

#### Jack Rolling Drill

Players: 1

Equipment: 1 mat, 4 jacks, 6 CD's.

Aim: Roll jacks to finish in a designated zone at various lengths.

Setup: Using four rinks. First rink: place a CD 1m short of the T, place mat behind T. Second rink (opposite direction): place a CD on the 21m and 23m marks, place mat behind T. Third rink: place a CD 1m short of the T, place mat 1m from minimum mark. Fourth rink: place a CD 3m from T and 5m from T, place mat 4m from T.

#### Process:

Up first rink: "T to T", with mat on T roll 4 jacks to finish between the CD 1m short of the T and the ditch. Back down second rink: "Mat back short", with mat on T roll 4 jacks to finish between CD's at 21m & 23m. Up third rink: "Mat up short", with mat 1m from 21m mark roll 4 jacks to finish between the CD 1 m short of the T and the ditch. Back down fourth rink: "Medium", with mat 4m from T roll 4 jacks to finish between CD's 3m and 5m from the T.

Rules: Run through three times, 48 jack rolls in total.

Scoring: 1 point for every jack which finishes in the designated zone.

|       | 40 I<br>e and Da<br>e/Condit |                | raw Drill                      |             | BOWLS       | ed:            |      | 40  <br>he and Da<br>ue/Condi | é              | raw Drill                    |             | BOWLS       | ed:            |       | 40 I<br>e and Da<br>e/Condi | E              | raw Drill                      |             | <b>BOWLS</b><br>AUSTRALIA | ed:            |
|-------|------------------------------|----------------|--------------------------------|-------------|-------------|----------------|------|-------------------------------|----------------|------------------------------|-------------|-------------|----------------|-------|-----------------------------|----------------|--------------------------------|-------------|---------------------------|----------------|
| End   | No. of<br>Bowls              | Hand<br>Played | Jack<br>Position               | 1st<br>Bowl | 2nd<br>Bowl | Total<br>Score | End  | No. of<br>Bowls               | Hand<br>Played | Jack<br>Position             | 1st<br>Bowl | 2nd<br>Bowl | Total<br>Score | End   | No. of<br>Bowls             | Hand<br>Played | Jack<br>Position               | 1st<br>Bowl | 2nd<br>Bowl               | Total<br>Score |
| 4     | 2                            | F/Hand         | Long                           |             |             |                | 1    | 2                             | F/Hand         | Long                         |             |             |                | 1     | 2                           | F/Hand         | Long                           |             |                           |                |
| 1     | 2                            | F/Hand         | Short                          |             |             |                |      | 2                             | F/Hand         | Short                        |             |             |                |       | 2                           | F/Hand         | Short                          |             |                           |                |
| 2     | 2                            | B/Hand         | Long                           |             |             |                | 2    | 2                             | B/Hand         | Long                         |             |             |                | 2     | 2                           | B/Hand         | Long                           |             |                           |                |
| 2     | 2                            | B/Hand         | Short                          |             |             |                | 2    | 2                             | B/Hand         | Short                        |             |             |                | 2     | 2                           | B/Hand         | Short                          |             |                           |                |
| 3     | 2                            | F/Hand         | Short                          |             |             |                | 3    | 2                             | F/Hand         | Short                        |             |             |                | 3     | 2                           | F/Hand         | Short                          |             |                           |                |
| 3     | 2                            | F/Hand         | Long                           |             |             |                | 3    | 2                             | F/Hand         | Long                         |             |             |                | 3     | 2                           | F/Hand         | Long                           |             |                           |                |
| 4     | 2                            | B/Hand         | Short                          |             |             |                | 4    | 2                             | B/Hand         | Short                        |             |             |                | 4     | 2                           | B/Hand         | Short                          |             |                           |                |
| -     | 2                            | B/Hand         | Long                           |             |             |                | -    | 2                             | B/Hand         | Long                         |             |             |                | -     | 2                           | B/Hand         | Long                           |             |                           |                |
| 5     | 2                            | F/Hand         | Mat up                         |             |             |                | 5    | 2                             | F/Hand         | Mat up                       |             |             |                | 5     | 2                           | F/Hand         | Mat up                         |             |                           |                |
| 3     | 2                            | B/Hand         | Mat up                         |             |             |                | 5    | 2                             | B/Hand         | Mat up                       |             |             |                | 5     | 2                           | B/Hand         | Mat up                         |             |                           |                |
| 6     | 2                            | B/Hand         | Long                           |             |             |                | 6    | 2                             | B/Hand         | Long                         |             |             |                | 6     | 2                           | B/Hand         | Long                           |             |                           |                |
| 0     | 2                            | B/Hand         | Short                          |             |             |                | 0    | 2                             | B/Hand         | Short                        |             |             |                | 0     | 2                           | B/Hand         | Short                          |             |                           |                |
| 7     | 2                            | F/Hand         | Long                           |             |             |                | 7    | 2                             | F/Hand         | Long                         |             |             |                | 7     | 2                           | F/Hand         | Long                           |             |                           |                |
| '     | 2                            | F/Hand         | Short                          |             |             |                | 1    | 2                             | F/Hand         | Short                        |             |             |                | '     | 2                           | F/Hand         | Short                          |             |                           |                |
| 8     | 2                            | B/Hand         | Short                          |             |             |                | 8    | 2                             | B/Hand         | Short                        |             |             |                | 8     | 2                           | B/Hand         | Short                          |             |                           |                |
| 0     | 2                            | B/Hand         | Long                           |             |             |                | 0    | 2                             | B/Hand         | Long                         |             |             |                | 0     | 2                           | B/Hand         | Long                           |             |                           |                |
| 9     | 2                            | F/Hand         | Short                          |             |             |                | 9    | 2                             | F/Hand         | Short                        |             |             |                | 9     | 2                           | F/Hand         | Short                          |             |                           |                |
| 9     | 2                            | F/Hand         | Long                           |             |             |                | 3    | 2                             | F/Hand         | Long                         |             |             |                | 3     | 2                           | F/Hand         | Long                           |             |                           |                |
| 10    | 2                            | B/Hand         | Short                          |             |             |                | 10   | 2                             | B/Hand         | Short                        |             |             |                | 10    | 2                           | B/Hand         | Short                          |             |                           |                |
| 10    | 2                            | B/Hand         | Long                           |             |             |                | 10   | 2                             | B/Hand         | Long                         |             |             |                | 10    | 2                           | B/Hand         | Long                           |             |                           |                |
| Tota  | al Bowls                     | within a M     | at Length                      |             |             | / 40           | Тс   | tal Bowls                     | within a M     | lat Length                   |             |             | / 40           | Tot   | al Bowls                    | within a N     | lat Length                     |             |                           | / 40           |
|       |                              |                | Percentage                     |             |             |                |      |                               |                | Percentage                   | ł           |             |                |       |                             |                | Percentage                     |             |                           |                |
| Total | on shor                      | t ends         |                                |             | 22          |                | Tota | l on shor                     | t ends         |                              |             | 22          |                | Total | on shor                     | t ends         |                                |             | 22                        |                |
|       | on long                      |                |                                |             | 18          |                |      | l on long                     |                |                              |             | 18          |                |       | on long                     |                |                                |             | 18                        |                |
| Total | on forel                     | hand sho       | ort                            |             | 10          |                |      |                               | hand sho       |                              |             | 10          |                | Total | on forel                    | hand sho       | ort                            |             | 10                        |                |
|       |                              | hand long      | -                              |             | 8           |                | Tota | l on fore                     | hand long      | g                            |             | 8           |                | Total | on forel                    | hand lon       | g                              |             | 8                         |                |
|       |                              | hand sh        |                                |             | 12          |                |      |                               | khand sh       |                              |             | 12          |                | -     |                             | khand sh       |                                |             | 12                        |                |
|       |                              | hand lor       | <u> </u>                       |             | 10          |                |      |                               | khand lor      | 5                            |             | 10          |                |       |                             | khand lor      | 0                              |             | 10                        |                |
| 1     | Point for                    |                | /I within a M<br>pints Total I |             |             | ne Jack        | 1    | Point for                     |                | /I within a M<br>pints Total |             |             | ne Jack        | 1     | Point for                   |                | vl within a M<br>pints Total I |             |                           | le Jack        |
|       |                              | lf no          | score - Ma                     | ark with    |             |                |      |                               | lf no          | score - M                    | ark with    |             |                |       |                             | lf no          | score - Ma                     | ark with    |                           |                |
|       | N = Na                       | rrow W         | = Wide S                       | S = Shor    | t L=L       | ona            |      | N = Na                        |                | = Wide S                     |             |             | ong            |       | N = Na                      |                | = Wide S                       |             |                           | ona            |

/ 40

|   | Drive & Draw Drill<br>Name and Date<br>Venue/Conditic |          |              |                        |        |                |  |  |  |  |
|---|---|----------|--------------|------------------------|--------|----------------|--|--|--|--|
| End   | Hand &<br>Length                                      |          | 1 & 3<br>IVE | Bowl 2<br>DRAW         |        | Total<br>Score |  |  |  |  |
| 1   | F/Hand<br>Medium                                      | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 2   | B/Hand<br>Long  | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 3   | F/Hand<br>Short                                       | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 4   | B/Hand<br>Medium                                      | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 5   | F/Hand<br>Long  | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 6   | B/Hand<br>Short                                       | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 7   | F/Hand<br>Medium                                      | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 8   | B/Hand<br>Long  | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 9   | F/Hand<br>Short                                       | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
| 10  | B/Hand<br>Medium                                      | Drive    |              | Ditch<br>Boundary      |        |                |  |  |  |  |
|   | Totals  | rcentage |              | Percentage             |        | / 40           |  |  |  |  |
| Total   | on foreha   | 0        | е            | ,                      | 10     |                |  |  |  |  |
|   | on backh  |          |              |                        | 10     |                |  |  |  |  |
|   | on F/H di   |          |              |                        | 5      |                |  |  |  |  |
|   | Total on F/H boundary draw   5                        |          |              |                        |        |                |  |  |  |  |
| Total on B/H ditch draw5Total on B/H boundary draw5   |   |          |              |                        |        |                |  |  |  |  |
| 1 point for hitting the Driving target<br>1 point for Drawing within a mat and a half of the target |   |          |              |                        |        |                |  |  |  |  |
|   | N = Narr  |          |              | Mark with<br>S = Short | L = Lo | ong            |  |  |  |  |

|   | Driv       | e & Dr   | aw Dri     |                        |           |       |  |  |
|---|------------|----------|------------|------------------------|-----------|-------|--|--|
| Nam   | e and Dat  |          | an 21      |                        | BOWLS     |       |  |  |
|   | e/Conditio |          |            |                        | AUSTRALIA | eed   |  |  |
|   | Hand &     |          | 1&3        | Bowl 2                 | & 4       | Total |  |  |
| End   | Length     | DR       | IVE        | DRAW                   |           | Score |  |  |
|   | F/Hand     |          |            | Ditch                  | _         |       |  |  |
| 1   | Medium     | Drive    | e Boundary |                        |           |       |  |  |
| •   | B/Hand     |          |            | Ditch                  |           |       |  |  |
| 2   | Long       | Drive    |            | Boundary               |           |       |  |  |
| 3   | F/Hand     | Drive    |            | Ditch                  |           |       |  |  |
| 3   | Short      | Drive    |            | Boundary               |           |       |  |  |
| 4   | B/Hand     | Drive    |            | Ditch                  |           |       |  |  |
| 4   | Medium     | Drive    |            | Boundary               |           |       |  |  |
| 5   | F/Hand     | Drive    |            | Ditch                  |           |       |  |  |
| 5   | Long       | Dive     |            | Boundary               |           |       |  |  |
| 6   | B/Hand     | Drive    |            | Ditch                  |           |       |  |  |
| U   | Short      | Dive     |            | Boundary               |           |       |  |  |
| 7   | F/Hand     | Drive    |            | Ditch                  |           |       |  |  |
| '   | Medium     | Dive     |            | Boundary               |           |       |  |  |
| 8   | B/Hand     | Drive    |            | Ditch                  |           |       |  |  |
| 0   | Long       | Dive     |            | Boundary               |           |       |  |  |
| 9   | F/Hand     | Drive    |            | Ditch                  |           |       |  |  |
| 3   | Short      | Dive     |            | Boundary               |           |       |  |  |
| 10  | B/Hand     | Drive    |            | Ditch                  |           |       |  |  |
| 10  | Medium     | Dive     |            | Boundary               |           |       |  |  |
|   | Totals     |          |            |                        |           | / 40  |  |  |
|   |            | rcentage |            | Percentage             |           |       |  |  |
|   | on foreha  |          |            |                        | 10        |       |  |  |
|   | on backh   |          |            |                        | 10        |       |  |  |
|   | on F/H di  |          |            |                        | 5         |       |  |  |
|   | on F/H b   |          |            |                        | 5         |       |  |  |
| Total on B/H ditch draw 5   |            |          |            |                        |           |       |  |  |
| Total on B/H boundary draw   5  |            |          |            |                        |           |       |  |  |
| 1 point for hitting the Driving target<br>1 point for Drawing within a mat and a half of the target |            |          |            |                        |           |       |  |  |
|   | N = Narr   |          |            | Mark with<br>S = Short | L=10      | ona   |  |  |
|   |            |          |            | 2 01101                |           | 9     |  |  |

|      | Driv       | e & Dr | aw Dri |          |                           |     |
|------|------------|--------|--------|----------|---------------------------|-----|
| Vame | e and Dat  | )      |        |          | <b>BOWLS</b><br>AUSTRALIA |     |
| /enu | e/Conditio |        |        |          |                           | eed |
| End  | Hand &     | Bowl   | 1&3    | Bowl 2   | & 4                       | To  |
| Ena  | Length     | DR     | IVE    | DRAW     | то                        | Sco |
| 1    | F/Hand     | Drive  |        | Ditch    |                           |     |
| 1    | Medium     | Drive  |        | Boundary |                           |     |
| 2    | B/Hand     | Drive  |        | Ditch    |                           |     |
| 2    | Long       | Dive   |        | Boundary |                           |     |
| 3    | F/Hand     | Drive  |        | Ditch    |                           |     |
| 3    | Short      | Drive  |        | Boundary |                           |     |
| 4    | B/Hand     | Drive  |        | Ditch    |                           |     |
| 4    | Medium     | Dive   |        | Boundary |                           |     |
| 5    | F/Hand     | Drive  |        | Ditch    |                           |     |
| 3    | Long       | Dive   |        | Boundary |                           |     |
| 6    | B/Hand     | Drive  |        | Ditch    |                           |     |
| U    | Short      | Dive   |        | Boundary |                           |     |
| 7    | F/Hand     | Drive  |        | Ditch    |                           |     |
| '    | Medium     | Dive   |        | Boundary |                           |     |
| 8    | B/Hand     | Drive  |        | Ditch    |                           |     |
| ~    | Long       | Dilve  |        | Boundary |                           |     |

Long F/Hand

Short B/Hand

Medium

Totals

Total on forehand drive

Total on backhand drive

Total on F/H ditch draw

Total on B/H ditch draw

Total on F/H boundary draw

Total on B/H boundary draw

Drive

Drive

Percentage

9

10

Boundary

Ditch

Boundary

Ditch

Boundary

Percentage

1 point for hitting the Driving target 1 point for Drawing within a mat and a half of the target If no score - Mark with N = Narrow W = Wide S = Short L = Long

10

10

5

5

5

5

Total Score

/ 40

|  | Gro<br>e and Da<br>e/Conditi |                | Drill       |             | BOW         |             |  |  |  |
|--|------------------------------|----------------|-------------|-------------|-------------|-------------|--|--|--|
| End  | Hand                         | Length         | 2nd<br>Bowl | 3rd<br>Bowl | 4th<br>Bowl | Total Score |  |  |  |
| 1  | F/Hand                       | Long           |             |             |             |             |  |  |  |
| 2  | B/Hand                       | Short          |             |             |             |             |  |  |  |
| 3  | F/Hand                       | Short          |             |             |             |             |  |  |  |
| 4  | B/Hand                       | Long           |             |             |             |             |  |  |  |
| 5  | F/Hand                       | Long           |             |             |             |             |  |  |  |
| 6  | B/Hand                       | Short          |             |             |             |             |  |  |  |
| 7  | F/Hand                       | Short          |             |             |             |             |  |  |  |
| 8  | B/Hand                       | Long           |             |             |             |             |  |  |  |
| 9  | F/Hand                       | Long           |             |             |             |             |  |  |  |
| 10   | B/Hand                       | Short          |             |             |             |             |  |  |  |
| 11   | F/Hand                       | Short          |             |             |             |             |  |  |  |
| 12   | B/Hand                       | Long           |             |             |             |             |  |  |  |
|  | Totals                       | ;              |             |             |             | / 36        |  |  |  |
| Total  |                              | ercentage      |             |             | 40          |             |  |  |  |
| Total on forehand18Total on backhand18   |                              |                |             |             |             |             |  |  |  |
| Total on forehand long 9   |                              |                |             |             |             |             |  |  |  |
| Total on forehand short     9  |                              |                |             |             |             |             |  |  |  |
| Total on backhand long 9   |                              |                |             |             |             |             |  |  |  |
| Total on backhand short 9  |                              |                |             |             |             |             |  |  |  |
| 1 point for Drawing within a mat length of the first bowl<br>If no score - Mark with |                              |                |             |             |             |             |  |  |  |
|  | N = Nar                      | If no<br>row W |             |             |             | = Long      |  |  |  |

|   | Gro<br>e and Da<br>e/Conditi |           | Drill       |             | BOV         |             |  |  |  |
|---|------------------------------|-----------|-------------|-------------|-------------|-------------|--|--|--|
| End   | Hand                         | Length    | 2nd<br>Bowl | 3rd<br>Bowl | 4th<br>Bowl | Total Score |  |  |  |
| 1   | F/Hand                       | Long      |             |             |             |             |  |  |  |
| 2   | B/Hand                       | Short     |             |             |             |             |  |  |  |
| 3   | F/Hand                       | Short     |             |             |             |             |  |  |  |
| 4   | B/Hand                       | Long      |             |             |             |             |  |  |  |
| 5   | F/Hand                       | Long      |             |             |             |             |  |  |  |
| 6   | B/Hand                       | Short     |             |             |             |             |  |  |  |
| 7   | F/Hand                       | Short     |             |             |             |             |  |  |  |
| 8   | B/Hand                       | Long      |             |             |             |             |  |  |  |
| 9   | F/Hand                       | Long      |             |             |             |             |  |  |  |
| 10  | B/Hand                       | Short     |             |             |             |             |  |  |  |
| 11  | F/Hand                       | Short     |             |             |             |             |  |  |  |
| 12  | B/Hand                       | Long      |             |             |             |             |  |  |  |
|   | Totals                       | ercentage |             |             |             | / 36        |  |  |  |
| Total   | on foreh                     | 18        |             |             |             |             |  |  |  |
| Total   | on backl                     | nand      |             |             | 18          |             |  |  |  |
| Total on forehand long 9  |                              |           |             |             |             |             |  |  |  |
| Total on forehand short 9   |                              |           |             |             |             |             |  |  |  |
| Total on backhand long 9  |                              |           |             |             |             |             |  |  |  |
| Fotal on backhand short     9       1 point for Drawing within a mat length of the first bowl |                              |           |             |             |             |             |  |  |  |
|   |                              | -         |             | Mark w      |             |             |  |  |  |
|   | N = Nar                      | row W     |             |             |             | = Long      |  |  |  |

|   | Gro<br>e and Da<br>e/Conditi   |        | Drill       |             | BOW         | ed:         |  |  |  |  |
|---|--|--------|-------------|-------------|-------------|-------------|--|--|--|--|
| End   | Hand   | Length | 2nd<br>Bowl | 3rd<br>Bowl | 4th<br>Bowl | Total Score |  |  |  |  |
| 1   | F/Hand   | Long   |             |             |             |             |  |  |  |  |
| 2   | B/Hand   | Short  |             |             |             |             |  |  |  |  |
| 3   | F/Hand   | Short  |             |             |             |             |  |  |  |  |
| 4   | B/Hand   | Long   |             |             |             |             |  |  |  |  |
| 5   | F/Hand   | Long   |             |             |             |             |  |  |  |  |
| 6   | B/Hand   | Short  |             |             |             |             |  |  |  |  |
| 7   | F/Hand   |        |             |             |             |             |  |  |  |  |
| 8   | B/Hand   |        |             |             |             |             |  |  |  |  |
| 9   | F/Hand   | Long   |             |             |             |             |  |  |  |  |
| 10  | B/Hand   | Short  |             |             |             |             |  |  |  |  |
| 11  | F/Hand   | Short  |             |             |             |             |  |  |  |  |
| 12  | B/Hand   | Long   |             |             |             |             |  |  |  |  |
|   | Totals   |        |             |             |             | / 36        |  |  |  |  |
| Percentage 18   |  |        |             |             |             |             |  |  |  |  |
|   | on backl   |        |             | 18          |             |             |  |  |  |  |
| Total on forehand long 9  |  |        |             |             |             |             |  |  |  |  |
| Total on forehand short 9   |  |        |             |             |             |             |  |  |  |  |
| Total on backhand long 9  |  |        |             |             |             |             |  |  |  |  |
| Total on backhand short     9       1 point for Drawing within a mat length of the first houd |  |        |             |             |             |             |  |  |  |  |
| 1   | 1 point for Drawing within a mat length of the first bowl<br>If no score - Mark with |        |             |             |             |             |  |  |  |  |
|   | N = Nar  |        |             |             |             | = Long      |  |  |  |  |

| Jack & 2 Bowl Drill<br>Name and Da<br>Venue/Conditi                                   |         |        |                         |  |        |  |  |  |  |
|---|---------|--------|-------------------------|--|--------|--|--|--|--|
| End         Hand         Length         1st Bowl         2nd Bowl         Total Score |         |        |                         |  |        |  |  |  |  |
|   | F/Hand  | Long   |                         |  |        |  |  |  |  |
| 1   | F/Hand  | Short  |                         |  |        |  |  |  |  |
| 2   | B/Hand  | Long   |                         |  |        |  |  |  |  |
| -   | B/Hand  | Short  |                         |  |        |  |  |  |  |
| 3   | F/Hand  | Long   |                         |  |        |  |  |  |  |
| •   | F/Hand  | Medium |                         |  |        |  |  |  |  |
| 4   | B/Hand  | Medium |                         |  |        |  |  |  |  |
| •   | B/Hand  | Short  |                         |  |        |  |  |  |  |
| 5   | F/Hand  | Long   |                         |  |        |  |  |  |  |
| •   | F/Hand  | Medium |                         |  |        |  |  |  |  |
| 6   | B/Hand  | Medium |                         |  |        |  |  |  |  |
| •   | B/Hand  | Short  |                         |  |        |  |  |  |  |
|   | Total   | -      |                         |  | / 24   |  |  |  |  |
| Percentage  |         |        |                         |  |        |  |  |  |  |
| Total on 1st bowl         12           Total on 2nd bowl         12                   |         |        |                         |  |        |  |  |  |  |
| I otal on 2nd bowl12Total on forehand12   |         |        |                         |  |        |  |  |  |  |
| Total on backhand 12  |         |        |                         |  |        |  |  |  |  |
| Total on long ends 8  |         |        |                         |  |        |  |  |  |  |
| Total on medium ends 8  |         |        |                         |  |        |  |  |  |  |
| Total on short ends 8   |         |        |                         |  |        |  |  |  |  |
| USE 4 BOWLS PER END - 2 to each length  |         |        |                         |  |        |  |  |  |  |
| 1 point for Drawing within a mat length of the Jack<br>If no score - Mark with        |         |        |                         |  |        |  |  |  |  |
| L   | N = Nar |        | core - Marl<br>Wide S = |  | = Long |  |  |  |  |

| Jack & 2 Bowl Drill                                 |   |            |             |           |             |  |  |  |  |  |  |
|---|---|------------|-------------|-----------|-------------|--|--|--|--|--|--|
|   | Name and Da Bowls Voia<br>Venue/Conditi ed: |            |             |           |             |  |  |  |  |  |  |
| End   | Hand  | Length     | 1st Bowl    | 2nd Bowl  | Total Score |  |  |  |  |  |  |
|   | F/Hand                                      |            |             |           |             |  |  |  |  |  |  |
| 1   | F/Hallu                                     | Long       |             |           |             |  |  |  |  |  |  |
|   | F/Hand                                      | Short      |             |           |             |  |  |  |  |  |  |
| 2   | B/Hand                                      | Long       |             |           |             |  |  |  |  |  |  |
| 2   | B/Hand                                      | Short      |             |           |             |  |  |  |  |  |  |
|   | F/Hand                                      | Long       |             |           |             |  |  |  |  |  |  |
| 3   | F/Hand                                      | Medium     |             |           |             |  |  |  |  |  |  |
|   | B/Hand                                      | Medium     |             |           |             |  |  |  |  |  |  |
| 4   | B/Hand                                      | Short      |             |           |             |  |  |  |  |  |  |
| -   | F/Hand                                      | Long       |             |           |             |  |  |  |  |  |  |
| 5   | F/Hand                                      | Medium     |             |           |             |  |  |  |  |  |  |
| 6   | B/Hand                                      | Medium     |             |           |             |  |  |  |  |  |  |
| 6   | B/Hand                                      | Short      |             |           |             |  |  |  |  |  |  |
|   | Total                                       |            |             |           | / 24        |  |  |  |  |  |  |
| <b>T</b> ( )  |   | Percentage |             |           |             |  |  |  |  |  |  |
|   | on 1st b<br>on 2nd b                        |            |             | 12        |             |  |  |  |  |  |  |
|   | on 2nd t                                    |            |             | 12<br>12  |             |  |  |  |  |  |  |
|   |   |            |             | 12        |             |  |  |  |  |  |  |
|   | Total on backhand12Total on long ends8      |            |             |           |             |  |  |  |  |  |  |
| Total on medium ends 8                              |   |            |             |           |             |  |  |  |  |  |  |
| Total on short ends 8                               |   |            |             |           |             |  |  |  |  |  |  |
| USE 4 BOWLS PER END - 2 to each length              |   |            |             |           |             |  |  |  |  |  |  |
| 1 point for Drawing within a mat length of the Jack |   |            |             |           |             |  |  |  |  |  |  |
|   |   |            | core - Mark |           |             |  |  |  |  |  |  |
|   | N = Nar                                     | row W =    | Wide S =    | Short L = | = Long      |  |  |  |  |  |  |

|  | Jack &<br>e and Da<br>e/Condit |            | l Drill                  | BOWL     | ed:         |  |  |  |  |  |
|--|--------------------------------|------------|--------------------------|----------|-------------|--|--|--|--|--|
| End                                    | Hand                           | Length     | 1st Bowl                 | 2nd Bowl | Total Score |  |  |  |  |  |
| 1                                      | F/Hand                         | Long       |                          |          |             |  |  |  |  |  |
|  | F/Hand                         | Short      |                          |          |             |  |  |  |  |  |
| 2                                      | B/Hand                         | Long       |                          |          |             |  |  |  |  |  |
| _                                      | B/Hand                         | Short      |                          |          |             |  |  |  |  |  |
| 3                                      | F/Hand Long                    |            |                          |          |             |  |  |  |  |  |
| •                                      | F/Hand                         | Medium     |                          |          |             |  |  |  |  |  |
| 4                                      | B/Hand                         | Medium     |                          |          |             |  |  |  |  |  |
| -                                      | B/Hand                         | Short      |                          |          |             |  |  |  |  |  |
| 5                                      | F/Hand                         | Long       |                          |          |             |  |  |  |  |  |
| •                                      | F/Hand                         | Medium     |                          |          |             |  |  |  |  |  |
| 6                                      | B/Hand                         | Medium     |                          |          |             |  |  |  |  |  |
| •                                      | B/Hand                         | Short      |                          |          |             |  |  |  |  |  |
|  | Total                          |            |                          |          | / 24        |  |  |  |  |  |
| Tatal                                  | on 1st b                       | Percentage |                          | 12       |             |  |  |  |  |  |
|  | on 2nd b                       | -          |                          | 12       |             |  |  |  |  |  |
|  | on foreh                       |            |                          | 12       |             |  |  |  |  |  |
|  | on back                        |            |                          | 12       |             |  |  |  |  |  |
|  | on long                        |            |                          | 8        |             |  |  |  |  |  |
|  | on medi                        |            |                          | 8        |             |  |  |  |  |  |
| Total                                  | on short                       | ends       |                          | 8        |             |  |  |  |  |  |
| USE 4 BOWLS PER END - 2 to each length |                                |            |                          |          |             |  |  |  |  |  |
|  | 1 point fo                     |            | within a mat             |          | e Jack      |  |  |  |  |  |
|  | N = Nar                        |            | score - Marł<br>Wide S = |          | = Long      |  |  |  |  |  |

|  | Weig                 | ht Contr   | ol Drill    |             | DOM/                   |             |  |  |  |  |  |  |
|--|----------------------|--|-------------|-------------|------------------------|-------------|--|--|--|--|--|--|
|  | e and Da<br>e/Condit |  |             |             | <b>BOWL</b><br>AUSTRAL | ed:         |  |  |  |  |  |  |
| End  | Hand                 | Length   | 2nd<br>Bowl | 3rd<br>Bowl | 4th<br>Bowl            | Total Score |  |  |  |  |  |  |
| 1  | F/Hand               | Short to<br>Long   |             |             |                        |             |  |  |  |  |  |  |
| 2  | B/Hand               | Long to<br>Short   |             |             |                        |             |  |  |  |  |  |  |
| 3  | F/Hand               | Short to<br>Long   |             |             |                        |             |  |  |  |  |  |  |
| 4  | B/Hand               | Long to<br>Short   |             |             |                        |             |  |  |  |  |  |  |
| 5  | F/Hand               | Long to<br>Short   |             |             |                        |             |  |  |  |  |  |  |
| 6  | B/Hand               | Short to<br>Long   |             |             |                        |             |  |  |  |  |  |  |
| 7  | F/Hand               | Long to<br>Short   |             |             |                        |             |  |  |  |  |  |  |
| 8  | B/Hand               | Short to<br>Long   |             |             |                        |             |  |  |  |  |  |  |
| 9  | F/Hand               | Long to<br>Short   |             |             |                        |             |  |  |  |  |  |  |
| 10   | B/Hand               | Short to<br>Long   |             |             |                        |             |  |  |  |  |  |  |
|  | Total                |  |             |             |                        | / 30        |  |  |  |  |  |  |
| Bowls  |                      | Percentage<br>Short to Lon   | a           |             | 15                     |             |  |  |  |  |  |  |
|  |                      | Long to Sho  | 0           |             | 15                     |             |  |  |  |  |  |  |
| Bowls  | inside 3m o          | on Forehand  | k           |             | 15                     |             |  |  |  |  |  |  |
| Bowls  | inside 3m o          | on Backhan   | d           |             | 15                     |             |  |  |  |  |  |  |
|  |                      |  | BJEC        |             | _                      |             |  |  |  |  |  |  |
| -  |                      | s drill is to  | •           | •           |                        |             |  |  |  |  |  |  |
| Play your first bowl to the length required, long or short.  |                      |  |             |             |                        |             |  |  |  |  |  |  |
| Increase or decrease each bowl so that, on a perfect end   |                      |  |             |             |                        |             |  |  |  |  |  |  |
| your 4 bowls, by increasing or decreasing each bowl,<br>finish inside 3 metres from the first bowl |                      |  |             |             |                        |             |  |  |  |  |  |  |
|  |                      |  |             |             |                        |             |  |  |  |  |  |  |
|  | -                    | (see examples page)<br>You only count bowls which increase or decrease in length.<br>Once you fail to increase or decrease on the previous bowl, you<br>forfeit the other bowls. |             |             |                        |             |  |  |  |  |  |  |

| -                                |   |                  |             |             |             |             |  |  |  |  |
|----------------------------------|---|------------------|-------------|-------------|-------------|-------------|--|--|--|--|
| Nom                              | Weigl<br>e and Da   | ht Contr         | ol Drill    |             | BOW         |             |  |  |  |  |
|                                  | e and Da<br>e/Conditi   |                  |             |             | AUSTRA      | ed:         |  |  |  |  |
| End                              | Hand  | Length           | 2nd<br>Bowl | 3rd<br>Bowl | 4th<br>Bowl | Total Score |  |  |  |  |
| 1                                | F/Hand  | Short to<br>Long |             |             |             |             |  |  |  |  |
| 2                                | B/Hand  | Long to<br>Short |             |             |             |             |  |  |  |  |
| 3                                | F/Hand  | Short to<br>Long |             |             |             |             |  |  |  |  |
| 4                                | B/Hand  | Long to<br>Short |             |             |             |             |  |  |  |  |
| 5                                | F/Hand  | Long to<br>Short |             |             |             |             |  |  |  |  |
| 6                                | B/Hand  | Short to<br>Long |             |             |             |             |  |  |  |  |
| 7                                | F/Hand  | Long to<br>Short |             |             |             |             |  |  |  |  |
| 8                                | B/Hand  | Short to<br>Long |             |             |             |             |  |  |  |  |
| 9                                | F/Hand  | Long to<br>Short |             |             |             |             |  |  |  |  |
| 10                               | B/Hand  | Short to<br>Long |             |             |             |             |  |  |  |  |
|                                  | Total   | S                |             |             |             | / 30        |  |  |  |  |
|                                  |   | Percentage       |             |             |             |             |  |  |  |  |
| Bowls inside 3m Short to Long 15 |   |                  |             |             |             |             |  |  |  |  |
| Bowls inside 3m Long to Short 15 |   |                  |             |             |             |             |  |  |  |  |
|                                  | Bowls inside 3m on Forehand     15       Bowls inside 3m on Backhand     15 |                  |             |             |             |             |  |  |  |  |
| DOMIS                            | Inside on t   |                  |             | F11/E       | 15          |             |  |  |  |  |
|                                  |   | L L              | JRJECI      |             |             |             |  |  |  |  |

### OBJECTIVE

## This drill is to improve Weight Control

Play your first bowl to the length required, long or short. Increase or decrease each bowl so that, on a perfect end your 4 bowls, by increasing or decreasing each bowl, finish inside 3 metres from the first bowl (see examples page)

You only count bowls which increase or decrease in length. Once you fail to increase or decrease on the previous bowl, you forfeit the other bowls.

| Nam   | Weigl<br>e and Da      | nt Contr                    | ol Drill    |             | BOW         |             |  |  |  |  |
|-------|------------------------|-----------------------------|-------------|-------------|-------------|-------------|--|--|--|--|
| Venu  | e/Condit               | i                           |             |             |             | ed:         |  |  |  |  |
| End   | Hand                   | Length                      | 2nd<br>Bowl | 3rd<br>Bowl | 4th<br>Bowl | Total Score |  |  |  |  |
| 1     | F/Hand                 | Short to<br>Long            |             |             |             |             |  |  |  |  |
| 2     | B/Hand                 | Long to<br>Short            |             |             |             |             |  |  |  |  |
| 3     | 3 F/Hand Short to Long |                             |             |             |             |             |  |  |  |  |
| 4     | B/Hand                 | Long to<br>Short            |             |             |             |             |  |  |  |  |
| 5     | F/Hand                 | Long to<br>Short            |             |             |             |             |  |  |  |  |
| 6     | B/Hand                 | Short to<br>Long            |             |             |             |             |  |  |  |  |
| 7     | F/Hand                 | Long to<br>Short            |             |             |             |             |  |  |  |  |
| 8     | B/Hand                 | Short to<br>Long            |             |             |             |             |  |  |  |  |
| 9     | F/Hand                 | Long to<br>Short            |             |             |             |             |  |  |  |  |
| 10    | B/Hand                 | Short to<br>Long            |             |             |             |             |  |  |  |  |
|       | Total                  |                             |             |             |             | / 30        |  |  |  |  |
| Dauda |                        | Percentage                  |             |             | 45          |             |  |  |  |  |
|       |                        | Short to Lon<br>_ong to Sho | -           |             | 15<br>15    |             |  |  |  |  |
|       |                        | ong to Sho                  |             |             | 15          |             |  |  |  |  |
|       |                        | on Backhan                  |             |             | 15          |             |  |  |  |  |
|       |                        | (                           | DBJEC       | ΓIVE        |             |             |  |  |  |  |

## OBJECTIVE

# This drill is to improve Weight Control

Play your first bowl to the length required, long or short. Increase or decrease each bowl so that, on a perfect end your 4 bowls, by increasing or decreasing each bowl, finish inside 3 metres from the first bowl (see examples page)

You only count bowls which increase or decrease in length. Once you fail to increase or decrease on the previous bowl, you forfeit the other bowls.

| Namo  | Draw t<br>e and Da                                      | o Ditch    | Drill                      | BOWL            | SA SE       |  |  |  |  |  |  |
|-------|---|------------|----------------------------|-----------------|-------------|--|--|--|--|--|--|
| Venu  | e/Conditi   | İ          |                            |                 | ed:         |  |  |  |  |  |  |
| End   | Hand  | Length     | 1st Bowl                   | 2nd Bowl        | Total Score |  |  |  |  |  |  |
| 1     | F/Hand  | Medium     |                            |                 |             |  |  |  |  |  |  |
|       | B/Hand  | Medium     |                            |                 |             |  |  |  |  |  |  |
| 2     | F/Hand  | Long       |                            |                 |             |  |  |  |  |  |  |
| _     | B/Hand  | Long       |                            |                 |             |  |  |  |  |  |  |
| 3     | F/Hand Short  |            |                            |                 |             |  |  |  |  |  |  |
| •     | B/Hand Short  |            |                            |                 |             |  |  |  |  |  |  |
| 4     | B/Hand Medium   |            |                            |                 |             |  |  |  |  |  |  |
|       | F/Hand  | Medium     |                            |                 |             |  |  |  |  |  |  |
| 5     | B/Hand  | Short      |                            |                 |             |  |  |  |  |  |  |
| 5     | F/Hand  | Short      |                            |                 |             |  |  |  |  |  |  |
| 6     | B/Hand  | Long       |                            |                 |             |  |  |  |  |  |  |
|       | F/Hand  | Long       |                            |                 |             |  |  |  |  |  |  |
|       | Total   | -          |                            |                 | / 24        |  |  |  |  |  |  |
| Total | on 1st b  | Percentage |                            | 40              |             |  |  |  |  |  |  |
|       | on 2nd b  |            |                            | <u>12</u><br>12 |             |  |  |  |  |  |  |
|       | on foreh  |            |                            | 12              |             |  |  |  |  |  |  |
|       | on back   |            |                            | 12              |             |  |  |  |  |  |  |
|       | on long   |            |                            | 8               |             |  |  |  |  |  |  |
|       | on medi   |            |                            | 8               |             |  |  |  |  |  |  |
| Total | Total on short ends 8                                   |            |                            |                 |             |  |  |  |  |  |  |
|       | USE 4 BOWLS PER END - 2 on each hand                    |            |                            |                 |             |  |  |  |  |  |  |
|       | 1 point for Drawing within a mat and a half of the Jack |            |                            |                 |             |  |  |  |  |  |  |
| F     |   |            | 1 metre eith               |                 |             |  |  |  |  |  |  |
|       | Use Jac   |            | o indicate wh              | -               | n ditch     |  |  |  |  |  |  |
|       | N = Nar   |            | score - Marł<br>: Wide S = |                 | lona        |  |  |  |  |  |  |
|       | iN = iNar   | row VV =   | = vviae S =                | Snort L =       | = ∟ong      |  |  |  |  |  |  |

| N.I          |                           | to Ditch   | Drill                      | BOWL     |             |  |  |  |  |  |
|--------------|---------------------------|------------|----------------------------|----------|-------------|--|--|--|--|--|
|              | e and Da<br>e/Conditi     |            |                            | AUSTRAL  | ed:         |  |  |  |  |  |
| End          | Hand                      | Length     | 1st Bowl                   | 2nd Bowl | Total Score |  |  |  |  |  |
| 1            | F/Hand                    | Medium     |                            |          |             |  |  |  |  |  |
| 1            | B/Hand                    | Medium     |                            |          |             |  |  |  |  |  |
| 2            | F/Hand                    | Long       |                            |          |             |  |  |  |  |  |
| L            | B/Hand                    | Long       |                            |          |             |  |  |  |  |  |
| F/Hand Short |                           |            |                            |          |             |  |  |  |  |  |
| B/Hand Short |                           |            |                            |          |             |  |  |  |  |  |
| 4            | B/Hand                    | Medium     |                            |          |             |  |  |  |  |  |
| -            | F/Hand                    | Medium     |                            |          |             |  |  |  |  |  |
| 5            | B/Hand                    | Short      |                            |          |             |  |  |  |  |  |
|              | F/Hand                    | Short      |                            |          |             |  |  |  |  |  |
| 6            | B/Hand                    | Long       |                            |          |             |  |  |  |  |  |
|              | F/Hand                    | Long       |                            |          |             |  |  |  |  |  |
|              | Total                     |            |                            |          | / 24        |  |  |  |  |  |
| Total        | on 1st b                  | Percentage |                            | 12       |             |  |  |  |  |  |
|              | on 2nd b                  |            |                            | 12       |             |  |  |  |  |  |
|              | on foreh                  |            |                            | 12       |             |  |  |  |  |  |
|              | on back                   |            |                            | 12       |             |  |  |  |  |  |
| Total        | on long                   | ends       |                            | 8        |             |  |  |  |  |  |
| Total        | on medi                   | um ends    |                            | 8        |             |  |  |  |  |  |
| Total        | Fotal on short ends     8 |            |                            |          |             |  |  |  |  |  |
|              |                           |            | PER END -                  |          |             |  |  |  |  |  |
|              | •                         |            | vithin a mat a             |          |             |  |  |  |  |  |
| F            |                           |            | 1 metre eith               |          |             |  |  |  |  |  |
|              | Use Jac                   |            | o indicate wh              |          | n ditch     |  |  |  |  |  |
|              | N = Nar                   |            | score - Marł<br>= Wide S = |          | Long        |  |  |  |  |  |
|              |                           |            |                            |          |             |  |  |  |  |  |

|     | Draw t<br>e and Da<br>e/Conditi                          |                        | Drill        | <b>BOWL</b><br>AUSTRAL | ed:         |  |  |  |  |  |  |  |
|-----|--|------------------------|--------------|------------------------|-------------|--|--|--|--|--|--|--|
| End | Hand   | Length                 | 1st Bowl     | 2nd Bowl               | Total Score |  |  |  |  |  |  |  |
| 1   | F/Hand   | Medium                 |              |                        |             |  |  |  |  |  |  |  |
|     | B/Hand   | Medium                 |              |                        |             |  |  |  |  |  |  |  |
| 2   | F/Hand   | Long                   |              |                        |             |  |  |  |  |  |  |  |
|     | B/Hand   | Long                   |              |                        |             |  |  |  |  |  |  |  |
| 3   | F/Hand Short   |                        |              |                        |             |  |  |  |  |  |  |  |
|     | B/Hand   | Short                  |              |                        |             |  |  |  |  |  |  |  |
| 4   | B/Hand   | Medium                 |              |                        |             |  |  |  |  |  |  |  |
|     | F/Hand   | Medium                 |              |                        |             |  |  |  |  |  |  |  |
| 5   | B/Hand   | Short                  |              |                        |             |  |  |  |  |  |  |  |
|     | F/Hand   | Short                  |              |                        |             |  |  |  |  |  |  |  |
| 6   | B/Hand   | Long                   |              |                        |             |  |  |  |  |  |  |  |
|     | F/Hand   | Long                   |              |                        |             |  |  |  |  |  |  |  |
|     | Total  | <b>s</b><br>Percentage |              |                        | / 24        |  |  |  |  |  |  |  |
|     | on 1st b   |                        |              | 12                     |             |  |  |  |  |  |  |  |
|     | on 2nd b   |                        |              | 12                     |             |  |  |  |  |  |  |  |
|     | on foreh   |                        |              | 12                     |             |  |  |  |  |  |  |  |
|     | on backl   |                        |              | 12                     |             |  |  |  |  |  |  |  |
|     |  |                        |              | 8                      |             |  |  |  |  |  |  |  |
|     | Total on medium ends8Total on short ends8                |                        |              |                        |             |  |  |  |  |  |  |  |
|     | USE 4 I  | BOWLS                  | PER END -    | 2 on each              | hand        |  |  |  |  |  |  |  |
| 1   | 1 point for Drawing within a mat and a half of the Jack  |                        |              |                        |             |  |  |  |  |  |  |  |
| F   | Place a Jack in ditch 1 metre either side of centre line |                        |              |                        |             |  |  |  |  |  |  |  |
|     | Use Jack marker to indicate where jack is in ditch       |                        |              |                        |             |  |  |  |  |  |  |  |
|     |  |                        | score - Marl |                        |             |  |  |  |  |  |  |  |
| l   | in = inar  | row VV =               | = Wide S =   | Snort L =              | ⊧ ∟ong      |  |  |  |  |  |  |  |

|                   | Conv<br>e and Da<br>e/Conditi            |                              | Drill                           |                                |                                | BOV                            | ed:  |
|-------------------|--|------------------------------|---------------------------------|--------------------------------|--------------------------------|--------------------------------|--|
| End               | Hand                                     | Length                       | 1st E<br>T                      | Bowl<br>W                      | 2nd<br>T                       | Bowl<br>W                      | Total Score  |
|                   | F/Hand                                   | Short                        |                                 |                                |                                |                                |  |
| 1                 | F/Hand                                   | Short                        |                                 |                                |                                |                                |  |
|                   | B/Hand                                   | Short                        |                                 |                                |                                |                                |  |
| 2                 | B/Hand                                   | Short                        |                                 |                                |                                |                                |  |
| 3                 | F/Hand                                   | Medium                       |                                 |                                |                                |                                |  |
| 5                 | F/Hand                                   | Medium                       |                                 |                                |                                |                                |  |
| 4                 | B/Hand                                   | Medium                       |                                 |                                |                                |                                |  |
| 4                 | B/Hand                                   | Medium                       |                                 |                                |                                |                                |  |
| 5                 | F/Hand                                   | Long                         |                                 |                                |                                |                                |  |
| 5                 | F/Hand                                   | Long                         |                                 |                                |                                |                                |  |
| 6                 | B/Hand                                   | Long                         |                                 |                                |                                |                                |  |
| U                 | B/Hand                                   | Long                         |                                 |                                |                                |                                |  |
|                   | Total                                    |                              |                                 |                                |                                |                                | / 48   |
| Total             | on Targe                                 | Percentage<br>et (T)         |                                 |                                |                                | 24                             |  |
|                   |  | Veight (W                    | /)                              |                                |                                | 24                             |  |
| Total             | on foreh                                 | and                          |                                 |                                |                                | 24                             |  |
|                   | on back                                  |                              |                                 |                                |                                | 24                             |  |
|                   | on long                                  |                              |                                 |                                |                                | 16                             |  |
|                   | on medi                                  |                              |                                 |                                |                                | 16                             |  |
|                   | on short                                 |                              | o throw                         | ah haw                         |                                | 16                             | m from T) to   |
| finish<br>past. I | between T<br>Long: play 2<br>swinging we | & ditch, the<br>2 bowls arou | en 2 bo<br>und froi<br>e ditch, | wls thro<br>nt targe<br>then 2 | ough ta<br>et through<br>bowls | rget to<br>gh the t<br>through | im from T) to<br>finish 1 metre<br>target on the T<br>in the target on |
|                   | 1 point for                              | hitting bowl/                | jack ta                         | rget, 1                        | point fo                       | or corre                       | ct weight  |
| lf                | no score, i                              | mark with:                   | N=Nar                           | row W                          | =Wide                          | S=Shc                          | ort L=Long   |

|                           | Conv<br>e and Da<br>e/Conditi                        |   | Drill                           |                                |                                 | <b>BOV</b><br>AUSTR            | ALIA<br>ed:  |  |  |
|---------------------------|--|---|---------------------------------|--------------------------------|---------------------------------|--------------------------------|--|--|--|
| End                       | Hand   | Length                                      | 1st E<br>T                      | Bowl<br>W                      | 2nd<br>T                        | Bowl<br>W                      | Total Score  |  |  |
| 1                         | F/Hand   | Short                                       |                                 |                                |                                 |                                |  |  |  |
| 1                         | F/Hand   | Short                                       |                                 |                                |                                 |                                |  |  |  |
| 2                         | B/Hand   | Short                                       |                                 |                                |                                 |                                |  |  |  |
| 2                         | B/Hand   | Short                                       |                                 |                                |                                 |                                |  |  |  |
| F/Hand     Medium       3 |  |   |                                 |                                |                                 |                                |  |  |  |
| F/Hand Medium             |  |   |                                 |                                |                                 |                                |  |  |  |
| 4                         | B/Hand   | Medium                                      |                                 |                                |                                 |                                |  |  |  |
| •                         | B/Hand   | Medium                                      |                                 |                                |                                 |                                |  |  |  |
| 5                         | F/Hand   | Long  |                                 |                                |                                 |                                |  |  |  |
| •                         | F/Hand   | Long  |                                 |                                |                                 |                                |  |  |  |
| 6                         | B/Hand   | Long  |                                 |                                |                                 |                                |  |  |  |
|                           | B/Hand   | Long  |                                 |                                |                                 |                                |  |  |  |
|                           | Total  | <b>s</b><br>Percentage                      |                                 |                                |                                 |                                | / 48   |  |  |
| otal                      | on Targe   | J   |                                 |                                |                                 | 24                             |  |  |  |
| otal                      | correct V  | Veight (N                                   | /)                              |                                |                                 | 24                             |  |  |  |
|                           | on foreh   |   |                                 |                                |                                 | 24                             |  |  |  |
|                           | on back  |   |                                 |                                |                                 | 24                             |  |  |  |
|                           | on long  |   |                                 |                                |                                 | 16                             |  |  |  |
|                           | otal on medium ends16otal on short ends16            |   |                                 |                                |                                 |                                |  |  |  |
| Shor<br>finish<br>bast. I | t/Meduim:<br>between T<br>_ong: play 2<br>winging we | Play 2 bowl<br>& ditch, the<br>2 bowls arou | en 2 bo<br>und froi<br>e ditch, | wls thro<br>nt targe<br>then 2 | ough ta<br>t through<br>bowls t | rget to<br>gh the t<br>through | im from T) to<br>finish 1 metre<br>arget on the T<br>the target on |  |  |
|                           |  | hitting bowl/                               |                                 |                                |                                 |                                |  |  |  |
| lf                        | no score, i  | mark with: I                                | N=Nari                          | row W=                         | =Wide                           | S=Sho                          | ort L=Long   |  |  |

|   |             | ersion D          | Drill  |           |          | BOW      |             |  |  |  |  |
|---|-------------|-------------------|--------|-----------|----------|----------|-------------|--|--|--|--|
|   | e and Da    |                   |        |           |          | AUSTR    | ed:         |  |  |  |  |
|   | e/Condit    |                   | 1 of I | Powl      | and      | Powl     |             |  |  |  |  |
| End   | Hand        | Length            | T      | Bowl<br>W | 2nd<br>T | W        | Total Score |  |  |  |  |
| 1   | F/Hand      | Short             |        |           |          |          |             |  |  |  |  |
| •   | F/Hand      | Short             |        |           |          |          |             |  |  |  |  |
| 2   | B/Hand      | Short             |        |           |          |          |             |  |  |  |  |
| 2   | B/Hand      | Short             |        |           |          |          |             |  |  |  |  |
| 3 F/Hand Medium   |             |                   |        |           |          |          |             |  |  |  |  |
| 2   | F/Hand      | Medium            |        |           |          |          |             |  |  |  |  |
| 4   | B/Hand      | Medium            |        |           |          |          |             |  |  |  |  |
| Ŧ   | B/Hand      | Medium            |        |           |          |          |             |  |  |  |  |
| 5   | F/Hand      | Long              |        |           |          |          |             |  |  |  |  |
| 5   | F/Hand      | Long              |        |           |          |          |             |  |  |  |  |
| 6   | B/Hand      | Long              |        |           |          |          |             |  |  |  |  |
| •   | B/Hand      | Long              |        |           |          |          |             |  |  |  |  |
|   | Total       |                   |        |           |          |          | / 48        |  |  |  |  |
|   |             | Percentage        |        |           |          |          |             |  |  |  |  |
|   | on Targe    |                   | 1)     |           |          | 24       |             |  |  |  |  |
|   | on foreh    | Neight (N         | /)     |           |          | 24       |             |  |  |  |  |
|   | on back     |                   |        |           |          | 24<br>24 |             |  |  |  |  |
|   | on long     |                   |        |           |          | 16       |             |  |  |  |  |
|   | on medi     |                   |        |           |          | 16       |             |  |  |  |  |
| Total on short ends 16  |             |                   |        |           |          |          |             |  |  |  |  |
| Short/Meduim: Play 2 bowls through bowl/jack target (5m from T) to<br>finish between T & ditch, then 2 bowls through target to finish 1 metre<br>past. Long: play 2 bowls around front target through the target on the T<br>with swinging weight into the ditch, then 2 bowls through the target on<br>the T with weight to stay on the green. |             |                   |        |           |          |          |             |  |  |  |  |
|   | 1 point for | hitting bowl/     |        |           |          |          |             |  |  |  |  |
| I I F   |             | المطافرين بالعصمم |        | row \//   | Wide     | C Cha    | rtl long    |  |  |  |  |

If no score, mark with: N=Narrow W=Wide S=Short L=Long

|     | Dri<br>e and Da<br>e/Conditi   |                        | II           | BOWL     | ed:         |  |  |  |  |  |
|-----|--|------------------------|--------------|----------|-------------|--|--|--|--|--|
| End | Hand   | Length                 | 1st Bowl     | 2nd Bowl | Total Score |  |  |  |  |  |
| 1   | F/Hand   | Short                  |              |          |             |  |  |  |  |  |
|     | B/Hand   | Short                  |              |          |             |  |  |  |  |  |
| 2   | B/Hand   | Short                  |              |          |             |  |  |  |  |  |
| _   | F/Hand   | Short                  |              |          |             |  |  |  |  |  |
| 3   | F/Hand   | Medium                 |              |          |             |  |  |  |  |  |
| Ū   | B/Hand   | Medium                 |              |          |             |  |  |  |  |  |
| 4   | B/Hand   | Medium                 |              |          |             |  |  |  |  |  |
|     | F/Hand   | Medium                 |              |          |             |  |  |  |  |  |
| 5   | F/Hand   | Long                   |              |          |             |  |  |  |  |  |
|     | B/Hand   | Long                   |              |          |             |  |  |  |  |  |
| 6   | B/Hand   | Long                   |              |          |             |  |  |  |  |  |
|     | F/Hand   | Long                   |              |          |             |  |  |  |  |  |
|     | Total  | <b>s</b><br>Percentage |              |          | / 24        |  |  |  |  |  |
|     | on 1st b   |                        |              | 12       |             |  |  |  |  |  |
|     | on 2nd b   |                        |              | 12       |             |  |  |  |  |  |
|     | on foreh   |                        |              | 12       |             |  |  |  |  |  |
|     | on back  |                        |              | 12<br>8  |             |  |  |  |  |  |
|     |  |                        |              | <u> </u> |             |  |  |  |  |  |
|     | Total on medium ends8Total on short ends8                            |                        |              |          |             |  |  |  |  |  |
|     | USE 4 BOWLS PER END - 2 on each hand<br>Target - One Bowl / Flapjack |                        |              |          |             |  |  |  |  |  |
|     | 1 point for hitting the target                                       |                        |              |          |             |  |  |  |  |  |
|     |  |                        | score - Marl |          |             |  |  |  |  |  |
|     |  | N = Na                 | arrow W =    | Wide     |             |  |  |  |  |  |

|               | Dri<br>e and Da<br>e/Conditi  |            | I            | BOWL     | ed:         |  |  |  |  |  |
|---------------|---|------------|--------------|----------|-------------|--|--|--|--|--|
| End           | Hand  | Length     | 1st Bowl     | 2nd Bowl | Total Score |  |  |  |  |  |
| 1             | F/Hand  | Short      |              |          |             |  |  |  |  |  |
| 1             | B/Hand  | Short      |              |          |             |  |  |  |  |  |
| 2             | B/Hand  | Short      |              |          |             |  |  |  |  |  |
| Z             | F/Hand  | Short      |              |          |             |  |  |  |  |  |
| 3             | F/Hand  | Medium     |              |          |             |  |  |  |  |  |
| B/Hand Medium |   |            |              |          |             |  |  |  |  |  |
| 4             | B/Hand  | Medium     |              |          |             |  |  |  |  |  |
| -             | F/Hand  | Medium     |              |          |             |  |  |  |  |  |
| 5             | F/Hand  | Long       |              |          |             |  |  |  |  |  |
| 5             | B/Hand  | Long       |              |          |             |  |  |  |  |  |
| 6             | B/Hand  | Long       |              |          |             |  |  |  |  |  |
| 0             | F/Hand  | Long       |              |          |             |  |  |  |  |  |
|               | Total   |            |              |          | / 24        |  |  |  |  |  |
| otol          | on 1st b  | Percentage |              | 12       |             |  |  |  |  |  |
|               | on 2nd b  |            |              | 12       |             |  |  |  |  |  |
|               | on foreh  |            |              | 12       |             |  |  |  |  |  |
| otal          | on back   | hand       |              | 12       |             |  |  |  |  |  |
| otal          | on long   | ends       |              | 8        |             |  |  |  |  |  |
|               | on medi   |            |              | 8        |             |  |  |  |  |  |
| otal          | Total on short ends     8   |            |              |          |             |  |  |  |  |  |
|               | <b>USE 4 BOWLS PER END - 2 on each hand</b><br>Target - One Bowl / Flapjack |            |              |          |             |  |  |  |  |  |
|               | 1 point for hitting the target  |            |              |          |             |  |  |  |  |  |
|               |   | lf no s    | score - Marl | c with   |             |  |  |  |  |  |
|               |   | N = Na     | arrow W =    | Wide     |             |  |  |  |  |  |

|       | Driving Drill                  |            |                                |          |             |  |  |  |  |  |  |
|-------|--------------------------------|------------|--------------------------------|----------|-------------|--|--|--|--|--|--|
| Name  | e and Da                       | -          |                                | BOWL     | SIA         |  |  |  |  |  |  |
| Venu  | e/Conditi                      |            |                                |          | ed:         |  |  |  |  |  |  |
| End   | Hand                           | Length     | 1st Bowl                       | 2nd Bowl | Total Score |  |  |  |  |  |  |
| 1     | F/Hand                         | Short      |                                |          |             |  |  |  |  |  |  |
|       | B/Hand                         | Short      |                                |          |             |  |  |  |  |  |  |
| 2     | B/Hand                         | Short      |                                |          |             |  |  |  |  |  |  |
| 2     | F/Hand                         | Short      |                                |          |             |  |  |  |  |  |  |
| 3     | F/Hand                         | Medium     |                                |          |             |  |  |  |  |  |  |
| Ŭ     | B/Hand                         | Medium     |                                |          |             |  |  |  |  |  |  |
| 4     | B/Hand                         | Medium     |                                |          |             |  |  |  |  |  |  |
| -     | F/Hand                         | Medium     |                                |          |             |  |  |  |  |  |  |
| 5     | F/Hand                         | Long       |                                |          |             |  |  |  |  |  |  |
| 5     | B/Hand                         | Long       |                                |          |             |  |  |  |  |  |  |
| 6     | B/Hand                         | Long       |                                |          |             |  |  |  |  |  |  |
| Ĵ     | F/Hand                         | Long       |                                |          |             |  |  |  |  |  |  |
|       | Total                          | -          |                                |          | / 24        |  |  |  |  |  |  |
| Total | on 1st b                       | Percentage |                                | 12       |             |  |  |  |  |  |  |
|       | on 2nd b                       |            |                                | 12       |             |  |  |  |  |  |  |
|       | on foreh                       |            |                                | 12       |             |  |  |  |  |  |  |
| Total | on back                        | hand       |                                | 12       |             |  |  |  |  |  |  |
| Total | on long                        | ends       |                                | 8        |             |  |  |  |  |  |  |
|       | on medi                        |            |                                | 8        |             |  |  |  |  |  |  |
| Total | on short                       |            |                                | 8        |             |  |  |  |  |  |  |
|       | USE 4 I                        |            | <b>PER END -</b><br>One Bowl / |          | nand        |  |  |  |  |  |  |
|       | 1 point for hitting the target |            |                                |          |             |  |  |  |  |  |  |
|       |                                | lf no s    | score - Marl                   | < with   |             |  |  |  |  |  |  |
|       |                                | N = Na     | arrow W =                      | Wide     |             |  |  |  |  |  |  |

|         | The Pe<br>e and Da      |               | End Dr                | ill                 | BOWLS       |                    | Nam     | The Pe<br>e and Da     |               | End Dr                | ·ill               | BOWL        |                    | Nam     | The Pe<br>e and Da        |               | End Dr                | rill               | BOWLS       |                 |
|---------|-------------------------|---------------|-----------------------|---------------------|-------------|--------------------|---------|------------------------|---------------|-----------------------|--------------------|-------------|--------------------|---------|---------------------------|---------------|-----------------------|--------------------|-------------|-----------------|
| Venu    | e/Conditi               | 1             |                       |                     |             | Spe<br>ed:         |         | ıe/Conditi             |               |                       |                    | AUSTRALI    | Spe<br>ed:         | Venu    | ıe/Conditi                | 1             |                       |                    | AUSTRALIA   | Spe<br>ed:      |
| End     | Hand                    | 1st<br>Bowl   | 2nd<br>Bowl           | 3rd<br>Bowl         | 4th<br>Bowl | Perfect<br>Ends    | End     | Hand                   | 1st<br>Bowl   | 2nd<br>Bowl           | 3rd<br>Bowl        | 4th<br>Bowl | Perfect<br>Ends    | End     | Hand                      | 1st<br>Bowl   | 2nd<br>Bowl           | 3rd<br>Bowl        | 4th<br>Bowl | Perfect<br>Ends |
| 1       | F/Hand                  |               |                       |                     |             |                    | 1       | F/Hand                 |               |                       |                    |             |                    | 1       | F/Hand                    |               |                       |                    |             |                 |
| 2       | B/Hand                  |               |                       |                     |             |                    | 2       | B/Hand                 |               |                       |                    |             |                    | 2       | B/Hand                    |               |                       |                    |             |                 |
| 3       | F/Hand                  |               |                       |                     |             |                    | 3       | F/Hand                 |               |                       |                    |             |                    | 3       | F/Hand                    |               |                       |                    |             |                 |
| 4       | B/Hand                  |               |                       |                     |             |                    | 4       | B/Hand                 |               |                       |                    |             |                    | 4       | B/Hand                    |               |                       |                    |             |                 |
| 5       | F/Hand                  |               |                       |                     |             |                    | 5       | F/Hand                 |               |                       |                    |             |                    | 5       | F/Hand                    |               |                       |                    |             |                 |
| 6       | B/Hand                  |               |                       |                     |             |                    | 6       | B/Hand                 |               |                       |                    |             |                    | 6       | B/Hand                    |               |                       |                    |             |                 |
| 7       | F/Hand                  |               |                       |                     |             |                    | 7       | F/Hand                 |               |                       |                    |             |                    | 7       | F/Hand                    |               |                       |                    |             |                 |
| 8       | B/Hand                  |               |                       |                     |             |                    | 8       | B/Hand                 |               |                       |                    |             |                    | 8       | B/Hand                    |               |                       |                    |             |                 |
| 9       | F/Hand                  |               |                       |                     |             |                    | 9       | F/Hand                 |               |                       |                    |             |                    | 9       | F/Hand                    |               |                       |                    |             |                 |
| 10      | B/Hand                  |               |                       |                     |             |                    | 10      | B/Hand                 |               |                       |                    |             |                    | 10      | B/Hand                    |               |                       |                    |             |                 |
| Т       | otals                   |               |                       |                     |             | / 10               | т       | otals                  |               |                       |                    |             | / 10               | т       | otals                     |               |                       |                    |             | / 10            |
| 1st Bo  | wl                      |               |                       |                     | 10          |                    | 1st Bo  | wl                     |               |                       |                    | 10          |                    | 1st Bo  | wi                        |               |                       |                    | 10          |                 |
| 2nd Bo  |                         |               |                       |                     | 10          |                    | 2nd B   |                        |               |                       |                    | 10          |                    | 2nd B   |                           |               |                       |                    | 10          |                 |
| 3rd Bo  | wl                      |               |                       |                     | 10          |                    | 3rd Bo  | owl                    |               |                       |                    | 10          |                    | 3rd Bo  | owl                       |               |                       |                    | 10          |                 |
| 4th Bo  | wl                      |               |                       |                     | 10          |                    | 4th Bo  | wl                     |               |                       |                    | 10          |                    | 4th Bo  | bwl                       |               |                       |                    | 10          |                 |
| Total o | n forehand              |               |                       |                     | 20          |                    |         | on forehand            |               |                       |                    | 20          |                    | Total o | on forehand               |               |                       |                    | 20          |                 |
| Total o | <mark>on backhan</mark> | d             |                       |                     | 20          |                    | Total o | on backhan             | d             |                       |                    | 20          |                    | Total o | on backhan                | d             |                       |                    | 20          |                 |
| score   |                         | Repea<br>at v | t this fo<br>arious l | r secono<br>engths. | d and th    | ird bowls          | scor    | •                      | Repea<br>at v | t this fo<br>arious l | r secon<br>engths. | d and th    | ird bowls          | scor    | ll a jack a<br>e a point. | Repea<br>at v | t this fo<br>arious I | r secon<br>engths. | d and th    | ird bowls       |
| Four    | th bowl: p<br>with wei  |               |                       | -                   | -           | hit target<br>oint | Four    | th bowl: p<br>with wei |               |                       | •                  | •           | hit target<br>oint | Fou     | th bowl: p<br>with weig   |               |                       | •                  | -           | -               |
| Sco     | re on ead               | ch of yo      | ur four               |                     | an end      |                    | Sco     | ore on ead             | ch of yo      | ur four               |                    | an end      |                    | Sco     | ore on ead                | ch of yo      | ur four               |                    | n an end    |                 |
|         | If no se                | core, m       | ark with              | : L S               | S N         | W                  |         | If no se               | core, m       | ark with              | 1: L \$            | S N         | W                  |         | If no so                  | core, ma      | ark with              | n: L S             | S N         | W               |

| Name                    | Jack Rollir<br>e and Da   | ng Dr | ill | Ē     | BOWLS |       |  |  |  |  |  |
|-------------------------|---|-------|-----|-------|-------|-------|--|--|--|--|--|
|                         | /enue/Conditi d:<br>End length 1st 2nd 3rd 4th Total                                  |       |     |       |       |       |  |  |  |  |  |
| End                     | Length  | 1st   | 2nd | 3rd   | 4th   | Total |  |  |  |  |  |
| 1                       | T to T  |       |     |       |       |       |  |  |  |  |  |
| 2                       | Mat back short  |       |     |       |       |       |  |  |  |  |  |
| 3                       | Mat up short  |       |     |       |       |       |  |  |  |  |  |
| 4                       | Medium  |       |     |       |       |       |  |  |  |  |  |
| 5 T to T                |   |       |     |       |       |       |  |  |  |  |  |
| 6                       | 6 Mat back short  |       |     |       |       |       |  |  |  |  |  |
| 7                       | Mat up short  |       |     |       |       |       |  |  |  |  |  |
| 8                       | Medium  |       |     |       |       |       |  |  |  |  |  |
| 9                       | T to T  |       |     |       |       |       |  |  |  |  |  |
| 10                      | Mat back short  |       |     |       |       |       |  |  |  |  |  |
| 11                      | Mat up short  |       |     |       |       |       |  |  |  |  |  |
| 12                      | Medium  |       |     |       |       |       |  |  |  |  |  |
|                         | Totals  |       |     |       |       | / 48  |  |  |  |  |  |
| Total                   | Percentage  |       |     | 12    |       |       |  |  |  |  |  |
|                         | on 1st jack<br>on 2nd jack  |       |     | 12    |       |       |  |  |  |  |  |
|                         | on 3rd jack   |       |     | 12    |       |       |  |  |  |  |  |
|                         | on 4th jack   |       |     | 12    |       |       |  |  |  |  |  |
| Total                   | on mat back sho   | rt    |     | 12    |       |       |  |  |  |  |  |
| Total                   | on mat up short   |       |     | 12    |       |       |  |  |  |  |  |
| Total                   | on long ends  |       |     | 12    |       |       |  |  |  |  |  |
| Total on medium ends 12 |   |       |     |       |       |       |  |  |  |  |  |
| Total                   | on short ends   |       |     | 24    |       |       |  |  |  |  |  |
|                         | USE 4 JACKS PER END - 4 to each length<br>1 point for Drawing within the scoring zone |       |     |       |       |       |  |  |  |  |  |
|                         | If no score - Mark with   |       |     |       |       |       |  |  |  |  |  |
|                         | N = Narrow W =  | Wide  | s = | Short | L = L | ong   |  |  |  |  |  |

|      | Jack Rollin                    | ng Dr   | ill    |          |        |       |  |  |
|------|--------------------------------|---------|--------|----------|--------|-------|--|--|
|      | e and Da                       |         |        | A        | BOWLS  |       |  |  |
|      | e/Conditi                      |         |        |          | d:     |       |  |  |
| End  | Length                         | 1st     | 2nd    | 3rd      | 4th    | Total |  |  |
| 1    | T to T                         |         |        |          |        |       |  |  |
| 2    | Mat back short                 |         |        |          |        |       |  |  |
| 3    | Mat up short                   |         |        |          |        |       |  |  |
| 4    | Medium                         |         |        |          |        |       |  |  |
| 5    | T to T                         |         |        |          |        |       |  |  |
| 6    | Mat back short                 |         |        |          |        |       |  |  |
| 7    | Mat up short                   |         |        |          |        |       |  |  |
| 8    | Medium                         |         |        |          |        |       |  |  |
| 9    | T to T                         |         |        |          |        |       |  |  |
| 10   | Mat back short                 |         |        |          |        |       |  |  |
| 11   | Mat up short                   |         |        |          |        |       |  |  |
| 12   | Medium                         |         |        |          |        |       |  |  |
|      | Totals                         |         |        |          |        | / 48  |  |  |
|      | Percentage                     |         |        |          |        |       |  |  |
|      | on 1st jack                    |         |        | 12       |        |       |  |  |
|      | on 2nd jack                    |         |        | 12       |        |       |  |  |
|      | on 3rd jack                    |         |        | 12       |        |       |  |  |
|      | on 4th jack                    |         |        | 12       |        |       |  |  |
|      | on mat back sho                | π       |        | 12       |        |       |  |  |
|      | on mat up short                |         |        | 12<br>12 |        |       |  |  |
|      | on long ends<br>on medium ends |         |        | 12       |        |       |  |  |
|      | on short ends                  |         |        | 24       |        |       |  |  |
| 0.01 | USE 4 JACKS P                  |         | ND - 4 |          | ch len | ath   |  |  |
|      | 1 point for Drav               |         |        |          |        | -     |  |  |
|      | lf no s                        | score - | Mark   | with     |        |       |  |  |
|      | N = Narrow W =                 | Wide    | s =    | Short    | L = L  | .ong  |  |  |

|       | Jack Rolling Drill<br>Name and Da<br>Venue/Conditi d: |     |      |     |         |       |  |
|-------|---|-----|------|-----|---------|-------|--|
| End   | Length  | 1st | 2nd  | 3rd | 4th     | Total |  |
| 1     | T to T  |     |      |     |         |       |  |
| 2     | Mat back short  |     |      |     |         |       |  |
| 3     | Mat up short  |     |      |     |         |       |  |
| 4     | Medium  |     |      |     |         |       |  |
| 5     | T to T  |     |      |     |         |       |  |
| 6     | Mat back short  |     |      |     |         |       |  |
| 7     | Mat up short  |     |      |     |         |       |  |
| 8     | Medium  |     |      |     |         |       |  |
| 9     | T to T  |     |      |     |         |       |  |
| 10    | Mat back short  |     |      |     |         |       |  |
| 11    | Mat up short  |     |      |     |         |       |  |
| 12    | Medium  |     |      |     |         |       |  |
|       | Totals  |     |      |     |         | / 48  |  |
| Total | Percentage<br>on 1st jack                             |     |      | 12  |         |       |  |
|       | on 2nd jack   |     |      | 12  |         |       |  |
|       | on 3rd jack   |     |      | 12  |         |       |  |
|       | on 4th jack   |     |      | 12  |         |       |  |
| Total | on mat back sho                                       | rt  |      | 12  |         |       |  |
| Total | on mat up short                                       |     |      | 12  |         |       |  |
| Total | on long ends  |     |      | 12  |         |       |  |
| Total | on medium ends  |     |      | 12  |         |       |  |
| Total | on short ends   |     |      | 24  |         |       |  |
|       | USE 4 JACKS P<br>1 point for Drav                     |     |      |     |         |       |  |
|       |   | -   | Mark |     | .9 2010 | -     |  |
|       | N = Narrow W =  |     |      |     | L = L   | .ong  |  |

|       | 40 I<br>e and Da<br>e/Condi   |                |                        | BOWLS       | ed:         |                |
|-------|---|----------------|------------------------|-------------|-------------|----------------|
| End   | No. of<br>Bowls   | Hand<br>Played | Jack<br>Position       | 1st<br>Bowl | 2nd<br>Bowl | Total<br>Score |
| 1     | 2   | F/Hand         | Long                   |             |             |                |
| 1     | 2   | F/Hand         | Short                  |             |             |                |
| 2     | 2   | B/Hand         | Long                   |             |             |                |
| 2     | 2   | B/Hand         | Short                  |             |             |                |
| 3     | 2   | F/Hand         | Short                  |             |             |                |
| 3     | 2   | F/Hand         | Long                   |             |             |                |
| 4     | 2   | B/Hand         | Short                  |             |             |                |
| 4     | 2   | B/Hand         | Long                   |             |             |                |
| 5     | 2   | F/Hand         | Mat up                 |             |             |                |
| 5     | 2   | B/Hand         | Mat up                 |             |             |                |
| ~     | 2   | B/Hand         | Long                   |             |             |                |
| 6     | 2   | B/Hand         | Short                  |             |             |                |
| 7     | 2   | F/Hand         | Long                   |             |             |                |
| '     | 2   | F/Hand         | Short                  |             |             |                |
| •     | 2   | B/Hand         | Short                  |             |             |                |
| 8     | 2   | B/Hand         | Long                   |             |             |                |
| •     | 2   | F/Hand         | Short                  |             |             |                |
| 9     | 2   | F/Hand         | Long                   |             |             |                |
| 10    | 2   | B/Hand         | Short                  |             |             |                |
| 10    | 2   | B/Hand         | Long                   |             |             |                |
| Tot   | al Bowls  | within a M     | at Length              |             |             | / 40           |
|       |   |                | Percentage             |             |             |                |
| Total | on shor   | t ends         |                        |             | 22          |                |
| Total | on long   | ends           |                        |             | 18          |                |
| Total | on forel  | hand sho       | ort                    |             | 10          |                |
| Total | on forel  | nand long      | g                      |             | 8           |                |
| Total | on back   | khand sh       | ort                    |             | 12          |                |
| Total | on back   | hand lor       | ng                     |             | 10          |                |
| 1     | 1 Point for each bowl within a MAT LENGTH of the Jack<br>4 Points Total Per End |                |                        |             |             |                |
|       | N = Na  | lf no          | score - Ma<br>= Wide S | ark with    |             | ong            |

|   | Driv       | e & Dr   | aw Dri |            |                           |           |  |  |  |  |  |  |  |
|---|------------|----------|--------|------------|---------------------------|-----------|--|--|--|--|--|--|--|
| Name  | e and Dat  | )        |        |            | <b>BOWLS</b><br>AUSTRALIA | <b>1</b>  |  |  |  |  |  |  |  |
| Venu  | e/Conditio | :        |        |            |                           | eed       |  |  |  |  |  |  |  |
| End   | Hand &     | Bowl     | 1&3    | Bowl 2     | & 4                       | Total     |  |  |  |  |  |  |  |
| Ena   | Length     | DR       | IVE    | DRAW       | то                        | Score     |  |  |  |  |  |  |  |
| 1   | F/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 1   | Medium     | Drive    |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 2   | B/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 2   | Long       | Dive     |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 3   | F/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 3   | Short      | Dive     |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 4   | B/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 4   | Medium     | Dive     |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 5   | F/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 3   | Long       | Dive     |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 6   | B/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 0   | Short      | Diive    |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 7   | F/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 1   | Medium     | Drive    |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 8   | B/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 0   | Long       | Diive    |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 9   | F/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 3   | Short      | Dive     |        | Boundary   |                           |           |  |  |  |  |  |  |  |
| 10  | B/Hand     | Drive    |        | Ditch      |                           |           |  |  |  |  |  |  |  |
| 10  | Medium     | Dilve    |        | Boundary   |                           |           |  |  |  |  |  |  |  |
|   | Totals     |          |        |            |                           | / 40      |  |  |  |  |  |  |  |
|   |            | rcentage |        | Percentage |                           |           |  |  |  |  |  |  |  |
|   | on foreha  |          |        |            | 10                        |           |  |  |  |  |  |  |  |
|   | on backh   |          |        |            | 10                        |           |  |  |  |  |  |  |  |
|   | on F/H di  |          |        |            | 5                         |           |  |  |  |  |  |  |  |
|   | on F/H b   |          |        |            | 5                         |           |  |  |  |  |  |  |  |
| Total on B/H ditch draw 5                                 |            |          |        |            |                           |           |  |  |  |  |  |  |  |
| Total on B/H boundary draw 5                              |            |          |        |            |                           |           |  |  |  |  |  |  |  |
| 1 point for hitting the Driving target                    |            |          |        |            |                           |           |  |  |  |  |  |  |  |
| 1 point for Drawing within a mat and a half of the target |            |          |        |            |                           | ne target |  |  |  |  |  |  |  |
|   |            |          |        | Mark with  |                           |           |  |  |  |  |  |  |  |
|   | N = Narr   | ow W     | = Wide | S = Short  | : L = L(                  | ong       |  |  |  |  |  |  |  |
|   |            |          |        |            |                           |           |  |  |  |  |  |  |  |

|              |  | ouping    | Drill       |             | BOW         |             |  |  |  |  |  |  |
|--------------|--|-----------|-------------|-------------|-------------|-------------|--|--|--|--|--|--|
|              | e and Da                               |           |             |             | AUSTRA      |             |  |  |  |  |  |  |
| Venu         | e/Conditi                              |           |             |             |             | ed:         |  |  |  |  |  |  |
| End          | Hand                                   | Length    | 2nd<br>Bowl | 3rd<br>Bowl | 4th<br>Bowl | Total Score |  |  |  |  |  |  |
| 1            | F/Hand                                 | Long      |             |             |             |             |  |  |  |  |  |  |
| 2            | B/Hand                                 | Short     |             |             |             |             |  |  |  |  |  |  |
| 3            | F/Hand                                 | Short     |             |             |             |             |  |  |  |  |  |  |
| 4            | B/Hand                                 | Long      |             |             |             |             |  |  |  |  |  |  |
| 5            | F/Hand                                 | Long      |             |             |             |             |  |  |  |  |  |  |
| 6            | B/Hand                                 | Short     |             |             |             |             |  |  |  |  |  |  |
| 7            | F/Hand                                 | Short     |             |             |             |             |  |  |  |  |  |  |
| 8            | B/Hand                                 | Long      |             |             |             |             |  |  |  |  |  |  |
| 9            | F/Hand                                 | Long      |             |             |             |             |  |  |  |  |  |  |
| 10           | B/Hand                                 | Short     |             |             |             |             |  |  |  |  |  |  |
| 11           | F/Hand                                 | Short     |             |             |             |             |  |  |  |  |  |  |
| 12           | B/Hand                                 | Long      |             |             |             |             |  |  |  |  |  |  |
|              | Totals                                 |           |             |             |             | / 36        |  |  |  |  |  |  |
| <b>-</b> · · |  | ercentage |             |             |             |             |  |  |  |  |  |  |
|              | on foreh                               |           |             |             | 18          |             |  |  |  |  |  |  |
|              | on back                                |           |             |             | 18          |             |  |  |  |  |  |  |
|              | on foreh<br>on foreh                   |           |             |             | 9<br>9      |             |  |  |  |  |  |  |
|              | on back                                |           |             | 9           |             |             |  |  |  |  |  |  |
|              | on back                                |           |             | 9           |             |             |  |  |  |  |  |  |
|              | point for                              |           |             | mat leng    |             | first bowl  |  |  |  |  |  |  |
|              |  |           |             | Mark w      |             |             |  |  |  |  |  |  |
|              | N = Nar                                |           |             |             |             | = Long      |  |  |  |  |  |  |
|              | N = Narrow W = Wide S = Short L = Long |           |             |             |             |             |  |  |  |  |  |  |

|       | 40 l<br>e and Da<br>e/Condi   | BOWLS          | ed:              |             |             |                |
|-------|---|----------------|------------------|-------------|-------------|----------------|
| End   | No. of<br>Bowls   | Hand<br>Played | Jack<br>Position | 1st<br>Bowl | 2nd<br>Bowl | Total<br>Score |
| 1     | 2   | F/Hand         | Long             |             |             |                |
|       | 2   | F/Hand         | Short            |             |             |                |
| 2     | 2   | B/Hand         | Long             |             |             |                |
| 2     | 2   | B/Hand         | Short            |             |             |                |
| 3     | 2   | F/Hand         | Short            |             |             |                |
| 3     | 2   | F/Hand         | Long             |             |             |                |
| 4     | 2   | B/Hand         | Short            |             |             |                |
| 4     | 2   | B/Hand         | Long             |             |             |                |
| 5     | 2   | F/Hand         | Mat up           |             |             |                |
| 5     | 2   | B/Hand         | Mat up           |             |             |                |
| 6     | 2   | B/Hand         | Long             |             |             |                |
| 0     | 2   | B/Hand         | Short            |             |             |                |
| 7     | 2   | F/Hand         | Long             |             |             |                |
| '     | 2   | F/Hand         | Short            |             |             |                |
| 8     | 2   | B/Hand         | Short            |             |             |                |
| 0     | 2   | B/Hand         | Long             |             |             |                |
| 9     | 2   | F/Hand         | Short            |             |             |                |
| 9     | 2   | F/Hand         | Long             |             |             |                |
| 10    | 2   | B/Hand         | Short            |             |             |                |
| 10    | 2   | B/Hand         | Long             |             |             |                |
| Tot   | al Bowls  | within a M     | lat Length       |             |             | / 40           |
|       |   |                | Percentage       |             |             |                |
| Total | on shor   | t ends         |                  |             | 22          |                |
| Total | on long   | ends           |                  |             | 18          |                |
| Total | on fore   | hand sho       | ort              |             | 10          |                |
|       |   | hand long      | 0                |             | 8           |                |
| Total | on back   | khand sh       | ort              |             | 12          |                |
| Total | on back   | khand lor      | ng               |             | 10          |                |
| 1     | 1 Point for each bowl within a MAT LENGTH of the Jack<br>4 Points Total Per End |                |                  |             |             |                |
|       |   |                | score - Ma       |             |             |                |
|       | N = Na  | rrow W         | =Wide S          | s = Shor    | t L=L       | .ong           |

|                        | Jack<br>e and Da<br>e/Conditi |              | wl Drill     | BOV         | ed:         |  |
|------------------------|-------------------------------|--------------|--------------|-------------|-------------|--|
| End                    | Hand                          | Length       | 1st Bowl     | 2nd Bowl    | Total Score |  |
| 1                      | F/Hand                        | Long         |              |             |             |  |
| I                      | F/Hand                        | Short        |              |             |             |  |
| 2                      | B/Hand                        | Long         |              |             |             |  |
| L                      | B/Hand                        | Short        |              |             |             |  |
| 3                      | F/Hand                        | Long         |              |             |             |  |
| 0                      | F/Hand                        | Medium       |              |             |             |  |
| 4                      | B/Hand                        | Medium       |              |             |             |  |
|                        | B/Hand                        | Short        |              |             |             |  |
| 5                      | F/Hand                        | Long         |              |             |             |  |
| 5                      | F/Hand                        | Medium       |              |             |             |  |
| 6                      | B/Hand                        | Medium       |              |             |             |  |
| U                      | B/Hand                        | Short        |              |             |             |  |
|                        | Total                         | s            |              |             | / 24        |  |
|                        |                               | Percentage   |              |             |             |  |
|                        | on 1st b                      |              |              | 12          |             |  |
|                        | on 2nd b<br>on foreh          |              |              | 12<br>12    |             |  |
|                        | on back                       |              |              | 12          |             |  |
|                        | on long                       |              |              | 8           |             |  |
| Total on medium ends 8 |                               |              |              |             |             |  |
| Total on short ends 8  |                               |              |              |             |             |  |
|                        |                               |              | PER END - 2  |             | -           |  |
|                        | •                             |              | within a mat | •           |             |  |
| lf                     | no score -                    | Mark with: N | N: Narrow W: | Wide S: Sho | rt L: Long  |  |

|       | Gro<br>e and Da<br>e/Conditi |                               | Drill       |  | <b>BO</b><br>AUST | ed:         |  |
|-------|------------------------------|-------------------------------|-------------|--|-------------------|-------------|--|
| End   | Hand                         | Length                        | 2nd<br>Bowl | 3rd<br>Bowl                              | 4th<br>Bowl       | Total Score |  |
| 1     | F/Hand                       | Long                          |             |  |                   |             |  |
| 2     | B/Hand                       | Short                         |             |  |                   |             |  |
| 3     | F/Hand                       | Short                         |             |  |                   |             |  |
| 4     | B/Hand                       | Long                          |             |  |                   |             |  |
| 5     | F/Hand                       | Long                          |             |  |                   |             |  |
| 6     | B/Hand                       | Short                         |             |  |                   |             |  |
| 7     | F/Hand                       | Short                         |             |  |                   |             |  |
| 8     | B/Hand                       | Long                          |             |  |                   |             |  |
| 9     | F/Hand                       | Long                          |             |  |                   |             |  |
| 10    | B/Hand                       | Short                         |             |  |                   |             |  |
| 11    | F/Hand                       | Short                         |             |  |                   |             |  |
| 12    | B/Hand                       | Long                          |             |  |                   |             |  |
|       | Totals                       |                               |             |  |                   | / 36        |  |
| Total | Pe<br>on foreh               | ercentage<br><mark>and</mark> |             |  | 18                |             |  |
|       | on backl                     |                               |             |  | 18                |             |  |
|       | on foreh                     |                               |             |  | 9                 |             |  |
|       | on foreh                     |                               |             |  | 9                 |             |  |
|       | on back                      |                               | -           |  | 9                 |             |  |
|       | on back                      |                               |             | <b>9</b><br>mat length of the first bowl |                   |             |  |
|       |                              | -                             |             | Mark w                                   |                   |             |  |
|       | N = Nar                      | row W                         | = Wide      | S = Sł                                   | nort L =          | = Long      |  |

|     | 40 I<br>e and Da<br>ie/Condi |                |                        | BOWLS       | ed:         |                |
|-----|------------------------------|----------------|------------------------|-------------|-------------|----------------|
| End | No. of<br>Bowls              | Hand<br>Played | Jack<br>Position       | 1st<br>Bowl | 2nd<br>Bowl | Total<br>Score |
| 1   | 2                            | F/Hand         | Long                   |             |             |                |
|     | 2                            | F/Hand         | Short                  |             |             |                |
| 2   | 2                            | B/Hand         | Long                   |             |             |                |
| 2   | 2                            | B/Hand         | Short                  |             |             |                |
| 3   | 2                            | F/Hand         | Short                  |             |             |                |
| 5   | 2                            | F/Hand         | Long                   |             |             |                |
| 4   | 2                            | B/Hand         | Short                  |             |             |                |
| -   | 2                            | B/Hand         | Long                   |             |             |                |
| 5   | 2                            | F/Hand         | Mat up                 |             |             |                |
| 5   | 2                            | B/Hand         | Mat up                 |             |             |                |
| 6   | 2                            | B/Hand         | Long                   |             |             |                |
| 0   | 2                            | B/Hand         | Short                  |             |             |                |
| 7   | 2                            | F/Hand         | Long                   |             |             |                |
| '   | 2                            | F/Hand         | Short                  |             |             |                |
| 8   | 2                            | B/Hand         | Short                  |             |             |                |
| Ŭ   | 2                            | B/Hand         | Long                   |             |             |                |
| 9   | 2                            | F/Hand         | Short                  |             |             |                |
| 3   | 2                            | F/Hand         | Long                   |             |             |                |
| 10  | 2                            | B/Hand         | Short                  |             |             |                |
| 10  | 2                            | B/Hand         | Long                   |             |             |                |
| Tot | al Bowls                     | within a M     | at Length              |             |             | / 40           |
|     |                              |                | Percentage             |             |             |                |
|     | on shor                      |                |                        |             | 22          |                |
|     | on long                      |                |                        |             | 18          |                |
|     |                              | hand sho       |                        |             | 10          |                |
|     |                              | hand lon       | -                      |             | 8           |                |
|     |                              | khand sh       |                        |             | 12          |                |
|     |                              | khand lor      | -                      |             | 10          |                |
| 1   | Point for                    |                | l within a M           |             |             | ne Jack        |
|     |                              |                | oints Total I          |             |             |                |
|     | N = Na                       |                | score - Ma<br>= Wide S |             | t L=L       | ong            |
|     |                              |                |                        |             |             | <u> </u>       |

|       | Jack<br>e and Da<br>e/Conditi |            | wl Drill                 | BOW             | ed:         |
|-------|-------------------------------|------------|--------------------------|-----------------|-------------|
| End   | Hand                          | Length     | 1st Bowl                 | 2nd Bowl        | Total Score |
| 1     | F/Hand                        | Long       |                          |                 |             |
| •     | F/Hand                        | Short      |                          |                 |             |
| 2     | B/Hand                        | Long       |                          |                 |             |
| _     | B/Hand                        | Short      |                          |                 |             |
| 3     | F/Hand                        | Long       |                          |                 |             |
| •     | F/Hand                        | Medium     |                          |                 |             |
| 4     | B/Hand                        | Medium     |                          |                 |             |
| -     | B/Hand                        | Short      |                          |                 |             |
| 5     | F/Hand                        | Long       |                          |                 |             |
| •     | F/Hand                        | Medium     |                          |                 |             |
| 6     | B/Hand                        | Medium     |                          |                 |             |
| •     | B/Hand                        | Short      |                          |                 |             |
|       | Total                         | -          |                          |                 | / 24        |
| Total |                               | Percentage |                          | 40              |             |
|       | on 1st b<br>on 2nd b          |            |                          | <u>12</u><br>12 |             |
|       | on foreh                      |            |                          | 12              |             |
|       | on back                       |            |                          | 12              |             |
| Total | on long                       | ends       |                          | 8               |             |
| Total | on medi                       | um ends    |                          | 8               |             |
| Total | on short                      |            |                          | 8               |             |
|       |                               |            | PER END - 2              |                 | -           |
|       | 1 point fo                    | ÷          | within a mat             | ÷               | e Jack      |
|       | N = Nar                       |            | score - Mark<br>Wide S = |                 | = Long      |

|   | Weigl<br>e and Da<br>e/Condit |                            | ol Drill    |             | BOW         | ed:         |
|---|-------------------------------|----------------------------|-------------|-------------|-------------|-------------|
| End   | Hand                          | Length                     | 2nd<br>Bowl | 3rd<br>Bowl | 4th<br>Bowl | Total Score |
| 1   | F/Hand                        | Short to<br>Long           |             |             |             |             |
| 2   | B/Hand                        | Long to<br>Short           |             |             |             |             |
| 3   | F/Hand                        | Short to<br>Long           |             |             |             |             |
| 4   | B/Hand                        | Long to<br>Short           |             |             |             |             |
| 5   | F/Hand                        | Long to<br>Short           |             |             |             |             |
| 6   | B/Hand                        | Short to<br>Long           |             |             |             |             |
| 7   | F/Hand                        | Long to<br>Short           |             |             |             |             |
| 8   | B/Hand                        | Short to<br>Long           |             |             |             |             |
| 9   | F/Hand                        | Long to<br>Short           |             |             |             |             |
| 10  | B/Hand                        | Short to<br>Long           |             |             |             |             |
|   | Total                         | <b>s</b><br>Percentage     |             |             |             | / 30        |
| Bowls   |                               | Short to Lon               | g           |             | 15          |             |
| Bowls   | inside 3m l                   | _ong to Sho                | rt          |             | 15          |             |
| Bowls   | inside 3m o                   | on Forehand                | d d         |             | 15          |             |
| Bowls   | inside 3m o                   | on Backhan                 |             |             | 15          |             |
| OBJECTIVE<br>This drill is to improve Weight Control<br>Play your first bowl to the length required, long or short. |                               |                            |             |             |             |             |
|   |                               | decrease e<br>wls, by incr |             |             | -           |             |

finish inside 3 metres from the first bowl (see examples page)

You only count bowls which increase or decrease in length. Once you fail to increase or decrease on the previous bowl, you forfeit the other bowls.

| Name         | Draw to Ditch Drill Name and Da |            |                          |                 |             |  |  |  |
|--------------|---------------------------------|------------|--------------------------|-----------------|-------------|--|--|--|
|              | e/Condit                        |            |                          |                 | ed:         |  |  |  |
| End          | Hand                            | Length     | 1st Bowl                 | 2nd Bowl        | Total Score |  |  |  |
| 1            | F/Hand                          | Medium     |                          |                 |             |  |  |  |
|              | B/Hand                          | Medium     |                          |                 |             |  |  |  |
| 2            | F/Hand                          | Long       |                          |                 |             |  |  |  |
|              | B/Hand                          | Long       |                          |                 |             |  |  |  |
| 3            | F/Hand                          | Short      |                          |                 |             |  |  |  |
| _            | B/Hand                          | Short      |                          |                 |             |  |  |  |
| 4            | B/Hand                          | Medium     |                          |                 |             |  |  |  |
|              | F/Hand                          | Medium     |                          |                 |             |  |  |  |
| 5            | B/Hand                          | Short      |                          |                 |             |  |  |  |
|              | F/Hand                          | Short      |                          |                 |             |  |  |  |
| 6            | B/Hand                          | Long       |                          |                 |             |  |  |  |
|              | F/Hand                          | Long       |                          |                 |             |  |  |  |
|              | Total                           | S          |                          |                 | / 24        |  |  |  |
| <b>T</b> / 1 |                                 | Percentage |                          |                 |             |  |  |  |
|              | on 1st b<br>on 2nd b            |            |                          | <u>12</u><br>12 |             |  |  |  |
|              | on foreh                        |            |                          | 12              |             |  |  |  |
|              | on back                         |            |                          | 12              |             |  |  |  |
| Total        | on long                         | ends       |                          | 8               |             |  |  |  |
| Total        | on medi                         | um ends    |                          | 8               |             |  |  |  |
| Total        | on short                        | ends       |                          | 8               |             |  |  |  |
|              | USE 4 I                         | BOWLS F    | PER END -                | 2 on each       | hand        |  |  |  |
| 1            | I point for                     | Drawing w  | vithin a mat a           | nd a half of    | the Jack    |  |  |  |
| I            |                                 |            | 1 metre eith             |                 |             |  |  |  |
|              | Use Jac                         |            | o indicate wh            |                 | n ditch     |  |  |  |
|              | N = Nar                         |            | score - Marl<br>Wide S = |                 | - Long      |  |  |  |

| Conversion Drill<br>Name and Da<br>Venue/Condit ed:   |        |            |            |           |                 |          |             |
|---|--------|------------|------------|-----------|-----------------|----------|-------------|
| End   | Hand   | Length     | 1st E<br>T | Bowl<br>W | 2nd Bowl<br>T W |          | Total Score |
|   | F/Hand | Short      | -          |           |                 |          |             |
| 1   | F/Hand | Short      |            |           |                 |          |             |
|   | B/Hand | Short      |            |           |                 |          |             |
| 2   | B/Hand | Short      |            |           |                 |          |             |
| 0   | F/Hand | Medium     |            |           |                 |          |             |
| 3   | F/Hand | Medium     |            |           |                 |          |             |
| 4   | B/Hand | Medium     |            |           |                 |          |             |
| 4   | B/Hand | Medium     |            |           |                 |          |             |
| 5   | F/Hand | Long       |            |           |                 |          |             |
| J   | F/Hand | Long       |            |           |                 |          |             |
| 6   | B/Hand | Long       |            |           |                 |          |             |
| U   | B/Hand | Long       |            |           |                 |          |             |
|   | Total  |            |            |           |                 | / 48     |             |
| Tatal   |        | Percentage |            |           |                 | 0.4      |             |
| Total on Target (T)24Total correct Weight (W)24   |        |            |            |           |                 |          |             |
|   |        | <b>.</b> . | •)         |           |                 | 24<br>24 |             |
| Total on forehand24Total on backhand24  |        |            |            |           |                 |          |             |
| Total on long ends 16   |        |            |            |           |                 |          |             |
| Total on medium ends 16   |        |            |            |           |                 |          |             |
| Total on short ends 16  |        |            |            |           |                 |          |             |
| Short/Meduim: Play 2 bowls through bowl/jack target (5m from T) to<br>finish between T & ditch, then 2 bowls through target to finish 1 metre<br>past. Long: play 2 bowls around front target through the target on the T<br>with swinging weight into the ditch, then 2 bowls through the target on<br>the T with weight to stay on the green. |        |            |            |           |                 |          |             |
| 1 point for hitting bowl/jack target, 1 point for correct weight  |        |            |            |           |                 |          |             |

| Driving Drill  |          |            |          |          |             |  |  |  |
|--|----------|------------|----------|----------|-------------|--|--|--|
| Name and Da  |          |            |          |          |             |  |  |  |
| Venue/Condit ed:   |          |            |          |          |             |  |  |  |
| End  | Hand     | Length     | 1st Bowl | 2nd Bowl | Total Score |  |  |  |
| 1  | F/Hand   | Short      |          |          |             |  |  |  |
|  | B/Hand   | Short      |          |          |             |  |  |  |
| 2  | B/Hand   | Short      |          |          |             |  |  |  |
| 2  | F/Hand   | Short      |          |          |             |  |  |  |
| 3  | F/Hand   | Medium     |          |          |             |  |  |  |
| Ū  | B/Hand   | Medium     |          |          |             |  |  |  |
| 4  | B/Hand   | Medium     |          |          |             |  |  |  |
| •  | F/Hand   | Medium     |          |          |             |  |  |  |
| 5  | F/Hand   | Long       |          |          |             |  |  |  |
| 0  | B/Hand   | Long       |          |          |             |  |  |  |
| 6  | B/Hand   | Long       |          |          |             |  |  |  |
| Ū  | F/Hand   | Long       |          |          |             |  |  |  |
| Totals / 24  |          |            |          |          |             |  |  |  |
|  |          | Percentage |          |          |             |  |  |  |
| Total on 1st bowl12Total on 2nd bowl12                               |          |            |          |          |             |  |  |  |
|  | on foreh |            | 12<br>12 |          |             |  |  |  |
|  | on back  |            |          | 12       |             |  |  |  |
|  | on long  |            |          | 8        |             |  |  |  |
|  | on medi  |            |          | 8        |             |  |  |  |
| Total on short ends 8  |          |            |          |          |             |  |  |  |
| USE 4 BOWLS PER END - 2 on each hand<br>Target - One Bowl / Flapjack |          |            |          |          |             |  |  |  |
| 1 point for hitting the target                                       |          |            |          |          |             |  |  |  |
| If no score - Mark with  |          |            |          |          |             |  |  |  |
| N = Narrow W = Wide  |          |            |          |          |             |  |  |  |

|   | 40 I<br>e and Da<br>e/Condi |                |                  | BOWLS<br>AUSTRALIA<br>ed: |             |                |  |
|---|-----------------------------|----------------|------------------|---------------------------|-------------|----------------|--|
| End   | No. of<br>Bowls             | Hand<br>Played | Jack<br>Position | 1st<br>Bowl               | 2nd<br>Bowl | Total<br>Score |  |
| 1   | 2                           | F/Hand         | Long             |                           |             |                |  |
|   | 2                           | F/Hand         | Short            |                           |             |                |  |
| 2   | 2                           | B/Hand         | Long             |                           |             |                |  |
| -   | 2                           | B/Hand         | Short            |                           |             |                |  |
| 3   | 2                           | F/Hand         | Short            |                           |             |                |  |
| 5   | 2                           | F/Hand         | Long             |                           |             |                |  |
| 4   | 2                           | B/Hand         | Short            |                           |             |                |  |
| 7   | 2                           | B/Hand         | Long             |                           |             |                |  |
| 5   | 2                           | F/Hand         | Mat up           |                           |             |                |  |
| 5   | 2                           | B/Hand         | Mat up           |                           |             |                |  |
| 6   | 2                           | B/Hand         | Long             |                           |             |                |  |
| 0   | 2                           | B/Hand         | Short            |                           |             |                |  |
| 7   | 2                           | F/Hand         | Long             |                           |             |                |  |
| '   | 2                           | F/Hand         | Short            |                           |             |                |  |
| 8   | 2                           | B/Hand         | Short            |                           |             |                |  |
| 0   | 2                           | B/Hand         | Long             |                           |             |                |  |
| 9   | 2                           | F/Hand         | Short            |                           |             |                |  |
| 9   | 2                           | F/Hand         | Long             |                           |             |                |  |
| 40  | 2                           | B/Hand         | Short            |                           |             |                |  |
| 10  | 2                           | B/Hand         | Long             |                           |             |                |  |
| Tot   | al Bowls                    | within a M     | at Length        |                           |             | / 40           |  |
|   |                             |                | Percentage       |                           |             |                |  |
|   | on shor                     |                |                  |                           | 22          |                |  |
| Total   | on long                     | ends           |                  |                           | 18          |                |  |
|   |                             | hand sho       |                  | 10                        |             |                |  |
| Total   | on forel                    | hand long      |                  | 8                         |             |                |  |
|   |                             | khand sh       | 12               |                           |             |                |  |
|   |                             | khand lon      |                  | 10                        |             |                |  |
| 1 Point for each bowl within a MAT LENGTH of the Jack             |                             |                |                  |                           |             |                |  |
| 4 Points Total Per End  |                             |                |                  |                           |             |                |  |
| If no score - Mark with<br>N = Narrow W = Wide S = Short L = Long |                             |                |                  |                           |             |                |  |
|   |                             |                |                  |                           |             |                |  |

| Jack & 2 Bowl Drill<br>Name and Dat<br>Venue/Conditi ed: |           |            |             |          |             |  |  |
|--|-----------|------------|-------------|----------|-------------|--|--|
| End  | Hand      | Length     | 1st Bowl    | 2nd Bowl | Total Score |  |  |
| 1  | F/Hand    | Long       |             |          |             |  |  |
|  | F/Hand    | Short      |             |          |             |  |  |
| 2  | B/Hand    | Long       |             |          |             |  |  |
| _  | B/Hand    | Short      |             |          |             |  |  |
| 3  | F/Hand    | Long       |             |          |             |  |  |
| Ū  | F/Hand    | Medium     |             |          |             |  |  |
| 4  | B/Hand    | Medium     |             |          |             |  |  |
|  | B/Hand    | Short      |             |          |             |  |  |
| 5  | F/Hand    | Long       |             |          |             |  |  |
|  | F/Hand    | Medium     |             |          |             |  |  |
| 6  | B/Hand    | Medium     |             |          |             |  |  |
| U  | B/Hand    | Short      |             |          |             |  |  |
|  | Totals    | 5          |             |          | / 24        |  |  |
|  |           | Percentage |             |          |             |  |  |
|  | on 1st be |            |             | 12       |             |  |  |
|  | on 2nd b  | -          |             | 12       |             |  |  |
|  | on foreh  |            |             | 12       |             |  |  |
| Total on backhand 12                                     |           |            |             |          |             |  |  |
| Total on long ends8Total on medium ends8                 |           |            |             |          |             |  |  |
| I otal on medium ends8Total on short ends8               |           |            |             |          |             |  |  |
| USE 4 BOWLS PER END - 2 to each length                   |           |            |             |          |             |  |  |
| 1 point for Drawing within a mat length of the Jack      |           |            |             |          |             |  |  |
|  |           |            | core - Mark |          |             |  |  |
| N = Narrow W = Wide S = Short L = Long                   |           |            |             |          |             |  |  |

| Jack Rolling Drill                          |  |     |     |          |     |       |  |  |
|---|--|-----|-----|----------|-----|-------|--|--|
| Name and Da                                 |  |     |     |          |     |       |  |  |
| Venu  | Venue/Conditi d:                       |     |     |          |     |       |  |  |
| End   | Length                                 | 1st | 2nd | 3rd      | 4th | Total |  |  |
| 1   | T to T                                 |     |     |          |     |       |  |  |
| 2   | Mat back short                         |     |     |          |     |       |  |  |
| 3   | Mat up short                           |     |     |          |     |       |  |  |
| 4   | Medium                                 |     |     |          |     |       |  |  |
| 5   | T to T                                 |     |     |          |     |       |  |  |
| 6   | Mat back short                         |     |     |          |     |       |  |  |
| 7   | Mat up short                           |     |     |          |     |       |  |  |
| 8   | Medium                                 |     |     |          |     |       |  |  |
| 9   | T to T                                 |     |     |          |     |       |  |  |
| 10  | Mat back short                         |     |     |          |     |       |  |  |
| 11  | Mat up short                           |     |     |          |     |       |  |  |
| 12  | Medium                                 |     |     |          |     |       |  |  |
|   | Totals                                 |     |     |          |     | / 48  |  |  |
| <b>T</b> . ( - '                            | Percentage                             |     |     |          |     |       |  |  |
|   | on 1st jack<br>on 2nd jack             |     |     | 12<br>12 |     |       |  |  |
|   | on 3rd jack                            |     |     | 12       |     |       |  |  |
|   | on 4th jack                            |     |     | 12       |     |       |  |  |
| Total on mat back short12                   |  |     |     |          |     |       |  |  |
|   | on mat up short                        |     |     | 12       |     |       |  |  |
| Total                                       | on long ends                           |     |     | 12       |     |       |  |  |
|   | Total on medium ends 12                |     |     |          |     |       |  |  |
| Total                                       | Total on short ends 24                 |     |     |          |     |       |  |  |
|   | USE 4 JACKS PER END - 4 to each length |     |     |          |     |       |  |  |
| 1 point for Drawing within the scoring zone |  |     |     |          |     |       |  |  |