

## Individual Practice – Centre Line

This drill provides a measure of a player's ability to consistently hit the centre line.

- Using 4 bowls and staying on one hand play 2 ends with mat on 2m and 2 ends from a short mat with **no jack**
- Repeat on other hand

### Score each bowl:

3 pts on the centre line

2pts within a mat width wide of line

1 pt within a mat length wide of line

0 wider than 1 mat length

-1pt within a mat width narrow

-2pt within a mat length narrow

-3pt more than a mat length narrow

### Record your total

**Repeat regularly to improve your personal best score**

#### Sequence of Play

- 2m mat – f/h 2 ends
- Mat at 23m – f/h 2 ends
- Record score
- 2m mat – b/h 2 ends
- Mat at 23m – b/h 2 ends
- Record score

#### Equipment

- Mat
- 4 Bowls
- Line or discs to mark centre line

