



## Individual Practice – Repetitive Training

Regular repetitive drills with simple consistent measurement of performance are the most effective means of improving your skills. They will help you and your coach to recognise your strengths, and areas that need attention.

Complete these drills on both hands and at extreme lengths. Too many players only practice medium length ends.

Record your results and challenge yourself to better your score next time you practice

### Drawing Drills

- Draw with mat up to peg and jack on 2m mark, 20 bowls and repeat for 2m to 2m.
- Draw to ditch with mat right up to peg 20 bowls and repeat with mat on 2m.
- Draw to jack one foot inside rink (off centre) with mat right up to peg 20 bowls and repeat with mat and jack on 2m.
- Have flapjacks or discs set up 2 feet apart with jacks 1m behind and placed off centre. Play between flapjacks and draw to the jack. This is simulating the controlled forcing shot. 20 bowls on the FH once again at extreme lengths.
- Have flapjacks or discs set up 2 feet apart with mat right up to peg and play 20 FH runs between or over targets. Repeat with mat on 2m.

Scoring:

1 point for within a mat length and 2 points within a mat width.

### Driving Drill

- Have flapjacks or discs set up bowl-jack-bowl with a total width of no more than 1 mat width. Have 10 drives on FH and 10 on BH with mat and targets both on 2m marks. Repeat at minimum length

Scoring:

2 points for "jack" 1 point for "bowl".

Be tough and consistent and get into the habit of recording your success rates and setting a personal best score for all of the skills. Keep the scores in your bowls bag and challenge yourself to better your score each time you practice.