

DRILL B Drawing

It is better if you pair up with another player.
 Your goal is to draw to within a mat length of the jack.
 Bowl in one direction only so bowls need to be returned to mat end.
 Players should have a warm-up end.

Player 1 4 x forehand, 4 x backhand to minimum length
 Player 1 4 x forehand, 4 x backhand to maximum length

Player 2 Repeat as above

Repeat the above drill (excluding warm-up) 2 more times for each player.

Total number of bowls per player: 48

Record number of successful deliveries (i.e. with a mat length).

Drill B	Forehand			Backhand			TOTAL
Min							/24
Max							/24
TOTAL	/24			/24			/48

What's Needed

1 x Mat
 1 x Jack
 Time: 30 minutes/player

