

Draw Bowling Drills

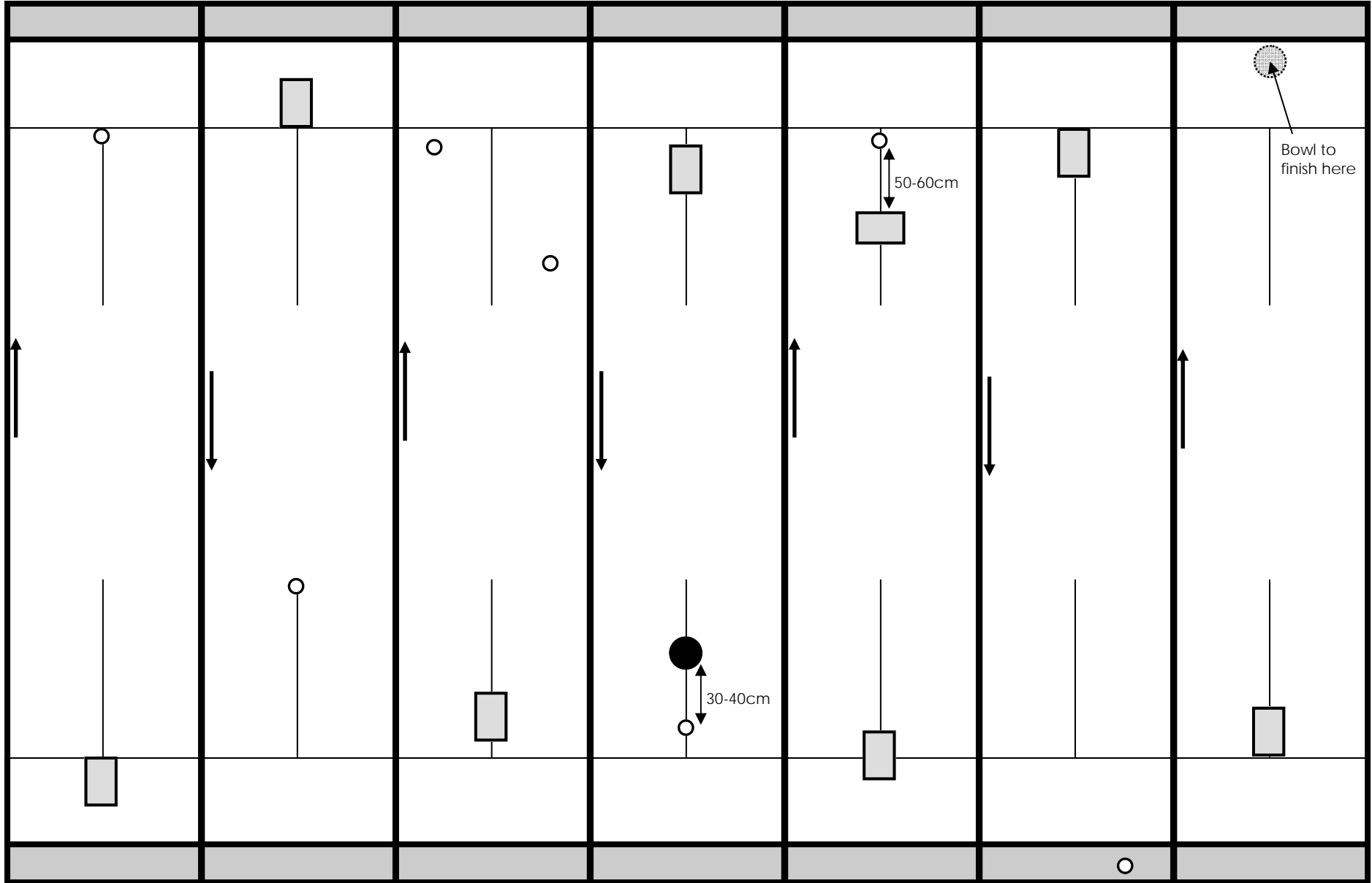
4 Bowls needed for all drills. Bowl 2 Forehand (F/H) and 2 Backhand (B/H) for each

Maximum length end.
Draw to the Jack

Jacks off line. Draw 1 F/H
and 1 B/H to each Jack

Draw around mat. Mat
represents a Head

Draw into End Zone with-
out finishing in ditch



Minimum length end.
Draw to the Jack

Jack hidden by bowl.
Draw to Jack

Jack in ditch. Draw to
jack without finishing in
the ditch



DRILL FOR PRACTICING DRIVES

1. Place a mat (and vary the lengths). Place the “**target mat**” horizontally, giving yourself a “**2’ wide target area**”.



2. When you can hit the 2’ “target mat” area at 100%, **turn the mat** so there is only a 12” “target area”.



3. When you can hit the 12” target area” at 100%, **place a jack six inches in front of the mat**. The object is to **hit the jack at 100%**.



4. **Remove the target mat** and continue to drive bowls.

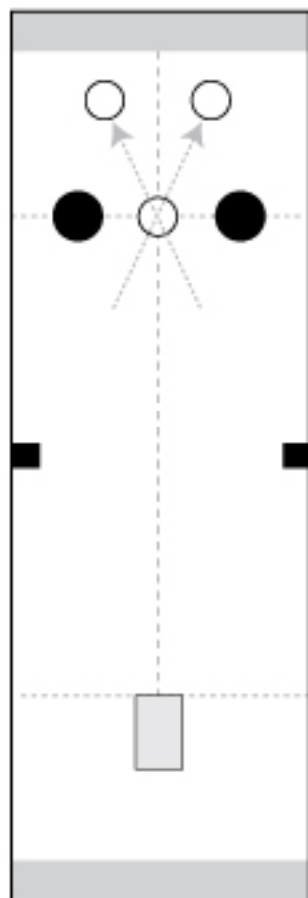


CAUTION: *Limit the number of drives you deliver* in order to not cause injury. Also, it is recommended this be done at the end of any practice, so as not to create conflict with weight control drills.

RECOMENDED: Practice the drives at varied lengths, *at center and off-center, also moving the delivery mat as well.*

CONVERSION SHOT

OBJECTIVE : *Play through the target while controlling weight and remaining on the green.*

**EQUIPMENT :**

2 BOWLS 2 MATS

PROCEDURE :

Set up on the 2 meter line. Play with enough weight (yard on) to take the Jack through, but do NOT go into the ditch.

SCORECARD :

If you take the Jack through **without** going into the Ditch AND your bowl stays with the Jack = **2 POINTS**

If you take the Jack through, but go into the Ditch with it = **1 POINT**

DRAW BOWL # 1

OBJECTIVE : Draw as close to the Jack behind the 3 Bowls to get “shot” or to “cut down.”

EQUIPMENT :

3 BOWLS 1 MAT 1 JACK

PROCEDURE :

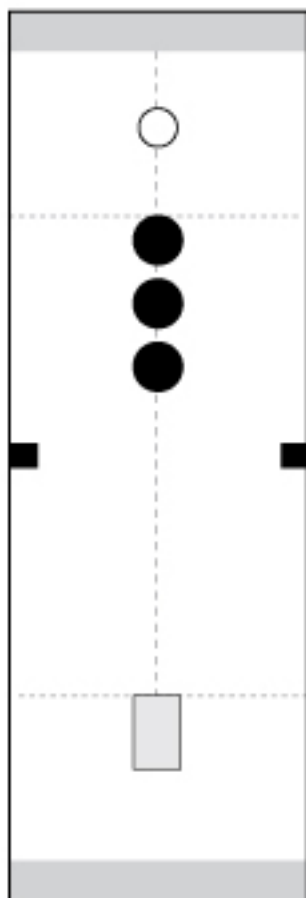
Set up on the Center Line. Bowls approximately 1 foot apart and 1 yard in front of the Jack.

Vary Mat lengths.

SCORECARD :

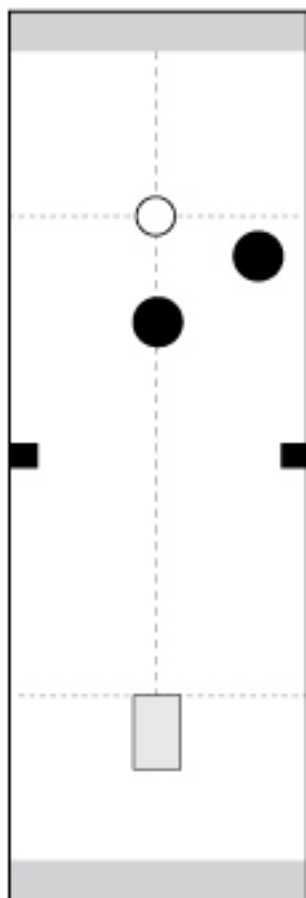
Same as the others.

1 point = for each Bowl that beats the 3 front Bowls..



DRAW BETWEEN TWO BOWLS

OBJECTIVE : Draw between two Bowls to reach the Jack.



EQUIPMENT :

2 BOWLS 1 MAT 1 JACK

PROCEDURE :

Set up on the 2 meter line.

Mat on minimum length (Hog Line).

Jack on Center Line.

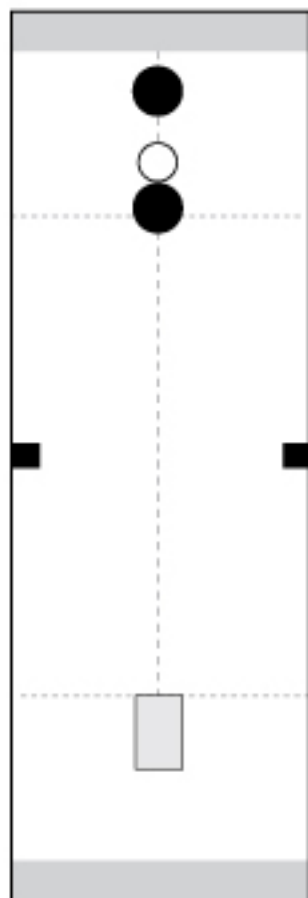
Place two Bowls, one on Center Line and another just to one side of the Jack.

Vary Mat lengths.

Play **F / H** and **B / H**.

CRACK AN EGG

OBJECTIVE : *Draw with enough weight to move the Jack back slightly to your Bowl.*

**EQUIPMENT :**

2 BOWLS 1 MAT 1 JACK

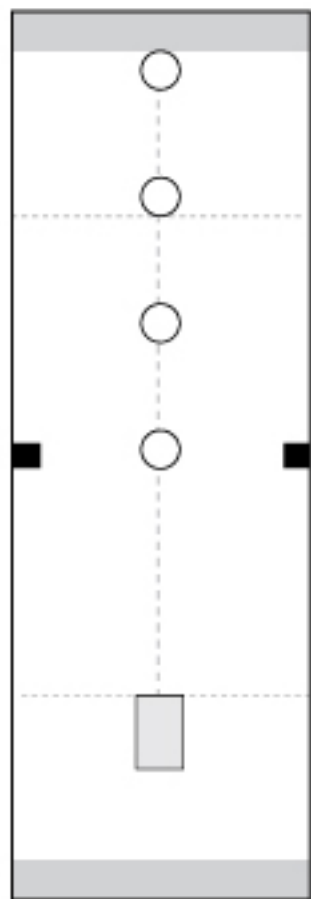
PROCEDURE :

Set the Jack on the Center Line with 1 Bowl in front touching the Jack, the other Bowl just off the Jack directly behind.

Draw with enough weight to just touch the Jack slightly to move it back to your Bowl.

Vary Mat lengths.

Play **F / H** and **B / H**.

DRAW TO FOUR DIFFERENT LENGTHS**OBJECTIVE : WEIGHT CONTROL**

Draw one Bowl AS CLOSE AS POSSIBLE TO EACH LENGTH on BACKHAND **AND** FOREHAND. DO INCREASING AND DECREASING.

(i.e., start short and go long, and start long and finish short).

EQUIPMENT :

4 JACKS

2 MATS

PROCEDURE :

Place Jacks 2 meters apart on the center line (2 meters apart from Hog Line to Ditch).

SCORECARD :

10 ENDS on Forehand - **IN BOTH DIRECTIONS**

10 ENDS on Backhand - **IN BOTH DIRECTIONS**

Bowls touching CORRECT Jack* = **2 POINTS**

Bowls no more than a mat width from

CORRECT Jack = **1 POINT**

*CORRECT Jack = Jack aimed for in order.