

DRILL E Weight Control

It is better if you pair up with another player and alternate.
 Bowl in one direction only.
 Your goal is to deliver your bowls to within a mat length of 4 jacks in sequence.
 The jacks should be sitting on a disc as all scoring should be relative to the original position.

What's Needed
 1 x Mat
 4 x Jacks
 4 x Marker discs
 Time: 15 mins / player

Place the mat on the 2m

Place 4 targets on the centre line so they are evenly spread between minimum and full length

Player 1: 4x F/H: Draw to nearest jack then each of the remaining 3 jacks in turn

Player 1: 4x B/H: Draw to nearest jack then each of the remaining 3 jacks in turn

Player 2: as above

Repeat this process 2 more times for each player

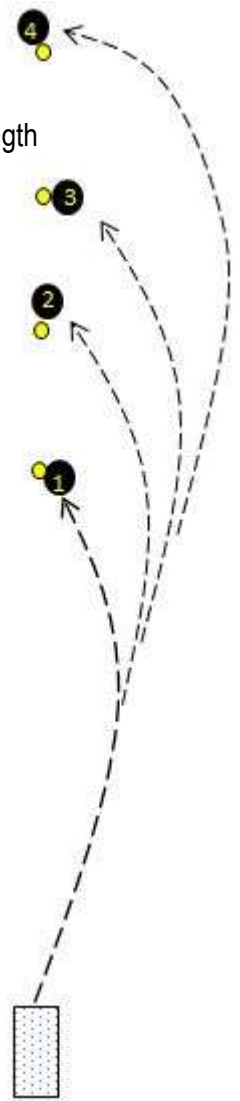
A bowl that accidentally reaches the wrong target does not count

If a jack is moved, return it to its original position then score it

Total number of bowls per player: 24

Variation: Start with the furthest bowl and play to the jacks in reverse order.

Score 1 point if within mat length of original target.



Drill E	Forehand	Backhand	TOTAL
1 st Rotation	/4	/4	/8
2 nd Attempt	/4	/4	/8
3 rd Attempt	/4	/4	/8
TOTAL	/12	/12	/24

