

## 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 1 m short of the T , place mat behind T .
Second rink (opposite direction): place a CD on the 21 m and 23 m marks, place mat behind T .
Third rink: place a $C D 1 \mathrm{~m}$ short of the T , place mat 1 m from minimum mark.
Fourth rink: place a CD 3 m from T and 5 m from T , place mat 4 m from T .
Process:
Up first rink: "T to $T$ ", with mat on $T$ roll 4 jacks to finish between the $C D 1 m$ 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 21 m \& 23 m
Up third rink: "Mat up short", with mat 1 m from 21 m 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 4 m from T roll 4 jacks to finish between CD's 3 m and 5 m 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.


| Drive \& Draw Drill <br> Name and Dat <br> Venue/Conditic |  |  |  | BOWIS <br> eed |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand \& Length | Bowl 1 \& 3 DRIVE |  | Bowl 2 \& 4 DRAW TO |  | Total Score |
| 1 | F/Hand <br> Medium | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 2 | B/Hand <br> Long | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 3 | F/Hand <br> Short | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 4 | B/Hand Medium | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 5 | F/Hand Long | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 6 | B/Hand Short | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 7 | F/Hand Medium | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 8 | B/Hand <br> Long | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 9 | F/Hand Short | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 10 | B/Hand | Drive |  | Ditch |  |  |
|  | Medium |  |  | Boundary |  |  |
| Totals |  |  |  | Percentage |  | 140 |
|  |  | centage |  |  |  |  |
| Total on forehand drive |  |  |  | 10 |  |  |
| Total on backhand drive |  |  |  | 10 |  |  |
| Total on F/H ditch draw |  |  |  | 5 |  |  |
| Total on F/H boundary draw |  |  |  | 5 |  |  |
| Total on B/H ditch draw |  |  |  | 5 |  |  |
| Total on $\mathrm{B} / \mathrm{H}$ boundary draw |  |  |  | 5 |  |  |
| 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 |  |  |  |  |  |  |
| $\mathrm{N}=$ Narrow $\mathrm{W}=$ Wide |  |  |  | S = Short L = Long |  |  |


| Drive \& Draw Drill Name and Dat Venue/Conditic |  |  |  | BOWIS |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand \& Length | $\begin{array}{r} \hline \text { Bowl } \\ \text { DR } \end{array}$ | $\begin{aligned} & \text { NI 1 \& } \\ & \text { RIVE } \end{aligned}$ | Bowl 2 <br> DRAW |  | Total <br> Score |
| 1 | F/Hand Medium | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 2 | B/Hand Long | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 3 | F/Hand Short | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 4 | B/Hand <br> Medium | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 5 | F/Hand Long | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 6 | B/Hand <br> Short | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 7 | F/Hand Medium | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 8 | B/Hand <br> Long | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 9 | F/Hand Short | Drive |  | Ditch |  |  |
|  |  |  |  | Boundary |  |  |
| 10 | B/Hand | Drive |  | Ditch |  |  |
|  | Medium |  |  | Boundary |  |  |
| Totals |  |  |  | Percentage |  | 140 |
| Percentage |  |  |  |  |  |  |
| Total on forehand drive |  |  |  | 10 |  |  |
| Total on backhand drive |  |  |  | 10 |  |  |
| Total on F/H ditch draw |  |  |  | 5 |  |  |
| Total on F/H boundary draw |  |  |  | 5 |  |  |
| Total on $\mathrm{B} / \mathrm{H}$ 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 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| If no score - Mark with |  |  |  |  |  |  |
| N = Narrow W |  |  | = Wid | S = Short | t $\mathrm{L}=$ |  |


| Drive \& Draw Drill <br> Name and Dat Venue/Conditic |  |  | BOWIS <br> eed |  |
| :---: | :---: | :---: | :---: | :---: |
| End | Hand \& Length | Bowl | Bowl 2 DRAW | Total Score |
| 1 | F/Hand Medium | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 2 | B/Hand <br> Long | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 3 | F/Hand Short | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 4 | B/Hand <br> Medium | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 5 | F/Hand Long | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 6 | B/Hand Short | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 7 | F/Hand <br> Medium | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 8 | B/Hand Long | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 9 | F/Hand <br> Short | Drive | Ditch |  |
|  |  |  | Boundary |  |
| 10 | B/Hand | Drive | Ditch |  |
|  | Medium |  | Boundary |  |
| Totals |  |  | Percentage | 140 |
| Percentage |  |  |  |  |
| Total on forehand drive |  |  | 10 |  |
| Total on backhand drive |  |  | 10 |  |
| Total on F/H ditch draw |  |  | 5 |  |
| Total on F/H boundary draw |  |  | 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 |  |  |  |  |
| If no score - Mark with |  |  |  |  |
| $\mathrm{N}=$ Narrow $\mathrm{W}=$ Wide $\mathrm{S}=$ Short $\mathrm{L}=$ Long |  |  |  |  |



| Nam Venu |  <br> and Da <br> e/Conditi | $2 \text { Bowl }$ |  | BOST |  | Nam Venu |  <br> and Da <br> e/Conditi | 2 Bowl |  | $\underset{\text { Bust }}{\text { BOI }}$ |  | Nam Venu |  <br> and Da <br> e/Conditi | 2 Bowl |  |  | $5$ <br> ed: |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand | Length | 1st Bowl | 2nd Bowl | Total Score | End | Hand | Length | 1st Bowl | 2nd Bowl | Total Score | End | Hand | Length | 1st Bowl | 2nd Bowl | Total Score |
| 1 | F/Hand | Long |  |  |  | 1 | F/Hand | Long |  |  |  | 1 | F/Hand | Long |  |  |  |
|  | F/Hand | Short |  |  |  |  | F/Hand | Short |  |  |  |  | F/Hand | Short |  |  |  |
| 2 | B/Hand | Long |  |  |  | 2 | B/Hand | Long |  |  |  | 2 | B/Hand | Long |  |  |  |
|  | B/Hand | Short |  |  |  |  | B/Hand | Short |  |  |  |  | B/Hand | Short |  |  |  |
| 3 | F/Hand | Long |  |  |  | 3 | F/Hand | Long |  |  |  | 3 | F/Hand | Long |  |  |  |
|  | F/Hand | Medium |  |  |  |  | F/Hand | Medium |  |  |  |  | F/Hand | Medium |  |  |  |
| 4 | B/Hand | Medium |  |  |  | 4 | B/Hand | Medium |  |  |  | 4 | B/Hand | Medium |  |  |  |
|  | B/Hand | Short |  |  |  |  | B/Hand | Short |  |  |  |  | B/Hand | Short |  |  |  |
| 5 | F/Hand | Long |  |  |  | 5 | F/Hand | Long |  |  |  | 5 | F/Hand | Long |  |  |  |
|  | F/Hand | Medium |  |  |  |  | F/Hand | Medium |  |  |  |  | F/Hand | Medium |  |  |  |
| 6 | B/Hand | Medium |  |  |  | 6 | B/Hand | Medium |  |  |  | 6 | B/Hand | Medium |  |  |  |
|  | B/Hand | Short |  |  |  |  | B/Hand | Short |  |  |  |  | B/Hand | Short |  |  |  |
| Totals |  |  |  |  | / 24 | Totals |  |  |  |  | / 24 | Totals |  |  |  |  | / 24 |
|  |  | Percentage |  |  |  | Percentage |  |  |  |  |  | Percentage |  |  |  |  |  |
| Total on 1st bowl |  |  |  | 12 |  | Total | on 1st bow |  |  | 12 |  | Total on 1st bowl |  |  |  | 12 |  |
| Tota | on 2nd bow | bowl |  | 12 |  | Total | on 2nd bow | bowl |  | 12 |  | Total | on 2nd bow | bowl |  | 12 |  |
| Tota | on foreh | and |  | 12 |  | Total | on foreh | and |  | 12 |  | Total | on foreh | and |  | 12 |  |
| Tota | on backh | hand |  | 12 |  | Total | on backh | hand |  | 12 |  | Total | on backh | hand |  | 12 |  |
| Tota | on long | ends |  | 8 |  | Total | on long end | ends |  | 8 |  | Total | on long end | ends |  | 8 |  |
| Tota | on mediu | um ends |  | 8 |  | Total | on medium | um ends |  | 8 |  | Total | on mediu | um ends |  | 8 |  |
| Tota | on short | ends |  | 8 |  | Total | on short | ends |  | 8 |  | Total | on short | ends |  | 8 |  |
|  | USE 4 B <br> 1 point f | BOWLS P <br> or Drawing | ER END <br> within a m | to each length of th | $\begin{aligned} & \text { ength } \\ & \text { e Jack } \end{aligned}$ |  | USE 4 BO <br> 1 point for | OOWLS P <br> or Drawing | ER END <br> within a m | to each length of th | ength <br> Jack |  | USE 4 B <br> 1 point for | OWLS P <br> Drawing | ERD <br> within a m | to each length of th | ngth <br> Jack |
|  | $\mathrm{N}=\mathrm{Narr}$ |  | Wide S | with <br> Short L | Long |  | $\mathrm{N}=\mathrm{Narrc}$ |  | Wide S | with <br> Short L | Long |  | $N=\text { Narr }$ |  | Wide S | with <br> Short L = | Long |


| Weig <br> Name and Da <br> Venue/Condit |  | t Contr | Dri |  | BOWIS <br> AUSTRALIA |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand | Length | 2nd <br> Bowl | 3rd Bowl | 4th Bowl | Total Score |
| 1 | F/Hand | Short to Long |  |  |  |  |
| 2 | B/Hand | Long to Short |  |  |  |  |
| 3 | F/Hand | Short to Long |  |  |  |  |
| 4 | B/Hand | Long to Short |  |  |  |  |
| 5 | F/Hand | Long to Short |  |  |  |  |
| 6 | B/Hand | Short to Long |  |  |  |  |
| 7 | F/Hand | Long to Short |  |  |  |  |
| 8 | B/Hand | Short to Long |  |  |  |  |
| 9 | F/Hand | Long to Short |  |  |  |  |
| 10 | B/Hand | Short to Long |  |  |  |  |
| Totals |  |  |  |  |  | / 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 |  |  |  |

## 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.

| Weigh <br> Name and Da Venue/Condit |  | Contr | Dri |  | BOWIS <br> ed: |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand | Length | 2nd <br> Bowl | 3rd Bowl | 4th Bowl | Total Score |
| 1 | F/Hand | Short to Long |  |  |  |  |
| 2 | B/Hand | Long to Short |  |  |  |  |
| 3 | F/Hand | Short to Long |  |  |  |  |
| 4 | B/Hand | Long to Short |  |  |  |  |
| 5 | F/Hand | Long to Short |  |  |  |  |
| 6 | B/Hand | Short to Long |  |  |  |  |
| 7 | F/Hand | Long to Short |  |  |  |  |
| 8 | B/Hand | Short to Long |  |  |  |  |
| 9 | F/Hand | Long to Short |  |  |  |  |
| 10 | B/Hand | Short to Long |  |  |  |  |
| Totals |  |  |  |  |  | / 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 |  |  |  |

## 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.

| Weig <br> Name and Da Venue/Condit |  | ht Contro | $\overline{\text { Dril }}$ |  | BOWIS $\qquad$ ed: |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand | Length | 2nd <br> Bowl | 3rd Bowl | 4th <br> Bowl | Total Score |
| 1 | F/Hand | Short to Long |  |  |  |  |
| 2 | B/Hand | Long to Short |  |  |  |  |
| 3 | F/Hand | Short to Long |  |  |  |  |
| 4 | B/Hand | Long to Short |  |  |  |  |
| 5 | F/Hand | Long to Short |  |  |  |  |
| 6 | B/Hand | Short to Long |  |  |  |  |
| 7 | F/Hand | Long to Short |  |  |  |  |
| 8 | B/Hand | Short to Long |  |  |  |  |
| 9 | F/Hand | Long to Short |  |  |  |  |
| 10 | B/Hand | Short to Long |  |  |  |  |
| Totals |  |  |  |  |  | 130 |
| 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 |  |  |  |

## 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.

| Draw to Ditch Drill <br> Name and Da <br> Venue/Conditi |  |  |  | BOWS <br> AUSTRALIA |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 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 |  |  |  |
| Totals |  |  |  |  | / 24 |
| Percentage |  |  |  |  |  |
| Total on 1st bowl |  |  | 12 |  |  |
| Total on 2nd bowl |  |  | 12 |  |  |
| Total on forehand |  |  | 12 |  |  |
| 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 on each hand 1 point for Drawing within a mat and a half of the Jack |  |  |  |  |  |
| Place a Jack in ditch 1 metre either side of centre line Use Jack marker to indicate where jack is in ditch |  |  |  |  |  |
| $\mathrm{N}=$ Narrow $\mathrm{W}=$ Wide $\mathrm{S}=$ Short $\mathrm{L}=$ Long |  |  |  |  |  |



| Conve <br> Name and Da Venue/Conditi |  | ersion |  |  | BOWIS ed: |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand | Length | 1st Bowl |  | 2nd Bowl |  | Total Score |
|  |  |  | T | W | T | W |  |
| 1 | F/Hand | Short |  |  |  |  |  |
|  | F/Hand | Short |  |  |  |  |  |
| 2 | B/Hand | Short |  |  |  |  |  |
|  | B/Hand | Short |  |  |  |  |  |
| 3 | F/Hand | Medium |  |  |  |  |  |
|  | F/Hand | Medium |  |  |  |  |  |
| 4 | B/Hand | Medium |  |  |  |  |  |
|  | B/Hand | Medium |  |  |  |  |  |
| 5 | F/Hand | Long |  |  |  |  |  |
|  | F/Hand | Long |  |  |  |  |  |
| 6 | B/Hand | Long |  |  |  |  |  |
|  | B/Hand | Long |  |  |  |  |  |
| Totals |  |  |  |  |  |  | 148 |
| Percentage |  |  |  |  |  |  |  |
| Total on Target (T) |  |  | 24 |  |  |  |  |
| Total correct Weight (W) |  |  | 24 |  |  |  |  |
| Total on forehand |  |  |  | 24 |  |  |  |
| Total on backhand |  |  |  | 24 |  |  |  |
| Total on long ends |  |  | 16 |  |  |  |  |
| Total on medium ends |  |  | 16 |  |  |  |  |
| Total on short ends |  |  | 16 |  |  |  |  |
| Short/Meduim: Play 2 bowls through bowl/jack target ( 5 m from T) to finish between T \& ditch, then 2 bowls through target to finish 1 metre past. Long: play 2 bowls around front target through the target on the $T$ with swinging weight into the ditch, then 2 bowls through the target on the T with weight to stay on the green. |  |  |  |  |  |  |  |
| 1 point for hitting bowl/jack target, 1 point for correct weight |  |  |  |  |  |  |  |
| If no score, mark with: $\mathrm{N}=$ Narrow $\mathrm{W}=$ Wide $\mathrm{S}=$ Short $\mathrm{L}=$ Long |  |  |  |  |  |  |  |



| Driving Drill |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Name and Da |  |  |  |
| Venue/Conditi |  |  |  |


| Driving Drill <br> Name and Da <br> Venue/Conditi |  |  | BOWS <br> ed: |  |  | Driving Drill <br> Name and Da <br> Venue/Conditi |  |  | BOWIS <br> ed: |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand | Length | 1st Bowl | 2nd Bowl | Total Score | End | Hand | Length | 1st Bowl | 2nd Bowl | Total Score |
| 1 | F/Hand | Short |  |  |  | 1 | F/Hand | Short |  |  |  |
|  | B/Hand | Short |  |  |  |  | B/Hand | Short |  |  |  |
| 2 | B/Hand | Short |  |  |  | 2 | B/Hand | Short |  |  |  |
|  | F/Hand | Short |  |  |  |  | F/Hand | Short |  |  |  |
| 3 | F/Hand | Medium |  |  |  | 3 | F/Hand | Medium |  |  |  |
|  | B/Hand | Medium |  |  |  |  | B/Hand | Medium |  |  |  |
| 4 | B/Hand | Medium |  |  |  | 4 | B/Hand | Medium |  |  |  |
|  | F/Hand | Medium |  |  |  |  | F/Hand | Medium |  |  |  |
| 5 | F/Hand | Long |  |  |  | 5 | F/Hand | Long |  |  |  |
|  | B/Hand | Long |  |  |  |  | B/Hand | Long |  |  |  |
| 6 | B/Hand | Long |  |  |  | 6 | B/Hand | Long |  |  |  |
|  | F/Hand | Long |  |  |  |  | F/Hand | Long |  |  |  |
| Totals |  |  |  |  | / 24 | Totals |  |  |  |  | / 24 |
| Percentage |  |  |  |  |  | Percentage |  |  |  |  |  |
| Total on 1st bowl |  |  |  | 12 |  | Total on 1st bowl |  |  | 12 |  |  |
| Total on 2nd bowl |  |  |  | 12 |  | Total on 2nd bowl |  |  | 12 |  |  |
| Total on forehand |  |  |  | 12 |  | Total on forehand |  |  | 12 |  |  |
| Total on backhand |  |  |  | 12 |  | Total on backhand |  |  | 12 |  |  |
| Total on long ends |  |  |  | 8 |  | Total on long ends |  |  | 8 |  |  |
| Total on medium ends |  |  |  | 8 |  | Total on medium ends |  |  | 8 |  |  |
| Total on short ends |  |  |  | 8 |  | Total on short ends |  |  | 8 |  |  |
| USE 4 BOWLS PER END - 2 on each hand <br> Target - One Bowl / Flapjack |  |  |  |  |  | USE 4 BOWLS PER END - 2 on each hand <br> Target - One Bowl / Flapjack |  |  |  |  |  |
| 1 point for hitting the target <br> If no score - Mark with $\mathrm{N}=$ Narrow $\mathrm{W}=$ Wide |  |  |  |  |  | 1 point for hitting the target <br> If no score - Mark with <br> $\mathrm{N}=$ Narrow $\mathrm{W}=$ Wide |  |  |  |  |  |

\begin{tabular}{|c|c|c|c|c|c|c|c|c|c|c|c|c|c|c|c|c|c|c|c|c|}
\hline \begin{tabular}{l}
Nam \\
Venu
\end{tabular} \& \begin{tabular}{l}
The Pe e and Da \\
e/Conditi
\end{tabular} \& fect \& \[
\mathrm{dd} \mathrm{Dr}
\] \& \& BOW \& Spe ed: \& Nam

Venu \& | The Pe and Da |
| :--- |
| e/Conditi | \& ect \& \[

\mathrm{dD} \mathrm{Dr}
\] \&  \& BOWLS AUSTRALIA \& Spe ed: \& Nam

$V e n u$ \& | The Pe and Da |
| :--- |
| e/Conditi | \& fect \& \[

\overline{n d}

\] \& \& BOW \& | Spe |
| :--- |
| ed: | <br>


\hline End \& Hand \& | 1st |
| :--- |
| Bowl | \& 2nd Bowl \& | 3rd |
| :--- |
| Bowl | \& 4th Bowl \& Perfect Ends \& End \& Hand \& | 1st |
| :--- |
| Bowl | \& 2nd Bowl \& | 3rd |
| :--- |
| Bowl | \& | 4th |
| :--- |
| Bowl | \& Perfect Ends \& End \& Hand \& 1st Bowl \& | 2nd |
| :--- |
| Bowl | \& | 3rd |
| :--- |
| Bowl | \& \[

$$
\begin{gathered}
\text { 4th } \\
\text { Bowl }
\end{gathered}
$$
\] \& Perfect Ends <br>

\hline 1 \& F/Hand \& \& \& \& \& \& 1 \& F/Hand \& \& \& \& \& \& 1 \& F/Hand \& \& \& \& \& <br>
\hline 2 \& B/Hand \& \& \& \& \& \& 2 \& B/Hand \& \& \& \& \& \& 2 \& B/Hand \& \& \& \& \& <br>
\hline 3 \& F/Hand \& \& \& \& \& \& 3 \& F/Hand \& \& \& \& \& \& 3 \& F/Hand \& \& \& \& \& <br>
\hline 4 \& B/Hand \& \& \& \& \& \& 4 \& B/Hand \& \& \& \& \& \& 4 \& B/Hand \& \& \& \& \& <br>
\hline 5 \& F/Hand \& \& \& \& \& \& 5 \& F/Hand \& \& \& \& \& \& 5 \& F/Hand \& \& \& \& \& <br>
\hline 6 \& B/Hand \& \& \& \& \& \& 6 \& B/Hand \& \& \& \& \& \& 6 \& B/Hand \& \& \& \& \& <br>
\hline 7 \& F/Hand \& \& \& \& \& \& 7 \& F/Hand \& \& \& \& \& \& 7 \& F/Hand \& \& \& \& \& <br>
\hline 8 \& B/Hand \& \& \& \& \& \& 8 \& B/Hand \& \& \& \& \& \& 8 \& B/Hand \& \& \& \& \& <br>
\hline 9 \& F/Hand \& \& \& \& \& \& 9 \& F/Hand \& \& \& \& \& \& 9 \& F/Hand \& \& \& \& \& <br>
\hline 10 \& B/Hand \& \& \& \& \& \& 10 \& B/Hand \& \& \& \& \& \& 10 \& B/Hand \& \& \& \& \& <br>
\hline \multicolumn{2}{|r|}{\multirow[t]{2}{*}{Totals}} \& \& \& \& \& 110 \& \multicolumn{2}{|r|}{\multirow[t]{2}{*}{Totals}} \& \& \& \& \& / 10 \& \multicolumn{2}{|r|}{\multirow[t]{2}{*}{Totals}} \& \& \& \& \& / 10 <br>
\hline \& \& \& \& \& \& \& \& \& \& \& \& \& \& \& \& \& \& \& \& <br>
\hline \multicolumn{7}{|l|}{1st Bowl 10} \& \multicolumn{7}{|l|}{1st Bowl 10} \& \multicolumn{7}{|l|}{1st Bowl} <br>
\hline 2nd B \& \& \& \& \& \multicolumn{2}{|l|}{10} \& \multicolumn{7}{|l|}{2nd Bowl 10} \& \multicolumn{7}{|l|}{2nd Bowl 10} <br>
\hline 3rd Bo \& \& \& \& \& \multicolumn{2}{|l|}{10} \& \multicolumn{7}{|l|}{3rd Bowl 10} \& \multicolumn{7}{|l|}{3rd Bowl 10} <br>
\hline 4th Bo \& \& \& \& \& \multicolumn{2}{|l|}{10} \& \multicolumn{7}{|l|}{4th Bowl 10} \& \multicolumn{7}{|l|}{4th Bowl 10} <br>
\hline \multicolumn{5}{|l|}{Total on forehand 20} \& \multicolumn{2}{|l|}{20} \& \multicolumn{7}{|l|}{Total on forehand 20} \& \multicolumn{7}{|l|}{Total on forehand 20} <br>
\hline Total \& on backhand \& \& \& \& \multicolumn{2}{|l|}{20} \& \multicolumn{7}{|l|}{Total on backhand 20} \& \multicolumn{7}{|l|}{Total on backhand 20} <br>
\hline \multicolumn{7}{|l|}{Roll a jack and draw a bowl within a mat length to score a point. Repeat this for second and third bowls at various lengths.} \& \multicolumn{7}{|l|}{Roll a jack and draw a bowl within a mat length to score a point. Repeat this for second and third bowls at various lengths.} \& \multicolumn{7}{|l|}{Roll a jack and draw a bowl within a mat length to score a point. Repeat this for second and third bowls at various lengths.} <br>
\hline \multicolumn{7}{|l|}{Fourth bowl: pick out a bowl/jack target and hit target with weight of your choice to score a point} \& \multicolumn{7}{|l|}{Fourth bowl: pick out a bowl/jack target and hit target with weight of your choice to score a point} \& \multicolumn{7}{|l|}{Fourth bowl: pick out a bowl/jack target and hit target with weight of your choice to score a point} <br>
\hline \multicolumn{7}{|l|}{Score on each of your four bowls in an end score a "Perfect End"} \& \multicolumn{7}{|l|}{Score on each of your four bowls in an end score a "Perfect End"} \& \multicolumn{7}{|l|}{Score on each of your four bowls in an end score a "Perfect End"} <br>
\hline \multicolumn{7}{|c|}{If no score, mark with: L S S N $\mathrm{N} \quad \mathrm{W}$} \& \multicolumn{7}{|c|}{If no score, mark with: L S S N N} \& \multicolumn{7}{|c|}{If no score, mark with: L S N W} <br>
\hline
\end{tabular}

| Jack Rolling Drill <br> Name and Da <br> Venue/Conditi |  |  |  | BOWIS <br> d : |  |  | Jack Rolling Drill BOWLS <br> Name and Da AUSTRALA <br> Venue/Conditi d: |  |  |  |  |  |  | Jack Rolling Drill <br> Name and Da <br> Venue/Condit |  |  |  | BOWLS <br> d: |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Length | 1st | 2nd | 3rd | 4th | Total | End | Length | 1st | 2nd | 3rd | 4th | Total | End | Length | 1st | 2nd | 3rd | 4th | Total |
| 1 | T to T |  |  |  |  |  | 1 | T to T |  |  |  |  |  | 1 | T to T |  |  |  |  |  |
| 2 | Mat back short |  |  |  |  |  | 2 | Mat back short |  |  |  |  |  | 2 | Mat back short |  |  |  |  |  |
| 3 | Mat up short |  |  |  |  |  | 3 | Mat up short |  |  |  |  |  | 3 | Mat up short |  |  |  |  |  |
| 4 | Medium |  |  |  |  |  | 4 | Medium |  |  |  |  |  | 4 | Medium |  |  |  |  |  |
| 5 | T to T |  |  |  |  |  | 5 | T to T |  |  |  |  |  | 5 | T to T |  |  |  |  |  |
| 6 | Mat back short |  |  |  |  |  | 6 | Mat back short |  |  |  |  |  | 6 | Mat back short |  |  |  |  |  |
| 7 | Mat up short |  |  |  |  |  | 7 | Mat up short |  |  |  |  |  | 7 | Mat up short |  |  |  |  |  |
| 8 | Medium |  |  |  |  |  | 8 | Medium |  |  |  |  |  | 8 | Medium |  |  |  |  |  |
| 9 | T to T |  |  |  |  |  | 9 | T to T |  |  |  |  |  | 9 | T to T |  |  |  |  |  |
| 10 | Mat back short |  |  |  |  |  | 10 | Mat back short |  |  |  |  |  | 10 | Mat back short |  |  |  |  |  |
| 11 | Mat up short |  |  |  |  |  | 11 | Mat up short |  |  |  |  |  | 11 | Mat up short |  |  |  |  |  |
| 12 | Medium |  |  |  |  |  | 12 | Medium |  |  |  |  |  | 12 | Medium |  |  |  |  |  |
|  | Totals |  |  |  |  | 148 |  | Totals |  |  |  |  | 148 |  | Totals |  |  |  |  | 148 |
|  | Percentage |  |  |  |  |  |  | Percentage |  |  |  |  |  |  | Percentage |  |  |  |  |  |
| Total | on 1st jack |  |  | 12 |  |  | Tota | on 1st jack |  |  | 12 |  |  | Total | on 1st jack |  |  | 12 |  |  |
| Total | on 2nd jack |  |  | 12 |  |  | Tota | on 2nd jack |  |  | 12 |  |  | Total | on 2nd jack |  |  | 12 |  |  |
| Total | on 3rd jack |  |  | 12 |  |  | Tota | on 3rd jack |  |  | 12 |  |  | Total | on 3rd jack |  |  | 12 |  |  |
| Total | on 4th jack |  |  | 12 |  |  | Tota | on 4th jack |  |  | 12 |  |  | Total | on 4th jack |  |  | 12 |  |  |
| Total | on mat back sho |  |  | 12 |  |  | Tota | on mat back sho |  |  | 12 |  |  | Total | on mat back sho |  |  | 12 |  |  |
| Total | on mat up short |  |  | 12 |  |  | Tota | on mat up short |  |  | 12 |  |  | Total | on mat up short |  |  | 12 |  |  |
| Total | on long ends |  |  | 12 |  |  | Tota | on long ends |  |  | 12 |  |  | Total | on long ends |  |  | 12 |  |  |
| Total | on medium ends |  |  | 12 |  |  | Tota | on medium ends |  |  | 12 |  |  | Total | on medium ends |  |  | 12 |  |  |
| Total | on short ends |  |  | 24 |  |  | Tota | on short ends |  |  | 24 |  |  | Total | on short ends |  |  | 24 |  |  |
| USE 4 JACKS PER END - 4 to each length <br> 1 point for Drawing within the scoring zone |  |  |  |  |  |  | USE 4 JACKS PER END - 4 to each length <br> 1 point for Drawing within the scoring zone |  |  |  |  |  |  | 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 $L=$ Long |  |  |  |  |  |  | $$ |  |  |  |  |  |  | If no score - Mark with$N=$ Narrow $\quad W=$ Wide $S=$ Short $L=$ Long |  |  |  |  |  |  |


| 40 Bowl Draw Drill |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Name and Di |  |  |  |  |  |
| Venue/Condit |  |  |  |  |  |


| Drive \& Draw Drill <br> Name and Dat <br> Venue/Conditic |  |  | BOWIS <br> AUSTRALIA <br> eed |  | Grouping Drill <br> Name and Da <br> Venue/Conditi |  |  |  |  | BOWLS <br> ed: |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand \& Length | Bowl 1 \& 3 DRIVE |  <br> DRAW T | Total Score | End | Hand | Length | 2nd <br> Bowl | 3rd <br> Bowl | 4th Bowl | Total Score |
| 1 | F/Hand Medium | Drive | Ditch |  | 1 | F/Hand | Long |  |  |  |  |
| 2 | B/Hand <br> Long | Drive | Ditch |  | 2 | B/Hand | Short |  |  |  |  |
| 3 | F/Hand Short | Drive | Ditch |  | 3 | F/Hand | Short |  |  |  |  |
| 4 | B/Hand <br> Medium | Drive | Ditch |  | 4 | B/Hand | Long |  |  |  |  |
| 5 | F/Hand Long | Drive | Ditch |  | 5 | F/Hand | Long |  |  |  |  |
| 6 | B/Hand <br> Short | Drive | Ditch |  | 6 | B/Hand | Short |  |  |  |  |
| 7 | F/Hand Medium | Drive | Ditch |  | 7 | F/Hand | Short |  |  |  |  |
| 8 | B/Hand <br> Long | Drive | Bitch |  | 8 | B/Hand | Long |  |  |  |  |
| 9 | F/Hand Short | Drive | Ditch |  | 9 | F/Hand | Long |  |  |  |  |
| 10 | B/Hand <br> Medium | Drive | Ditch |  | 10 | B/Hand | Short |  |  |  |  |
| Totals |  | centage | Percentage | 140 | 11 | F/Hand | Short |  |  |  |  |
| Total on forehand drive |  |  | 10 |  | 12 | B/Hand | Long |  |  |  |  |
| Total on F/H ditch draw |  |  | 5 |  | Totals |  |  |  |  |  | 136 |
| Total on F/H boundary draw |  |  | 5 |  | Percentage |  |  |  |  |  |  |
| Total on B/H ditch draw |  |  | 5 |  | Total on forehand |  |  | 18 |  |  |  |
| Total on B/H boundary draw |  |  | 5 |  | Total on backhand |  |  | 18 |  |  |  |
| 1 point for hitting the Driving target 1 point for Drawing within a mat and a half of the target |  |  |  |  | Total on forehand long |  |  |  | 9 |  |  |
|  |  |  |  |  | Total on forehand short |  |  |  | 9 |  |  |
| If no score - Mark with |  |  |  |  | Total on backhand long |  |  |  | 9 |  |  |
| $N=$ Narrow $W=$ Wide $S=$ Short $L=$ Long |  |  |  |  | Total on backhand short |  |  |  | 9 |  |  |
|  |  |  |  |  | 1 point for Drawing within a mat length of the first bowl |  |  |  |  |  |  |
|  |  |  |  |  | If no score - Mark with |  |  |  |  |  |  |


| 40 Bowl Draw Drill |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Name and Di |  |  |  |  |
| Venue/Condi |  |  |  |  |



| $40$ <br> Name and D Venue/Condi |  | wl Dr | w Drill |  | BOWS <br> AUSTRALIA <br> ed: |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | No. of Bowls | Hand Played | Jack Position | 1st Bowl | 2nd <br> Bowl | Total Score |
| 1 | 2 | F/Hand | Long |  |  |  |
|  | 2 | F/Hand | Short |  |  |  |
| 2 | 2 | B/Hand | Long |  |  |  |
|  | 2 | B/Hand | Short |  |  |  |
| 3 | 2 | F/Hand | Short |  |  |  |
|  | 2 | F/Hand | Long |  |  |  |
| 4 | 2 | B/Hand | Short |  |  |  |
|  | 2 | B/Hand | Long |  |  |  |
| 5 | 2 | F/Hand | Mat up |  |  |  |
|  | 2 | B/Hand | Mat up |  |  |  |
| 6 | 2 | B/Hand | Long |  |  |  |
|  | 2 | B/Hand | Short |  |  |  |
| 7 | 2 | F/Hand | Long |  |  |  |
|  | 2 | F/Hand | Short |  |  |  |
| 8 | 2 | B/Hand | Short |  |  |  |
|  | 2 | B/Hand | Long |  |  |  |
| 9 | 2 | F/Hand | Short |  |  |  |
|  | 2 | F/Hand | Long |  |  |  |
| 10 | 2 | B/Hand | Short |  |  |  |
|  | 2 | B/Hand | Long |  |  |  |
| Total Bowls within a Mat Length Percentage |  |  |  |  |  | / 40 |
|  |  |  |  |  |  |  |
| Total on short ends |  |  |  | 22 |  |  |
| Total on long ends |  |  |  | 18 |  |  |
| Total on forehand short |  |  |  | 10 |  |  |
| Total on forehand long |  |  |  | 8 |  |  |
| Total on backhand short |  |  |  | 12 |  |  |
| Total on backhand long |  |  |  | 10 |  |  |
| 1 Point for each bowl within a MAT LENGTH of the Jack 4 Points Total Per End |  |  |  |  |  |  |
| If no score - Mark with |  |  |  |  |  |  |


| Jack \& 2 Bowl Drill |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Name and Da |  |  |  |
| Venue/Conditi |  |  |  |


| Weigh <br> Name and Da Venue/Condit |  | Contro | $\overline{\text { Dril }}$ |  | BOWIS $\square$ ed: |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand | Length | 2nd <br> Bowl | 3rd <br> Bowl | 4th <br> Bowl | Total Score |
| 1 | F/Hand | Short to Long |  |  |  |  |
| 2 | B/Hand | Long to Short |  |  |  |  |
| 3 | F/Hand | Short to Long |  |  |  |  |
| 4 | B/Hand | Long to Short |  |  |  |  |
| 5 | F/Hand | Long to Short |  |  |  |  |
| 6 | B/Hand | Short to Long |  |  |  |  |
| 7 | F/Hand | Long to Short |  |  |  |  |
| 8 | B/Hand | Short to Long |  |  |  |  |
| 9 | F/Hand | Long to Short |  |  |  |  |
| 10 | B/Hand | Short to Long |  |  |  |  |
| Totals |  |  |  |  |  | 130 |
| 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 |  |  |  |

## 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.

|  |  | to Ditch |  |  | s <br> ed | Conversion Drill <br> Name and Da <br> Venue/Condit |  |  |  |  | BOWS $\square$ <br> ed: |  |  | Driving Drill <br> Name and Da <br> Venue/Condit |  |  |  | BOWLS ed: |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| End | Hand | Length | 1st Bowl | 2nd Bowl | Total Score | End | Hand | Length | 1st Bowl |  | 2nd Bowl |  | Total Score | End | Hand | Length | 1st Bowl | 2nd Bowl | Total Score |
| 1 | F/Hand | Medium |  |  |  |  |  |  | T | W | T | W |  |  | F/Hand | Short |  |  |  |
|  |  |  |  |  |  | 1 | F/Hand | Short |  |  |  |  |  | 1 |  |  |  |  |  |
|  | B/Hand | Medium |  |  |  |  |  |  |  |  |  |  |  |  | B/Hand | Short |  |  |  |
| 2 | F/Hand | Long |  |  |  | 2 | F/Hand | Short |  |  |  |  |  |  | B/Hand | Short |  |  |  |
|  |  |  |  |  |  |  | B/Hand | Short |  |  |  |  |  | 2 |  |  |  |  |  |
|  | B/Hand | Long |  |  |  |  |  |  |  |  |  |  |  |  | F/Hand | Short |  |  |  |
| 3 | F/Hand | Short |  |  |  | 3 | B/Hand | Shor |  |  |  |  |  |  | F/Hand | Medium |  |  |  |
|  |  |  |  |  |  |  | F/Hand | Medium |  |  |  |  |  | 3 |  |  |  |  |  |
|  | B/Hand | Short |  |  |  |  |  |  |  |  |  |  |  |  | B/Hand | Medium |  |  |  |
| 4 | B/Hand | Medium |  |  |  | 4 | F/Hand | Medium |  |  |  |  |  |  | B/Hand | Medium |  |  |  |
|  |  |  |  |  |  |  | B/Hand | Medium |  |  |  |  |  | 4 |  |  |  |  |  |
|  | F/Hand | Medium |  |  |  |  |  |  |  |  |  |  |  |  | F/Hand | Medium |  |  |  |
| 5 | B/Hand | Short |  |  |  |  | B/Hand | Medium |  |  |  |  |  |  | F/Hand | Long |  |  |  |
|  |  |  |  |  |  | 5 | F/Hand | Long |  |  |  |  |  | 5 |  |  |  |  |  |
|  | F/Hand | Short |  |  |  |  | F/Hand | Long |  |  |  |  |  |  | B/Hand | Long |  |  |  |
| 6 | B/Hand | Long |  |  |  | 6 |  |  |  |  |  |  |  | 6 | B/Hand | Long |  |  |  |
|  | F/Hand | Long |  |  |  |  | B/Hand | Long |  |  |  |  |  |  | F/Hand | Long |  |  |  |
|  |  |  |  |  |  |  | B/Hand | Long |  |  |  |  |  |  |  |  |  |  |  |
| Totals ${ }_{\text {Percentage }}$ |  |  |  |  | 124 |  | B/Hand | Long |  |  |  |  |  | Totals |  |  |  |  | 124 |
|  |  |  |  |  |  | Totals |  |  |  |  |  |  | 148 | Percentage |  |  |  |  |  |
| Total on 1st bowl 12 |  |  |  |  |  | Percentage |  |  |  |  |  |  |  | Total on 1st bowl |  |  | 12 |  |  |
| Total on 2nd bowl 12 |  |  |  |  |  | Total on Target (T) 24 |  |  |  |  |  |  |  | Total on 2nd bowl |  |  | 12 |  |  |
| Total | on foreh | and |  | 12 |  | Total correct Weight (W) |  |  | 24 |  |  |  |  | Total on forehand |  |  | 12 |  |  |
| Total | on backh | hand |  | 12 |  | Total on forehand |  |  | 24 |  |  |  |  | Total on backhand |  |  | 12 |  |  |
| Total | on long | ends |  | 8 |  | Total on backhand |  |  | 24 |  |  |  |  | Total on long ends |  |  | 8 |  |  |
| Total | on mediu | um ends |  | 8 |  | Total on long ends |  |  | 16 |  |  |  |  | Total on medium ends |  |  | 8 |  |  |
| Total | on short | ends | 硡 | 8 |  |  |  |  | Total on medium ends 16 |  |  |  |  | Total on short ends |  |  | 8 |  |  |
| USE 4 BOWLS PER END - 2 on each hand <br> 1 point for Drawing within a mat and a half of the Jack |  |  |  |  |  | Total on short ends 16 |  |  |  |  |  |  |  | USE 4 BOWLS PER END - 2 on each hand <br> Target - One Bowl / Flapjack |  |  |  |  |  |
|  |  |  |  |  |  | Short/Meduim: Play 2 bowls through bowl/jack target ( 5 m from T) to finish between T \& ditch, then 2 bowls through target to finish 1 metre past. Long: play 2 bowls around front target through the target on the $T$ with swinging weight into the ditch, then 2 bowls through the target on the T with weight to stay on the green. |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Place a Jack in ditch 1 metre either side of centre line Use Jack marker to indicate where jack is in ditch |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 point for hitting the target <br> If no score - Mark with <br> $\mathrm{N}=$ Narrow $\mathrm{W}=$ Wide |  |  |  |  |  |
| $N=$ Narrow $W=$ Wide $S=$ Short $L=$ Long |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| 40 Bowl Draw Drill |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Name and Dé |  |  |  |  |
| Venue/Condil |  |  |  |  |


| Jack \& 2 Bowl Drill <br> Name and Dat <br> Venue/Conditi |  |  |  | BOWIS <br> 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 |  |  |  |
| Totals |  |  |  |  | / 24 |
| Percentage |  |  |  |  |  |
| Total on 1st bowl |  |  | 12 |  |  |
| Total on 2nd bowl |  |  | 12 |  |  |
| Total on forehand |  |  | 12 |  |  |
| 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 |  |  |  |  |  |
|  | N = Nar | If no score - Mark with | Wide - M | with Short L | Long |


| Jack Rolling Drill <br> Name and Da <br> Venue/Conditi |  |  |  | BOWLS <br> 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 |  |  |  |  |  |
| Total on 1st jack |  |  |  | 12 |  |  |
| Total on 2nd jack |  |  |  | 12 |  |  |
| Total on 3rd jack |  |  |  | 12 |  |  |
| Total on 4th jack |  |  |  | 12 |  |  |
| Total on mat back short |  |  |  | 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
1 point for Drawing within the scoring zone

