

DRILL J Run On Shot

It is better if you pair up with another player and alternate.
Bowl in one direction only.

Your goal is to hit one of the short opposition bowls with the correct weight/speed to push it past the jack and to enable your bowl to finish close to the jack.

Set-up jack or on 2 metre "T" mark. Place 4 spare, evenly-spaced bowls slightly less than a mat length in front of jack.

Play 8 F/H shots with mat at minimum length

Play 8 B/H shots with mat at minimum length.

Repeat at maximum length.

Total number of bowls per player: 32

Scoring: 2 points for mat width, 1 point for mat length

Drill J	Forehand	Backhand	TOTAL
Min	/16	/16	/32
Max	/16	/16	/32
TOTAL	/32	/32	/64

What's Needed

1 x Mat
1 x Jack
4 x Spare bowls
Time: 15 min / player

