

Drills for Advanced Skills Group

1. Jack and Forth

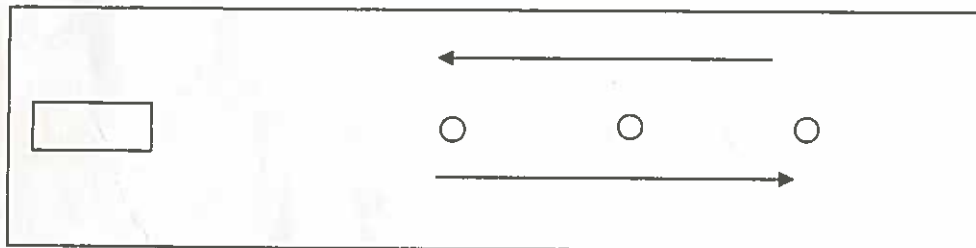
Set up: Two bowlers standing 25 paces apart.

- Roll jack to one another. Try to roll it straight and have it rest at partner's feet.
- Repeat, with varying distance.

2. Jack Rolling

Set up: Mat at 2m

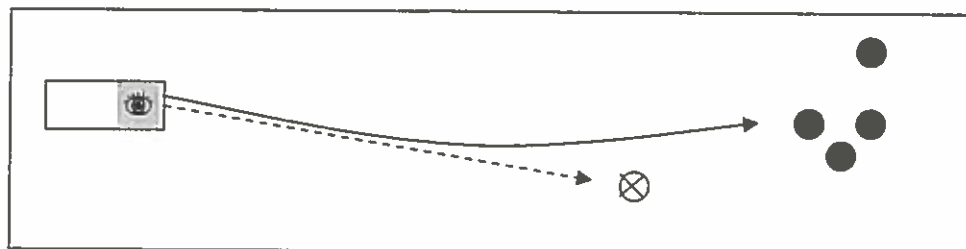
- In pairs, roll 3 jacks to a partner first short (hog line), mid, then long length (2m mark)). Try to have the jack rest within one step of your partner. Practice centering the jack in as few moves as possible.
- Repeat, reversing the weight (long, mid, short length).
- Bring the mat to the hog line. Roll 3 jacks to rest over the 2m mark.



3. Repeat Line Drill

Set up: Mat at 2m, one bowl set on the green.

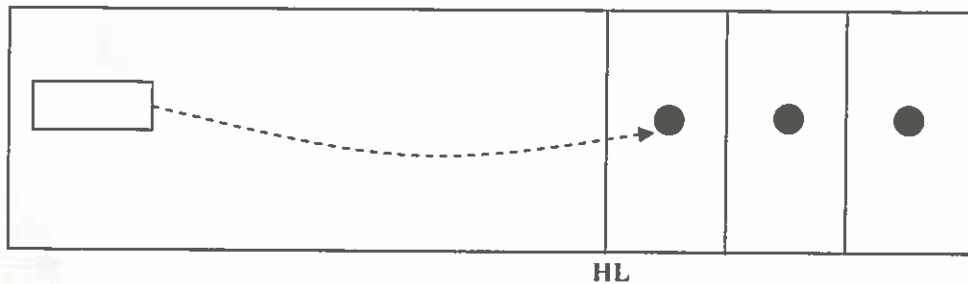
- Roll 4 bowls toward a fixed aiming point (a bowl – see X below), with the same line and weight for each bowl. Really focus on the aiming point; don't look away after release. Try to get a tight cluster.
- Remove the aiming point bowl. Repeat the drill, aiming to the same point using a spot on the green or backboard as a substitute for the bowl.



4. Progressive Weight Exercise

Set up: Mat at 2m, 3 progressive lines across the rink (hog line, 2m mark, one in between). Ok to use 2 bowls across at each distance (6 bowls total), instead of a line.

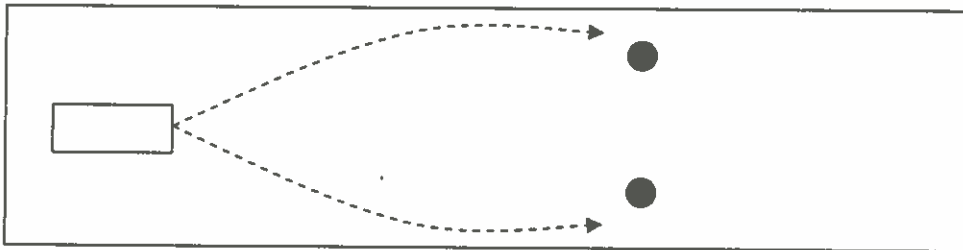
- Draw to have bowl rest at each of the three depths, starting with the shortest.
- Repeat starting with the furthest line.



5. Off-Center Aiming

Set up: Place 2 bowls two feet from the edge of the rink, one on each side.

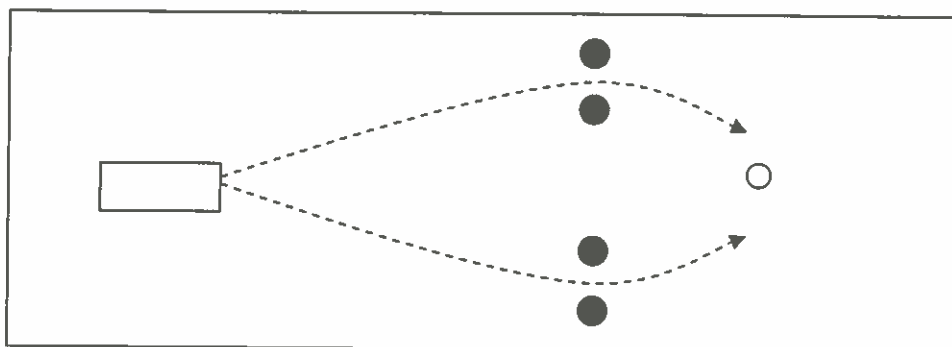
- Roll 2 bowls to the left bowl and 2 to the right.



6. Thruway

Set up: Jack at any length. Place 2 bowls in the draw on each side 3 feet apart in the draw line. 10 feet in front of the jack.

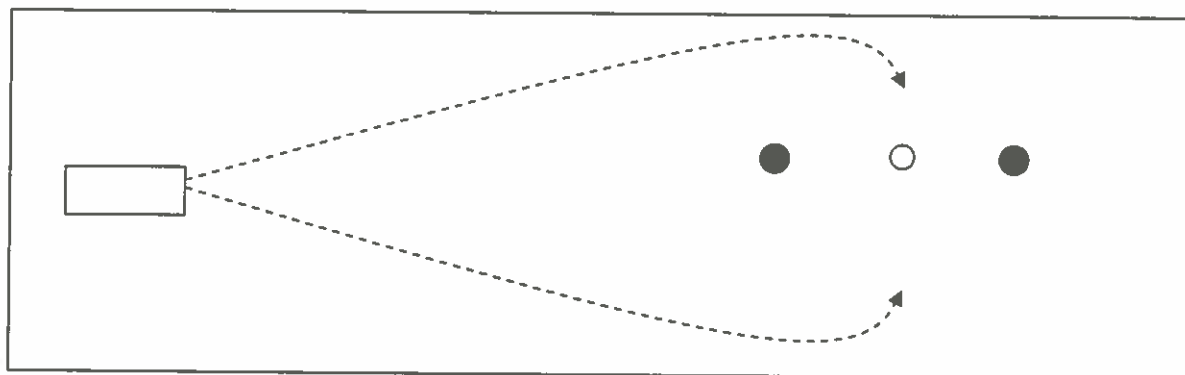
- Draw two bowls on each hand thru the port to the jack.



7. Draw to Piggy in the Middle

Set up: Place one bowl two feet in front of the jack and one bowl two feet behind the jack.

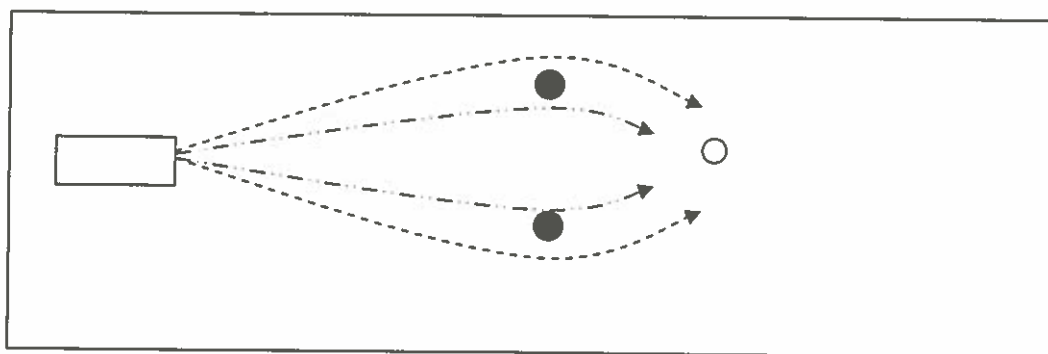
- a. Draw to the jack, 2 bowls each side.



8. Draw to Jack with Bowl in your Eye

Set up: Jack at any length, one bowl in the draw about 10 feet in front of the jack on each side.

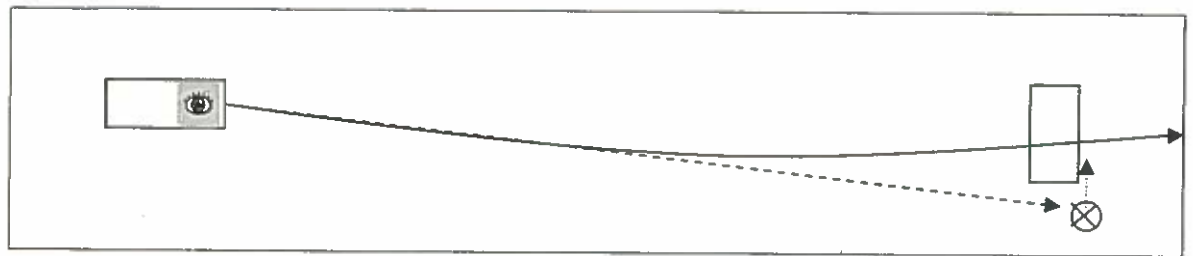
- a. Draw to the jack, 2 bowls each hand, around or inside the bowls on the green.



9. Drive (Part 1)

Set up: Place a mat widthwise at any length. Place a fixed aiming point (a bowl – see X below) 3 feet off center and behind the jack. The object of this drill is to practice a drive with a weight that is easy, powerful and smooth. (It doesn't have to be a rocket.)

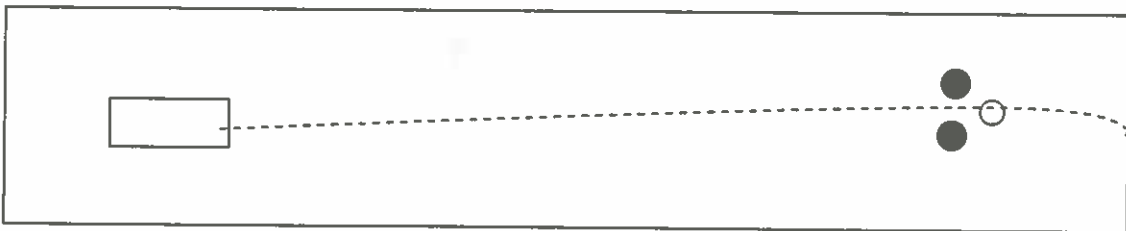
- Roll the bowl smoothly with weight toward the aiming point. Try to bowl across the mat.
- Repeat with the same aiming point, adjust the weight until you cross the mat.
- When you've had success with b., move the aiming point closer to the center and repeat the exercise with more weight.



10. Drive (Part 2 - Split)

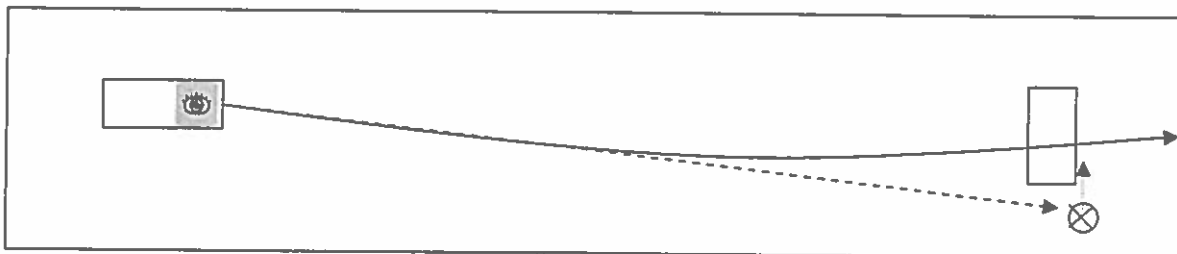
Set up: Place 2 bowls and a jack fairly close to the ditch 1 – 2 feet apart.

- Try a running shot with a weight that is easy, powerful and smooth. Try to hit the big target and split the bowls.



11. Alternate Draws and Drives

Set up: Place a mat widthwise at any length.

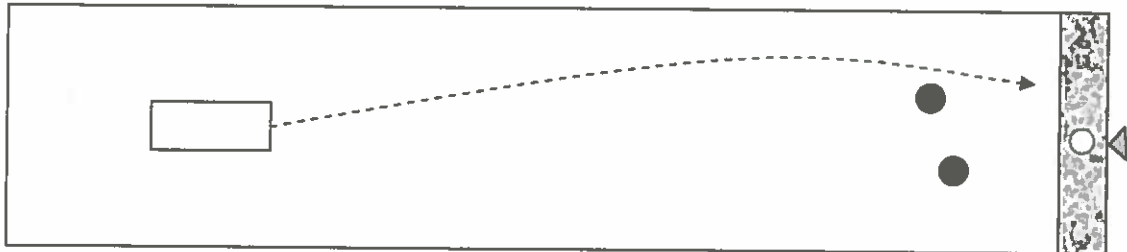


- Alternately try to: i) drive across the mat and ii) have your bowl come to rest on the mat.

12. Jack in the Ditch with Bowl(s) to Beat at 4 feet, 6 feet, 8 feet

Set up: Mat at 6m. Jack in the ditch. Two bowls at 6 and 8 feet from the ditch.

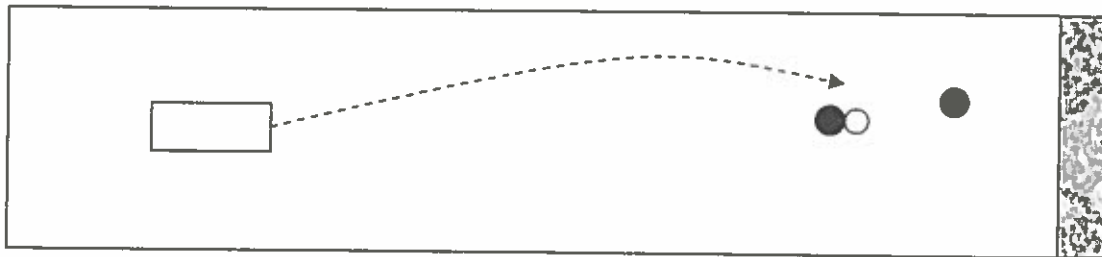
- Draw to cut down the points or make the shot.
- Repeat with mat at the hog line.



13. Hidden Jack for 2nd Shot

Set up: Mat at 2m. Hide a jack directly behind a bowl. Place a second bowl about 8 feet behind.

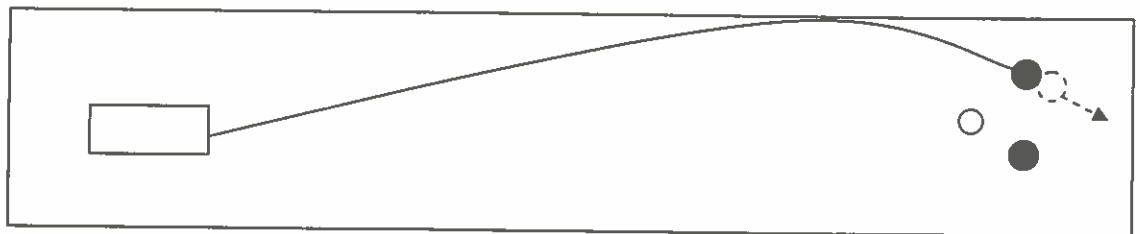
- Draw to the jack for second short or bump the front bowl to uncover the jack (and possibly take the shot).



14. Chop and Lie

Set up: Mat at 2m. Jack placed at medium length. Two wing bowls, each 1 foot behind and 1 foot to the sides of the jack.

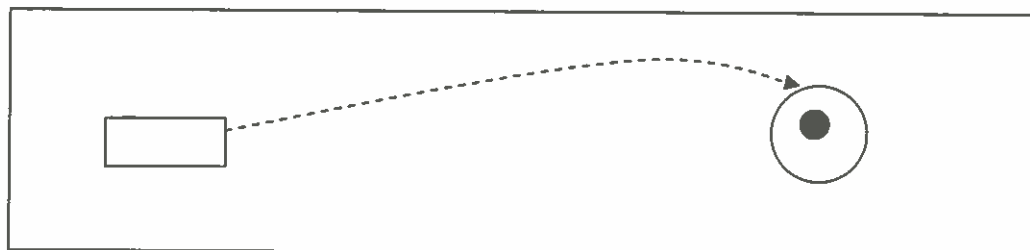
- Bowl with a little extra weight to replace one of the wing bowls using forehand and backhand.



15. Circle Draw

Set up: Mat at 2m. Draw a 3 ft circle at medium length.

- Bowl to rest inside the circle. Switch to forehand (or backhand) after two consecutive scores.



16. Promoting Bowls

Set up: Mat at 2m. Jack at medium length. Place a bowl on its running surface three feet short in the draw on either side.

- Draw to promote one of the bowls to the jack
- Repeat with each hand.

