

PRACTICING TACTICAL SHOTS

By Ken Perks

Bowlers should practise tactical play as an extension of general practise. You should have a challenging goal for each practise session. You should simulate competition-like conditions as much as possible. You should practise alone, or you can practise with a partner as long as you can adequately control the practise arrangements.

Bowlers should make a practise of achieving each tactical objective with the first of each pair of deliveries. Incorporation of this skill into competition increases the occasions when the second delivery becomes a bonus bowl. Bowlers should have plenty of practise at drawing to imaginary jacks at various distances from the mat and have your bowl to end on the centre line each time. They should practise this skill using both the outside-in approach and the inside-out approach. (I would recommend that the outside-in approach is your better way) Bowlers should engineer practise at an early stage of learning tactical shots so that tasks are achievable. Bowlers can initially place the mat about 5 m from the practise target and then set up targets for you to play and with the appropriate weight you will also be able to watch what your bowl does and where other bowls end up. You should be looking to achieve a 50% success rate at this distance before you can move the mat further back. Eventually you will achieve success over realistic distances. You can also make tasks more achievable by making targets bigger. A group of two or three bowls is a larger and easier target than a single bowl or jack. You can play to single jack or bowls at a later stage of mastering tactical shots.

“Bowlers should practise all Tactical Shots regularly”

Bowlers can learn and practise driving in a similar way to the other tactical shots. You should consider using a ditch rink to practise driving. About a half of all scattering bowls should thereby come to rest harmlessly in the side or back ditch. Bowlers should avoid a rink behind which people congregate, flying jacks or bowls could cause injury to any bystander. Bowlers should consider placing the target jack and bowls within 2m of the front ditch so the scattering bowls should thereby not travel far before reaching the ditch. Bowlers you should alert any other players on what your practising on adjacent rinks to cut down the potential of dangers to others.

After you have finished your up shot session, you should leave some time for you to have a few ends on draw bowling to just get back your feel and touch.

GOOD BOWLING

Ken Perks