

Individual Practice – 8 Draws Basic

This drill measures a players ability to draw accurately to a variety of lengths

If jacks are used as targets they should be sitting on a disc as all scoring should be relative to the original position

Basic Challenge:

- Place the mat on the 2m
- Place 4 targets on the centre line so they are evenly spread between 23m and full length
- BH draw to first target jack until you get a bowl within a mat length
- BH draw to next target until you get a bowl within a mat length
- Continue until you get a bowl within a mat length of all 4 targets.
- A bowl that accidentally reaches the wrong target does not count
- If a jack is moved, return it to its original position then score it.
- Repeat on the forehand

Count the number of bowls it takes

Repeat regularly to improve your PB

Leads and Singles players can use the same drill to practice delivery of the jack

Sequence of Play

- Place mat on 2m
- BH draw to each target in sequence
- FH draw to each target in sequence

Equipment

- Mat
- 4 Bowls
- 4 discs
- 4 Jacks or tennis balls

