

Individual Practice – Weight Control Drill

Affectionately known by the Black Caps as PB's drill, this is an excellent drill to develop the skill of fine adjustments of bowl speed.

- First bowl to be played to finish between two jacks – the target zone, each subsequent bowl must finish past the previously played bowl.
- If any bowl (even the 4th) fails to pass the previous bowl or finishes outside the target zone, **all** bowls are returned to the mat and the drill started again.
- Count how many bowls it takes on each hand
- Record results and repeat regularly at varying lengths to establish your own personal best

Reverse variation:

- Try the same challenge starting from the back bowl

Progression

As your skill improves decrease the size of the target zone. Novices can start with a 4m zone, very skilled players use a 1-2 metre zone.

Equipment

- Two Jacks
- Mat
- Four Bowls

