

PRACTICE DRILLS

By Ken Perks

PERFECT PRACTICE and ENJOY IT.

Setting up different Heads that you want to practice by using old bowls and other equipment to help improve your game. All the suggestion that I have made should be practiced by all players, remembering to play 2 bowls forehand and 2 bowls backhand, 1 bowl to do the job and 1 bowl to correct or add to score. Measuring and scoring on each head helps you to know how you are going and play long and short ends. One way is by using the mat, ½ mat 3 pts. 1 mat 2 pts. or 2 mats 1 pt, nil for any further, have a code of S/for shot, L/for long, G/ for good or W/ for wide for each bowl so that it will tell you what is happening and to work on the score to improve your performances.

Equipment: Jack: o Bowl: O Target Area: x

“Enjoy and Have Fun”!!!

Exercise 1.- Bowling the Jack :- equipment needed- 4 old bowls, 4 jacks 1 mat.

Place 2 old bowls at each end of the rink and play 2 jacks short and long at each bowl.

x O x xOx x O x Oxx

Exercise 2. Draw Second Shot & Draw Shot.-equip. 4 old bowls 2 jacks 1 mat.

X o Ox O x o x

Oxx xx

Exercise 3. In The Zone- equip. 4 old bowls 2 jacks 1 mat.

O

O x o o x O

O

Exercise 4. Off Set Jacks. equip. 4 old bowls or 4 jacks

x oX x oX

oX x oXX

Exercise 5. Trail the Jack 1 mtr or in the Ditch. Equip 4 old bowls 2 jacks

O	O
o x	x o
O	O

Exercise 6. Drive and Draw. Equip. 4 old bowls 4 jacks

O	O
x o x o x	x o x o x
O	O

Other Exercises you could try.

Exercise. Draw around or under for shot. Equip. 2 or 4 old bowls 2 jacks

O	x o
o x	O

Exercise. Play weighted shot to get shot. equip. 6 old bowls 2 jacks

O x	x O
ox Ox	x O x o
Ox	x O

Exercise. Draw position bowl. Equip. 4 old bowls 2 jacks.

O	O
x o	o x
O O	

Exercise. Draw to jacks. equip. 3 jacks.

Place the 3 jacks in your hand and bowl them all together and then draw to each one and drive at the bowl that is the closest to the jack.

GOOD BOWLING

Ken Perks

