



40 Bowl Draw Drill						
Name and Date Venue/Condition				 ed:		
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/Condition			 ed:		
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					

Weight Control Drill				
Name and Date Venue/Condition				
End	Hand	Length	2nd Bowl	3rd Bowl
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				
Percentage				
Bowls inside 3m Short to Long				
Bowls inside 3m Long to Short				
Bowls inside 3m on Forehand				
Bowls inside 3m on Backhand				
OBJECTIVE				
This drill is to improve Weight				
Play your first bowl to the length require				
Increase or decrease each bowl so that,				
your 4 bowls, by increasing or decreasing				
finish inside 3 metres from the front				
(see examples page)				
You only count bowls which increase or decrease				

If no score - Mark with
N = Narrow W = Wide S = Short L = Long

you fail to increase or decrease on the prev
the other bowls.



ed:

4th Bowl	Total Score
	/ 30
15	
15	
15	
15	

t Control
 ed, long or short.
 . on a perfect end
 sing each bowl,
 irst bowl

 ease in length. Once

ious bowl, you forfeit