

Individual Practice – Firm Forcing Shot

The bowl speed for the firm forcing shot is less than the drive, giving greater control during delivery.

Firm Forcing Drill:

- Set up flapjacks or discs about 1 foot apart on either side of the centre line
- Place a mat on the centre line as an obstacle 2-3 m short of the target.
- The objective is to go close to but avoid the obstacle mat and pass between the target discs
- Play at least 20 repetitions on each hand
- Count the bowls that pass between the discs (and miss the mat)
- **Record results each time and note your progress**
- Over several sessions, practice all lengths particularly the extremes

Progression:

- Bring guide discs closer together until they are only a bowls width apart
- Alter the position of the obstacle mat and experiment with different bowl speeds.

