



Coach's Corner

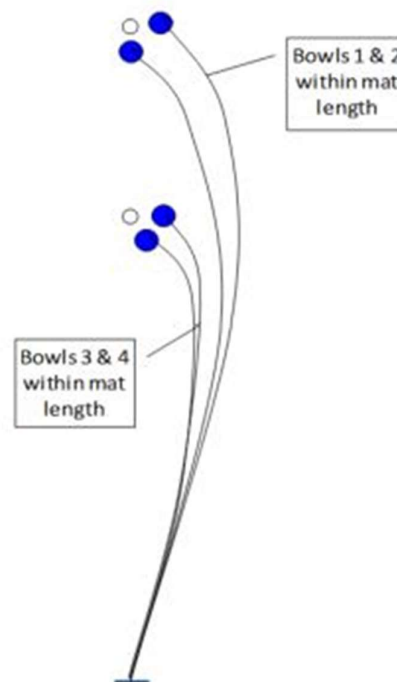
40 Bowl Draw Drill

The test involves playing 40 draw shots:

- 20 forehands and 20 backhands in 10 ends
- For each end the mat is placed on the 2-metre mark
- One jack placed 23 metres from the mat and the other jack at the opposite 2-metre mark
- Play 4 bowls per end
- The hand to be played and jack position to draw to is specified for bowls 1 & 2 and 3 & 4 for each end (refer card below)
- 1 point for each bowl within a MAT Length of the Jack
- 4 points in total can be scored each end
- If No score, mark bowls as N=Narrow, W=Wide, S=Short, L=Long
- Do the test with another bowler – one plays one marks then swap over

40 Bowl Draw Drill						
Name	Date			Condition		
Speed				1 st	2 nd	
End	No. of Bowls	Hand Played	Jack Position	Bowl	Bowl	Total Score
1	2	F/Hand	Long			
	2	F/Hand	Short			
2	2	B/Hand	Long			
	2	B/Hand	Short			
3	2	F/Hand	Short			
	2	F/Hand	Long			
4	2	B/Hand	Short			
	2	B/Hand	Long			
5	2	F/Hand	Mat Up			
	2	F/Hand	Mat Up			
6	2	B/Hand	Long			
	2	B/Hand	Short			
7	2	F/Hand	Long			
	2	F/Hand	Short			
8	2	B/Hand	Short			
	2	B/Hand	Long			
9	2	F/Hand	Short			
	2	F/Hand	Long			
10	2	B/Hand	Short			
	2	B/Hand	Long			
Total Bowls Within A Mat Length Percentage						/40
Total on Short ends						
Total on Long ends						
Total on Forehand Short						
Total on Forehand Long						
Total on Backhand Short						
Total on Backhand Long						
1 Point for each bowl within a MAT LENGTH of the Jack						
4 Points Total per End						
If No Score, Mark With						
N=Narrow W=Wide S=Short L=Long						

40 Bowl Draw Drill



The goal is to improve your accuracy and consistency in drawing the bowl to a specific spot. Keep practicing, and you'll see progress! 🌟 If you have any more questions or need further assistance, feel free to ask your coach!