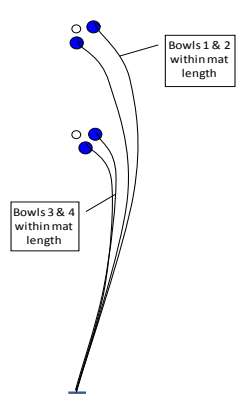
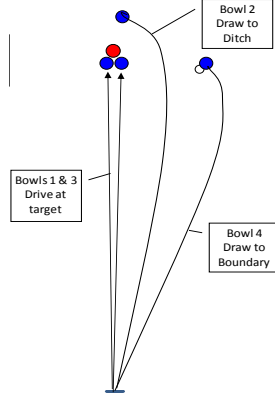


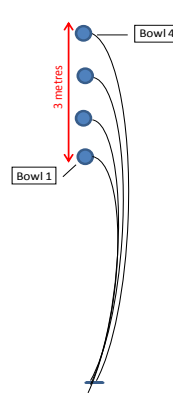
40 Bowl Draw Drill



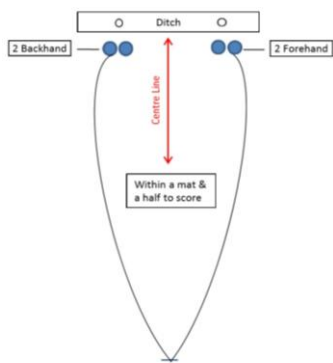
Drive & Draw Drill



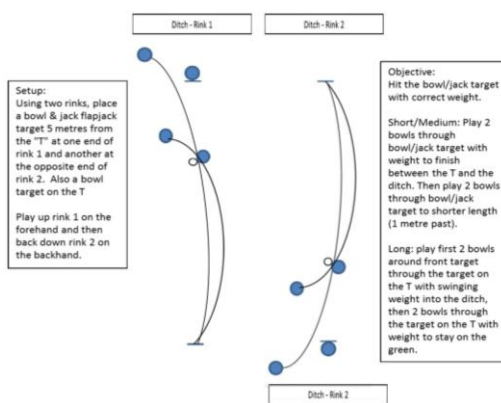
Weight Control Drill



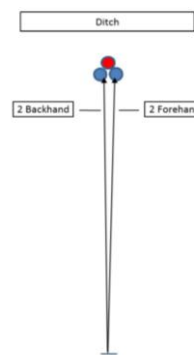
Draw to Ditch Drill



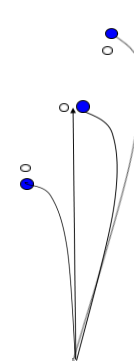
Conversion Drill



Driving Drill



Perfect End Drill



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 1m 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.


Alternative: This can be condensed onto two rinks if needed, setting up the first and third rinks on rink 1 and the second and fourth rinks on rink 2.


40 Bowl Draw Drill						
Name and D:						
Venue/Condit						
End	No. of Bowls	Hand Played	Jack Position	1st Bowl	2nd 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						/ 40
Percentage						
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						
N = Narrow W = Wide S = Short L = Long						

40 Bowl Draw Drill						
Name and D:						
Venue/Condit						
End	No. of Bowls	Hand Played	Jack Position	1st Bowl	2nd 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						/ 40
Percentage						
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						
N = Narrow W = Wide S = Short L = Long						

40 Bowl Draw Drill						
Name and D:						
Venue/Condit						
End	No. of Bowls	Hand Played	Jack Position	1st Bowl	2nd 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						/ 40
Percentage						
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						
N = Narrow W = Wide S = Short L = Long						

Drive & Draw Drill				
Name and Dat				
Venue/Conditic		eed		
End	Hand & Length	Bowl 1 & 3 DRIVE	Bowl 2 & 4 DRAW TO	Total 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 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 Long	Drive	Ditch Boundary	
9	F/Hand Short	Drive	Ditch Boundary	
10	B/Hand Medium	Drive	Ditch Boundary	
Totals				/ 40
Percentage			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 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				

Drive & Draw Drill				
Name and Dat				
Venue/Conditic		eed		
End	Hand & Length	Bowl 1 & 3 DRIVE	Bowl 2 & 4 DRAW TO	Total 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 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 Long	Drive	Ditch Boundary	
9	F/Hand Short	Drive	Ditch Boundary	
10	B/Hand Medium	Drive	Ditch Boundary	
Totals				/ 40
Percentage			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 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				

Drive & Draw Drill				
Name and Dat				
Venue/Conditic		eed		
End	Hand & Length	Bowl 1 & 3 DRIVE	Bowl 2 & 4 DRAW TO	Total 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 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 Long	Drive	Ditch Boundary	
9	F/Hand Short	Drive	Ditch Boundary	
10	B/Hand Medium	Drive	Ditch Boundary	
Totals				/ 40
Percentage			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 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				

Grouping Drill

Name and Date:
Venue/Condition:



End	Hand	Length	2nd Bowl	3rd Bowl	4th 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
Percentage						

Total on forehand	18
Total on backhand	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 bowl
 If no score - Mark with
 N = Narrow W = Wide S = Short L = Long

Grouping Drill

Name and Date:
Venue/Condition:



End	Hand	Length	2nd Bowl	3rd Bowl	4th 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
Percentage						

Total on forehand	18
Total on backhand	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 bowl
 If no score - Mark with
 N = Narrow W = Wide S = Short L = Long

Grouping Drill

Name and Date:
Venue/Condition:





End	Hand	Length	2nd Bowl	3rd Bowl	4th 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
Percentage						


Total on forehand	18
Total on backhand	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 bowl
 If no score - Mark with
 N = Narrow W = Wide S = Short L = Long


Jack & 2 Bowl Drill					
Name and Da					
Venue/Condi					
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					


Jack & 2 Bowl Drill					
Name and Da					
Venue/Condi					
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					


Jack & 2 Bowl Drill					
Name and Da					
Venue/Condi					
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					


Weight Control Drill						
Name and Date						
Venue/Condition			ed:			
End	Hand	Length	2nd 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.						


Weight Control Drill						
Name and Date						
Venue/Condition			ed:			
End	Hand	Length	2nd 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.						


Weight Control Drill						
Name and Date						
Venue/Condition			ed:			
End	Hand	Length	2nd 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.						


Draw to Ditch Drill					
Name and Date					
Venue/Conditions				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			
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					


Draw to Ditch Drill					
Name and Date					
Venue/Conditions				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			
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					


Draw to Ditch Drill					
Name and Date					
Venue/Conditions				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			
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					


Conversion Drill							
Name and Date							
Venue/Conditions						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							/ 48
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/Medium: Play 2 bowls through bowl/jack target (5m 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: N=Narrow W=Wide S=Short L=Long							


Conversion Drill							
Name and Date							
Venue/Conditions						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							/ 48
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/Medium: Play 2 bowls through bowl/jack target (5m 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: N=Narrow W=Wide S=Short L=Long							


Conversion Drill							
Name and Date							
Venue/Conditions						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							/ 48
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/Medium: Play 2 bowls through bowl/jack target (5m 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: N=Narrow W=Wide S=Short L=Long							


Driving Drill					
Name and Da					
Venue/Condi					
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			
	B/Hand	Medium			
4	B/Hand	Medium			
	F/Hand	Medium			
5	F/Hand	Long			
	B/Hand	Long			
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 Target - One Bowl / Flapjack					
1 point for hitting the target If no score - Mark with N = Narrow W = Wide					


Driving Drill					
Name and Da					
Venue/Condi					
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			
	B/Hand	Medium			
4	B/Hand	Medium			
	F/Hand	Medium			
5	F/Hand	Long			
	B/Hand	Long			
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 Target - One Bowl / Flapjack					
1 point for hitting the target If no score - Mark with N = Narrow W = Wide					


Driving Drill					
Name and Da					
Venue/Condi					
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			
	B/Hand	Medium			
4	B/Hand	Medium			
	F/Hand	Medium			
5	F/Hand	Long			
	B/Hand	Long			
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 Target - One Bowl / Flapjack					
1 point for hitting the target If no score - Mark with N = Narrow W = Wide					


The Perfect End Drill						
Name and Date:						
Venue/Condition:						Speed:
End	Hand	1st Bowl	2nd Bowl	3rd Bowl	4th Bowl	Perfect Ends
1	F/Hand					
2	B/Hand					
3	F/Hand					
4	B/Hand					
5	F/Hand					
6	B/Hand					
7	F/Hand					
8	B/Hand					
9	F/Hand					
10	B/Hand					
Totals						/ 10
1st Bowl		10				
2nd Bowl		10				
3rd Bowl		10				
4th Bowl		10				
Total on forehand		20				
Total on backhand		20				
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.						
Fourth bowl: pick out a bowl/jack target and hit target with weight of your choice to score a point						
Score on each of your four bowls in an end to score a "Perfect End"						
If no score, mark with: L S N W						

The Perfect End Drill						
Name and Date:						
Venue/Condition:						Speed:
End	Hand	1st Bowl	2nd Bowl	3rd Bowl	4th Bowl	Perfect Ends
1	F/Hand					
2	B/Hand					
3	F/Hand					
4	B/Hand					
5	F/Hand					
6	B/Hand					
7	F/Hand					
8	B/Hand					
9	F/Hand					
10	B/Hand					
Totals						/ 10
1st Bowl		10				
2nd Bowl		10				
3rd Bowl		10				
4th Bowl		10				
Total on forehand		20				
Total on backhand		20				
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.						
Fourth bowl: pick out a bowl/jack target and hit target with weight of your choice to score a point						
Score on each of your four bowls in an end to score a "Perfect End"						
If no score, mark with: L S N W						

The Perfect End Drill						
Name and Date:						
Venue/Condition:						Speed:
End	Hand	1st Bowl	2nd Bowl	3rd Bowl	4th Bowl	Perfect Ends
1	F/Hand					
2	B/Hand					
3	F/Hand					
4	B/Hand					
5	F/Hand					
6	B/Hand					
7	F/Hand					
8	B/Hand					
9	F/Hand					
10	B/Hand					
Totals						/ 10
1st Bowl		10				
2nd Bowl		10				
3rd Bowl		10				
4th Bowl		10				
Total on forehand		20				
Total on backhand		20				
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.						
Fourth bowl: pick out a bowl/jack target and hit target with weight of your choice to score a point						
Score on each of your four bowls in an end to score a "Perfect End"						
If no score, mark with: L S N W						

Jack Rolling Drill						
Name and Da						
Venue/Conditio						
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						
If no score - Mark with						
N = Narrow W = Wide S = Short L = Long						

Jack Rolling Drill						
Name and Da						
Venue/Conditio						
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						
If no score - Mark with						
N = Narrow W = Wide S = Short L = Long						

Jack Rolling Drill						
Name and Da						
Venue/Conditio						
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						
If no score - Mark with						
N = Narrow W = Wide S = Short L = Long						

40 Bowl Draw Drill



Name and Date:
Venue/Condition:

End	No. of Bowls	Hand Played	Jack Position	1st Bowl	2nd 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						/ 40
Percentage						

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
N = Narrow W = Wide S = Short L = Long

Drive & Draw Drill



Name and Date:
Venue/Condition:

End	Hand & Length	Bowl 1 & 3 DRIVE	Bowl 2 & 4 DRAW TO	Total Score
1	F/Hand	Drive	Ditch	
	Medium		Boundary	
2	B/Hand	Drive	Ditch	
	Long		Boundary	
3	F/Hand	Drive	Ditch	
	Short		Boundary	
4	B/Hand	Drive	Ditch	
	Medium		Boundary	
5	F/Hand	Drive	Ditch	
	Long		Boundary	
6	B/Hand	Drive	Ditch	
	Short		Boundary	
7	F/Hand	Drive	Ditch	
	Medium		Boundary	
8	B/Hand	Drive	Ditch	
	Long		Boundary	
9	F/Hand	Drive	Ditch	
	Short		Boundary	
10	B/Hand	Drive	Ditch	
	Medium		Boundary	
Totals				/ 40
Percentage			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
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

Grouping Drill



Name and Date:
Venue/Condition:

End	Hand	Length	2nd Bowl	3rd Bowl	4th 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
Percentage						

Total on forehand	18
Total on backhand	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 bowl

If no score - Mark with
N = Narrow W = Wide S = Short L = Long

40 Bowl Draw Drill



Name and D:
Venue/Condi

End	No. of Bowls	Hand Played	Jack Position	1st Bowl	2nd 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						/ 40
Percentage						

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
N = Narrow W = Wide S = Short L = Long

Jack & 2 Bowl Drill



Name and Da
Venue/Condi

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

If no score - Mark with: N: Narrow W: Wide S: Short L: Long

Grouping Drill



Name and Da
Venue/Condi


End	Hand	Length	2nd Bowl	3rd Bowl	4th Bowl	Total Score
1	F/Hand	Long				
	B/Hand	Short				
2	B/Hand	Short				
	F/Hand	Short				
3	F/Hand	Short				
	B/Hand	Long				
4	B/Hand	Long				
	F/Hand	Long				
5	F/Hand	Long				
	B/Hand	Short				
6	B/Hand	Short				
	F/Hand	Short				
7	F/Hand	Short				
	B/Hand	Long				
8	B/Hand	Long				
	F/Hand	Long				
9	F/Hand	Long				
	B/Hand	Short				
10	B/Hand	Short				
	F/Hand	Short				
11	F/Hand	Short				
	B/Hand	Long				
12	B/Hand	Long				
	Totals					
Percentage						


Total on forehand	18
Total on backhand	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 bowl


If no score - Mark with


N = Narrow W = Wide S = Short L = Long


40 Bowl Draw Drill						
Name and D:						
Venue/Condi:						
End	No. of Bowls	Hand Played	Jack Position	1st Bowl	2nd 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						/ 40
Percentage						
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						
N = Narrow W = Wide S = Short L = Long						


Jack & 2 Bowl Drill					
Name and Da					
Venue/Condi:					
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					


Weight Control Drill						
Name and Da						
Venue/Condi:						
End	Hand	Length	2nd Bowl	3rd Bowl	4th Bowl	Total Score
1	F/Hand	Short to Long				
	B/Hand	Long to Short				
3	F/Hand	Short to Long				
	B/Hand	Long to Short				
5	F/Hand	Long to Short				
	B/Hand	Short to Long				
7	F/Hand	Long to Short				
	B/Hand	Short to Long				
9	F/Hand	Long to Short				
	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.						


Draw to Ditch Drill					
Name and Da					
Venue/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			
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					

Conversion Drill							
Name and Da							
Venue/Condit				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							/ 48
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/Medium: Play 2 bowls through bowl/jack target (5m 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							

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			
	F/Hand	Short			
3	F/Hand	Medium			
	B/Hand	Medium			
4	B/Hand	Medium			
	F/Hand	Medium			
5	F/Hand	Long			
	B/Hand	Long			
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					
Target - One Bowl / Flapjack					
1 point for hitting the target					
If no score - Mark with					
N = Narrow W = Wide					

40 Bowl Draw Drill						
Name and D:						
Venue/Condit						
End	No. of Bowls	Hand Played	Jack Position	1st Bowl	2nd 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						/ 40
Percentage						
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						
N = Narrow W = Wide S = Short L = Long						

Jack & 2 Bowl Drill					
Name and Da:					
Venue/Condit					
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					
If no score - Mark with					
N = Narrow W = Wide S = Short L = Long					

Jack Rolling Drill						
Name and Da:						
Venue/Condit						
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						