

DRILL C Draw to Centre Line

It is better if you pair up with another player.

Your goal is to consistently hit the centre line.

No jack is needed but ensure length is > 18m for all deliveries

Bowl in one direction only so bowls need to be returned to mat end.

Players should have a one-end warm-up (4 bowls)

What's Needed

1 x Mat

Time: 15 minutes/player

Player 1 4 x forehand, 4 x backhand with mat on 2m mark (full length)

Player 2 repeat as above

Player 1 4 x forehand, 4 x backhand with mat 6m further up the green (midway)

Player 2 repeat as above

Player 1 4 x forehand, 4 x backhand with mat on 21m minimum mark

Player 2 repeat as above

Total number of bowls per player: 24

Record number of successful deliveries for each player as follows:.

Result	Score
On the Centre line	3
<u>Wide</u>	
Within mat width	2
Within mat length	1
Outside mat length	0
<u>Narrow</u>	
Within mat width	-1
Within mat length	-2
Outside mat length	-3

Drill C	Forehand				Backhand				TOTAL
Max									
Mid									
Min									
TOTAL									

