

## **DRILL F      Draw to mixed targets**

It is better if you pair up with another player and alternate.

Bowl in one direction only.

Your goal is always to deliver your bowl within a mat length of the jack.

### **What's Needed**

1 x Mat

1 x Jack

Time: 20 min / player

- 1) Minimum length to jack on 2m "T"  
 Mat: 21 metre mark  
 Jack: 2 metre mark  
 4 F/H bowls, 4 B/H bowls
  
- 2) Maximum length to jack on 2m "T"  
 Mat: 2m mark  
 Jack: 2 metre mark  
 4 F/H bowls, 4 B/H bowls
  
- 3) Off-centre Jack Minimum to ditch  
 Mat: 21 metre mark  
 Jack: 30cm from ditch, 30cm from rink boundary  
 4 F/H bowls to jack on left side boundary,  
 4 B/H bowls to jack on right side rink boundary
  
- 4) Off-centre Jack Max length  
 Mat: 21 metre mark  
 Jack: 30cm from ditch, 30cm from rink boundary  
 4 F/H bowls to jack on left side boundary,  
 4 B/H bowls to jack on right side rink boundary

Total number of bowls per player: 32

Scoring; 1 point for each bowl within a mat length

<b>Drill F</b>	Forehand	Backhand	TOTAL
Min to T	/4	/4	/8
Max to T	/4	/4	/8
Min Off-centre	/4	/4	/8
Max Off-centre	/4	/4	/8
<b>TOTAL</b>	<b>/16</b>	<b>/16</b>	<b>/32</b>



