

## **PRACTICE METHODS BY POSITION**

By Ken Perks

Good preparation for a competition should start well before you walk onto the green to compete. Have the coach make sure that in your program, you practice all lengths and all shots that you're likely to play during the competition. Give yourself a challenging goal for each practise session and make it as close to competition-like condition as possible.

### **LEADS.**

Practice rolling the Jack to all lengths and to exacted lengths (HOW?)

Take out an old set of bowls and place them on the green at different lengths, then roll the Jack to each of them working on getting as close as possible as you can. Repeat this for a number of times to get a real feel of the pace you need to get the result that you are looking for. Then start practicing with your Bowls using the same lengths as you did with the Jack making sure your first Bowl at each Jack is the perfect one.

“LEARN” and TEACH yourself Control and Dominate the narrow/kinder hand.

PLAY every Bowl with the Purpose and Intent of Achieving the outcome the skipper is asking for.

### **SECOND.**

Practice a VARIETY of shots making sure that your Draw Shot is the most prominent in your game. Shots to practice (roll out jack high bowl, draw behind jack or position bowl, off set jacks, trail the jack for shot, draw to ditch, up shot without loosing your bowl, draw around bowls, be comfortable on either hand and driving at the jack to put into the ditch, a bowl taken out of the head or to kill the end.) Bring out old bowls and set heads up to what you want to practice making sure your Draw Shot is the most Prominent.

PLAY every Bowl with Purpose and Intent of Achieving the outcome the skipper is asking for.

### **THIRD.**

Should have the Mastery of all the shots as above. Bring out old bowls and set heads up to what you want to practice making sure your Draw Shot is the most prominent.

Your practice sessions should be much the same as above making sure you play every Bowl with Purpose and Intent of Achieving the outcome the skipper is asking for.

### **SKIPPER.**

Should have the Mastery of all shots as above. Practice the same shots as above making sure your Draw Shot is the most Prominent.

**LAW 36 Possession of the Rink.** Possession of the rink shall belong to the team whose bowl is being played.

As soon as the bowl comes to rest possession of the rink shall be transferred to the other side. The player in possession of the rink for the time being shall not be interfered with, annoyed with by players calling to the last player how his bowl has come to rest or distracted in any other way by their opponents.

GOOD BOWLING

Ken Perks.