



Brisbane District Bowls Association Incorporated

www.brisdistba.org.au

BDBA Coaching Drills

1. Introduction

The purposeful practice drills described in this document have been compiled from many publications and from practical experience by our coach Dennis O'Toole. Use them to practice the shots which you think needs to be improved.

Practice means just that, not a fun rollup where the result is more important than the technique used.

2. Coaching Card


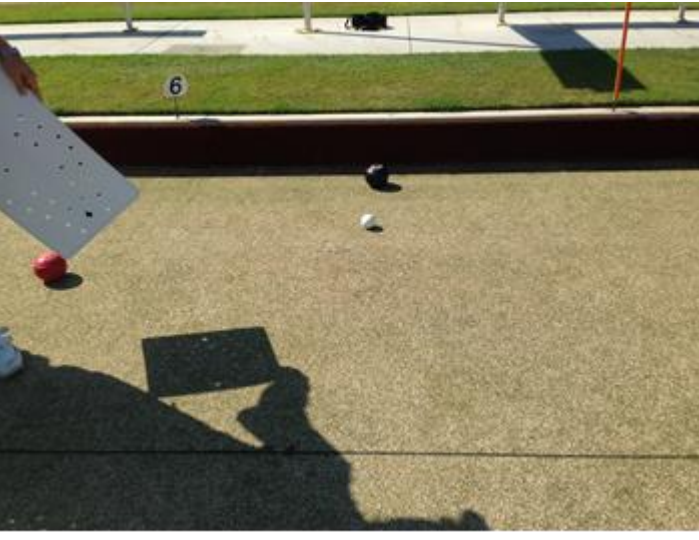
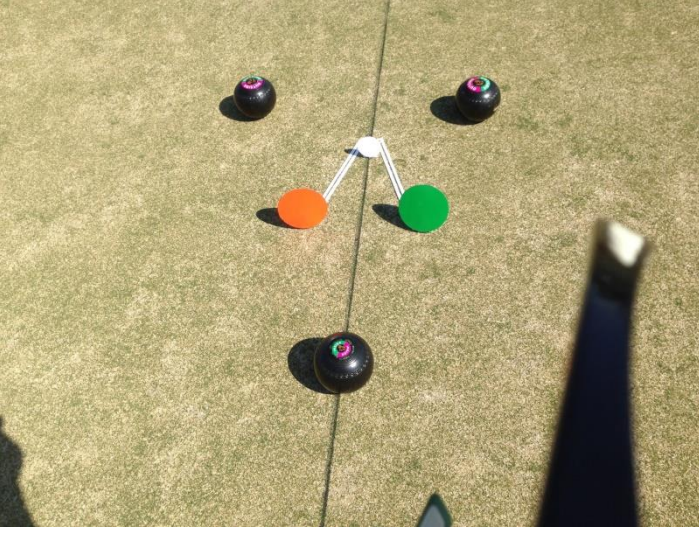
- Use any club score card or the BDBA Coaching Card to record your results
- Record your Name, Date, Conditions and the Drill being performed
- For each End played;
 - Place the Mat at an appropriate length from the target
 - Record the length of End on the card (S=Short, M=Medium, L=Long)
 - Must play each bowl in the order shown on the Coaching Card. For example;
 - End 1 - 1st Bowl Backhand, 2nd Bowl Backhand
3rd Bowl Forehand, 4th Bowl Forehand
 - End 2 - 1st Bowl Forehand, 2nd Bowl Forehand
3rd Bowl Backhand, 4th Bowl Backhand
 - Record your score using the conventions shown on the Coaching Card. For example "1" indicates a successful bowl, "LN" indicates that the bowl was not on target and finished Long & Narrow of the target area.
- If requested, or you would like feedback, then Email a picture of your score card to the Coach

BRISBANE DISTRICT COACHING CARD									
Bowl	1	2	3	4	Bowl	1	2	3	4
END	Back Hand	Back Hand	Fore Hand	Fore Hand	END	Fore Hand	Fore Hand	Back Hand	Back Hand
1					2				
3					4				
5					6				
7					8				
9					10				
L = Long					S = Short				
LN = Long&Narrow					SN = Short & Narrow				
LW = Long & Wide					SW = Short & Wide				
N = Narrow					W = Wide				
P = Poor									
1 point within 600mm of target									
PLAYER:					CLUB:				
CONDITIONS:							DATE:		
SKILLS:									

3. Bowls Australia Drills

A number of skill training documents are available on the District Web site under Coaching >> Training. Click on the following link to go to this site <<http://www.brisdistba.org.au/site/?q=node/175>>. The document "Bowls Australia Skills Training Oct 2013.xls" has a number of drills and includes formulations which will provide immediate feedback on your performance.

4. BDBA Drills

	<p><u>Drawing Drill</u> – Reference BDBA-Drill-01</p> <ul style="list-style-type: none">• Place the Mat & record length on Card• Draw to the target with each bowl in the order shown on the Coaching Card• Record your score• Repeat drill for maximum of 10 Ends <p><u>Scoring</u></p> <ul style="list-style-type: none">• 1 Point for each successful bowl• If outside target area then use the legend shown on the Coaching Card• Score "P" if hit either of the short bowls. Both bowls are 1 meter short of the target
	<p><u>Drawing Drill</u> – Reference BDBA-Drill-02</p> <ul style="list-style-type: none">• Place the Mat & record length on Card• Draw shot between bowl and jack• Record your score• Repeat drill for maximum of 10 Ends <p><u>Scoring</u></p> <ul style="list-style-type: none">• 1 Point for each successful bowl• If outside target area then use the legend shown on the Coaching Card• Score "P" if your bowl ends in the ditch
	<p><u>Drawing Drill</u> – Reference BDBA-Drill-03</p> <ul style="list-style-type: none">• Place the Mat & record length on Card• Play around head to reach back bowls or draw shot between jack and bowls behind the head with each bowl in the order shown on the Coaching Card• Record your score• Repeat drill for maximum of 10 Ends <p><u>Scoring</u></p> <ul style="list-style-type: none">• 1 Point for each successful bowl• If outside target area then use the legend shown on the Coaching Card• Score "P" if hit the front short bowl

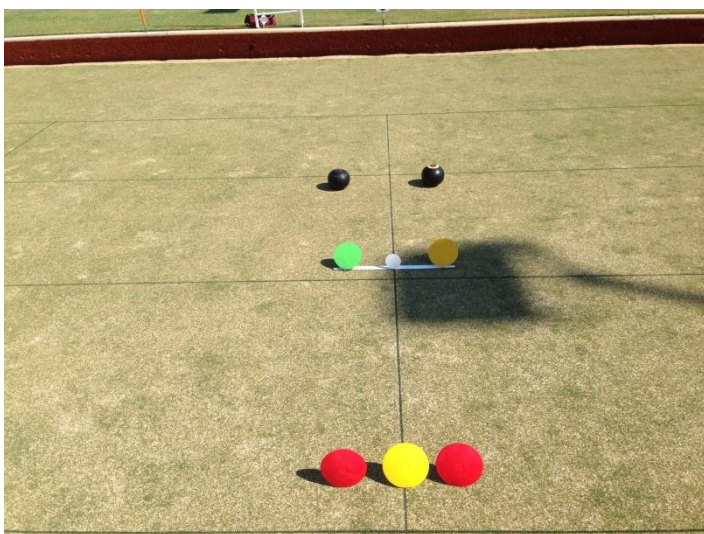


Drawing Drill – Reference BDBA-Drill-04

- Place the Mat & record length on Card
- Draw through the gate to reach the back yellow flapjack with each bowl in the order shown on the Coaching Card
- Record your score
- Repeat drill for maximum of 10 Ends

Scoring

- 1 Point for each successful bowl
- If outside target area then use the legend shown on the Coaching Card
- Score "P" if hit any of the four short bowls. These bowls are approximately 1 meter from the target

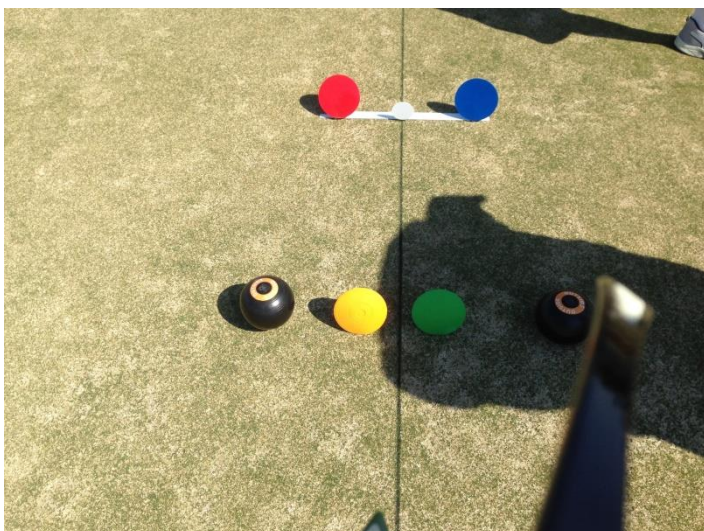


Weight Control Drill – Ref BDBA-Drill-05

- Place the Mat & record length on Card
- Play around front flapjacks and draw through the head to reach back bowls with each bowl in the order shown on the Coaching Card
- Record your score
- Repeat drill for maximum of 10 Ends

Scoring

- 1 Point for each successful bowl
- If outside target area then use the legend shown on the Coaching Card
- Score "P" if hit any of the front flapjacks



Conversion / Draw – Ref BDBA-Drill-06

- Place the Mat & record length on Card
- Play your 1st bowls with enough weight to push target bowls into the head and stay. Draw to target jack with 2nd bowl
- Repeat drill with 3rd & 4th bowls
- Use order shown on the Coaching Card
- Repeat drill for maximum of 10 Ends

Scoring

- 1 Point for each successful bowl
- If outside target area then use the legend shown on the Coaching Card
- Score "P" if you hit either of the front flapjacks
- It is important that you score "N" or "W" if your conversion shot does not hit its target

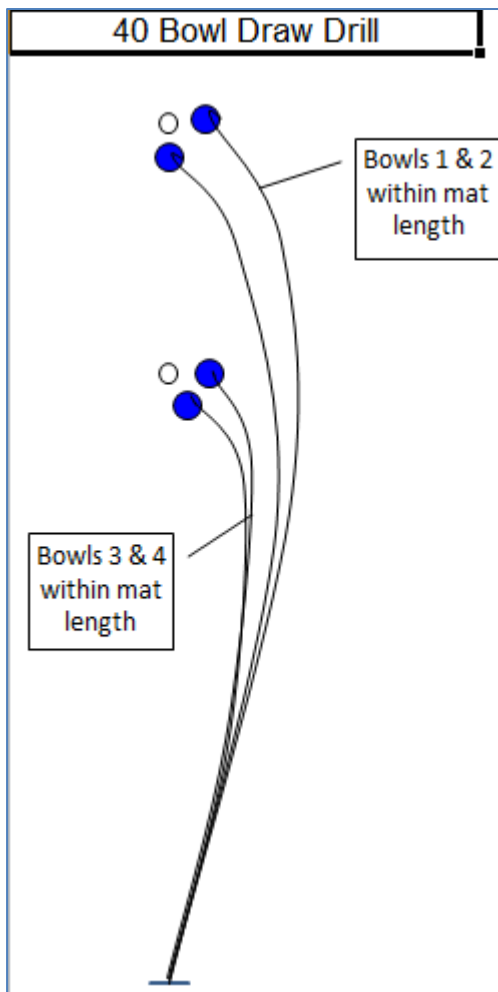


Drive / Draw – Reference BDBA-Drill-07

- Place the Mat & record length on Card
- Drive at the target with the 1st bowl and Draw to the ditch, or either boundary jack, with the 2nd bowl
- Repeat drill with 3rd & 4th bowls
- Use order shown on the Coaching Card

Scoring

- 1 Point for each successful bowl
- If outside target area then use the legend shown on the Coaching Card
- Score "P" if the draw component of the drill finishes outside the rink or in the ditch
- It is important that you score "N" or "W" if your drive is not in the target area which is defined by the two bowls



40 Bowl Draw Drill – Ref BDBA-Drill-08

- Play your bowls in the order shown in the following table

End	No. of Bowls	Hand Played	Jack Position
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

Scoring

- 1 Point for each successful bowl
- If outside target area then use the legend shown on the Coaching Card