


40 Bowl Draw Drill

Name and Date:

Venue/Conditions:

BOWLS AUSTRALIA



Speed:


End	No. of Bowls	Hand Played	Jack Position	1st Bowl	2nd Bowl	Total Score
1	2	F/Hand	Long			
	2	F/Hand	Short			
2	2	B/Hand	Long			
	2	B/Hand	Short			
3	2	F/Hand	Short			
	2	F/Hand	Long			
4	2	B/Hand	Short			
	2	B/Hand	Long			
5	2	F/Hand	Mat up			
	2	B/Hand	Mat up			
6	2	B/Hand	Long			
	2	B/Hand	Short			
7	2	F/Hand	Long			
	2	F/Hand	Short			
8	2	B/Hand	Short			
	2	B/Hand	Long			
9	2	F/Hand	Short			
	2	F/Hand	Long			
10	2	B/Hand	Short			
	2	B/Hand	Long			
Total Bowls within a Mat Length						/ 40
Percentage						
Total on short ends				22		
Total on long ends				18		
Total on forehand short				10		
Total on forehand long				8		
Total on backhand short				12		
Total on backhand long				10		
1 Point for each bowl within a MAT LENGTH of the Jack						
4 Points Total Per End						
If no score - Mark with						
N = Narrow W = Wide S = Short L = Long						

Jack & 2 Bowl Drill

Name and Date:

Venue/Conditions:

BOWLS AUSTRALIA



Speed:


End	Hand	Length	1st Bowl	2nd Bowl	Total Score
1	F/Hand	Long			
	F/Hand	Short			
2	B/Hand	Long			
	B/Hand	Short			
3	F/Hand	Long			
	F/Hand	Medium			
4	B/Hand	Medium			
	B/Hand	Short			
5	F/Hand	Long			
	F/Hand	Medium			
6	B/Hand	Medium			
	B/Hand	Short			
Totals					/ 24
Percentage					
Total on 1st bowl			12		
Total on 2nd bowl			12		
Total on forehand			12		
Total on backhand			12		
Total on long ends			8		
Total on medium ends			8		
Total on short ends			8		
USE 4 BOWLS PER END - 2 to each length					
1 point for Drawing within a mat length of the Jack					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					

Weight Control Drill

Name and Date:

Venue/Conditions:

BOWLS AUSTRALIA



Speed:

End	Hand	Length	2nd Bowl	3rd Bowl	4th Bowl	Total Score
1	F/Hand	Short to Long				
2	B/Hand	Long to Short				
3	F/Hand	Short to Long				
4	B/Hand	Long to Short				
5	F/Hand	Long to Short				
6	B/Hand	Short to Long				
7	F/Hand	Long to Short				
8	B/Hand	Short to Long				
9	F/Hand	Long to Short				
10	B/Hand	Short to Long				
Totals						/ 30
Percentage						
Bowls inside 3m Short to Long			15			
Bowls inside 3m Long to Short			15			
Bowls inside 3m on Forehand			15			
Bowls inside 3m on Backhand			15			
OBJECTIVE						
This drill is to improve Weight Control						
Play your first bowl to the length required, long or short.						
Increase or decrease each bowl so that, on a perfect end						
your 4 bowls, by increasing or decreasing each bowl,						
finish inside 3 metres from the first bowl						
(see examples page)						
You only count bowls which increase or decrease in length.						
Once you fail to increase or decrease on the previous bowl, you						
forfeit the other bowls.						