

## Champion Development Drills

General Instructions: Practicing alone can bore even the most dedicated bowlers, so you're encouraged to bring a friend, trade marking for each other, and find the fun that these challenging drills offer. If the first bowl doesn't finish within the target area [for the Reproducibility, Yard On, and Yard Off drills,] it must be redelivered. Marker may signal distances from target at any time.

**Reproducibility Drill:** Roll first bowl a medium length, close to the centerline. Marker does not center first bowl. Using the same hand, draw to that bowl with remaining 3 bowls. Lift a bowl if it may interfere with a bowl in course. After scoring it, remove the most recently delivered bowl.

**Scoring:**

- Each bowl within 1' = 9 points
- Each bowl 1' to 2' from the original bowl = 6 points
- Each bowl 2' to 3' from the original bowl = 3 points
- Bowls further than 3' away = 0 points

**Yard on Drill:** Matline at 2 meters. Deliver a short bowl. Marker centers all shots. Using the same hand, roll each of the remaining bowls 3' past the previous bowl. Markers should lift the target bowl if it might interfere with a bowl in course. After scoring, marker removes previous bowl.

**Scoring:**

- 2' to 4' past jack = 6 points
- 4' to 6' past jack = 4 points
- jack level to 2' past jack = 4 points
- 6' to 10' past = 1 point
- Short bowls or bowls further than 10' past = 0 points

**Yard Off Drill:** Matline at 2 meters. Deliver a long bowl. Marker centers all shots. Using the same hand, roll each of the remaining bowls 3' short of the previous bowl. Markers should lift jack if it might interfere with a bowl in course. After scoring, marker removes previous bowl.

**Scoring:**

- 2' to 4' short of jack = 6 points
- 4' to 6' short of jack = 4 points
- jack level to 2' short of jack = 4 points
- 6' to 10' short of jack = 1 point
- Bowls past jack or more than 10' short = 0 points

**Long-Short Drill:** [2 Jacks; you'll only use the best side of the rink.] Set one jack on centerline at the hog line and another two meters from the ditch. Place mat at 2 meters. Play forehand going one way then Marker resets jacks and play backhand the other way. Roll two bowls to the long jack and then two to the short jack. After scoring, Marker removes most recently delivered bowl. Remember to lift the jack to avoid displacing the bowl in course. [Soon you will want to modify this Drill to be Long-Short-Long-Short. If Drilling alone, use 4 jacks on two adjacent rinks.]

**Scoring:**

- bowl coming to rest within 1' of the jack = 10 points
- bowl coming to rest within 2' of the jack = 8 points
- bowl coming to rest within 3' of the jack = 6 points
- if weight was within 3' of the target, even though you were too wide or too narrow to get 6 points = 4 points
- More than 3' light or heavy = 0 points

**Near Ditch Drill:** [2 jacks needed.] Put mat at hogline; put a jack 2 meters from the front ditch on the left sideline and another jack 2 meters from the front ditch on the right sideline. Roll 4 bowls.

**Scoring:**

- bowls that come to rest jack high to the plinth = 4 points
- bowls that come to rest jack low or in the ditch = 0 points