

DRILL D Weight Control

This drill can be done individually or with a partner.
Your goal is to make fine adjustment to the weight/speed of your delivery.
Bowl in one direction only.

Place 2 jacks on the rink 4 metres apart.
Use 4 bowls. Your first bowl must finish within this target zone and each subsequent bowl must finish past the previously played bowl and within the target zone.

If any bowl fails to pass the previous bowl or finishes outside the target zone, all bowls are returned to the mat and the drill started again.

Repeat the drill for both hands. Count how many bowls it takes on each hand.

VARIATION:

Instead of increasing weight/speed, ensure each bowl finishes shorter than the previously played bowl.

As your skill improves decrease the size of the target zone. Very skilled players should use a 1-2 metre zone.

What's Needed

1 x Mat
2 x Jacks
Time: Until completed

