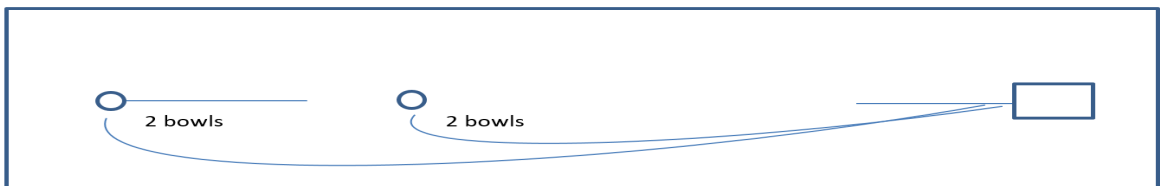
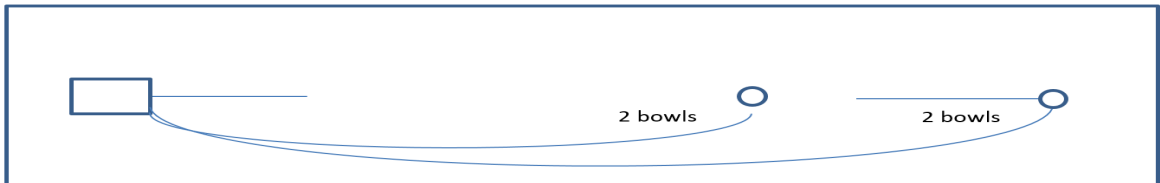
Crack an egg exercise



Driving drill (fast weighted shot) – play 2 bowls forehand then 2 backhand from each mat position

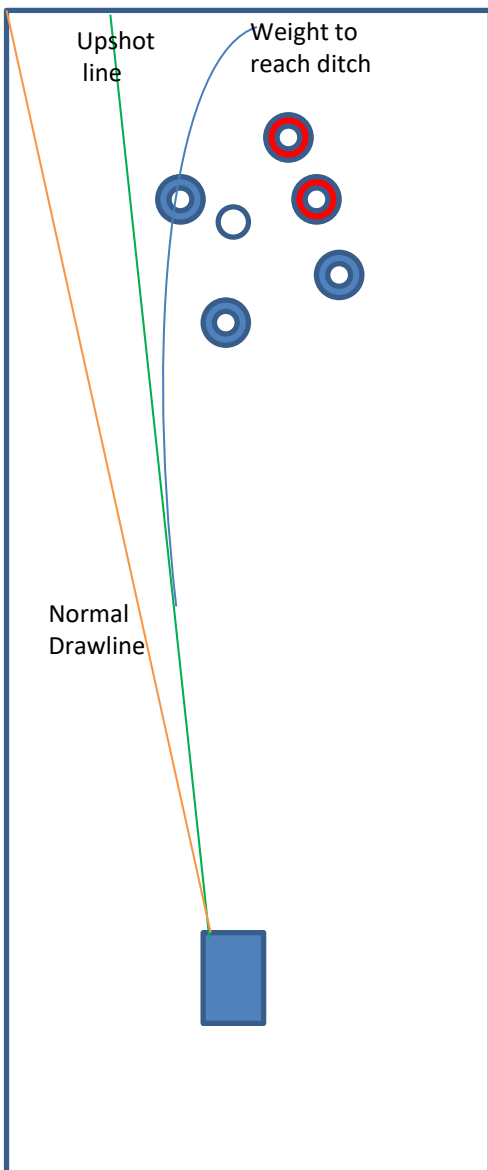


Drawing Drill - playing one side of the green



Diagrams

Line for an upshot



Upshot drill

