

PURPOSEFUL PRACTICE

The Programme as set out has no reflection on the individual's bowling skills. It is however a definite scored drill process used to help each person reach a higher level of personal achievement.

Our Club can only reach greater heights by the individual and then by the team reaching higher performance levels through Proper Practice.

Simple Skills

Simple skills in all probability produce the greater result.

- (a) Deliver the Jack accurately to a length you wish to practice, do not spot the Jack. Play to where it stops. It need not be centred. You are educating your mind and body to get line and length.
- (b) Practice weight control by setting different target areas. Note the target area need not be a Jack, it may be a mat or group of lawn bowls or plastic containers. Score yourself during this skill session. You are trying to learn and improve. The only way to do so is to make a definite scored assessment.
- (c) Self-assessment improves with knowing exactly how well you are achieving. Therefore don't estimate, have definite guidelines.
- (d) Bowls is – 70% Mental Skills
30% Practice Skills.

Remember the more you practice, the luckier you become.

Proper Practice

What is proper practice?

Proper practice can be stated as one part physical exertion and three parts self-discipline. It strengthens the body, relaxes the mind and toughens the spirit.

Proper practice means setting definite goals. It helps in gaining confidence in your own ability. It motivates you to achieve and increases your concentration levels.

Practice means setting up a session making sure not to practice your faults. Having a definite object or plan in mind and a self-assessment guide or score set up in place. Each individual exercise should not have a duration of more than 20 minutes.

Scoring system must be properly recorded:-

5 points for finishing a mat width from the target

3 points for finishing a mat length from the target

1 point for finishing 2 mat lengths from the target

Any bowl outside this area incurs a minus (-) 2 points.

Suggested time for each drill 20 mins maximum. Play short, medium and long.

Should you require assistance please contact Dennis O'Toole.

SCORE CARD

NAME:

HAND PLAYED: B/h or F/h

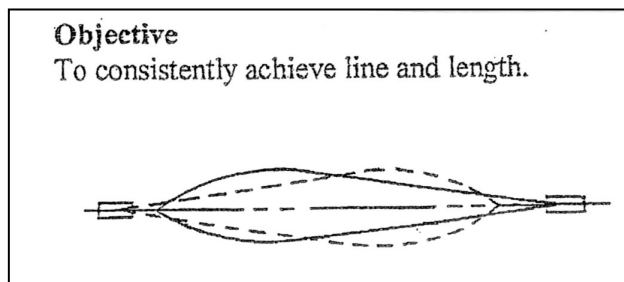
SKILL NO.

Mat Distance	Bowl 1	Bowl 2	Bowl 3	Bowl 4
Medium				
Short				
Long				
BOWL TOTAL				

OVERALL TOTAL:

Please retain a copy of your Score Card for future reference. If you wish to discuss any aspects of your score please contact Dennis O'Toole.

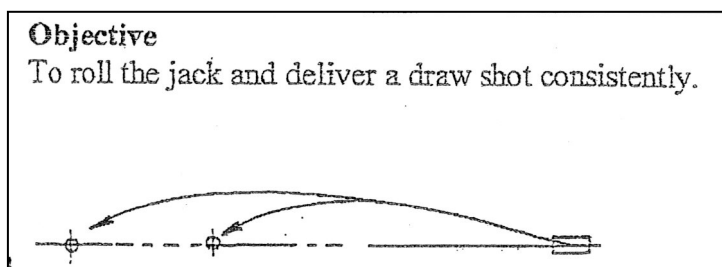
1.



Method

Use 2 mats and 4 bowls. Place mat on the centre line of the rink one at each 2m mark. Deliver your 4 bowls from end to end to rest on centre of mat. Score as indicated by score card varying length and hand played.

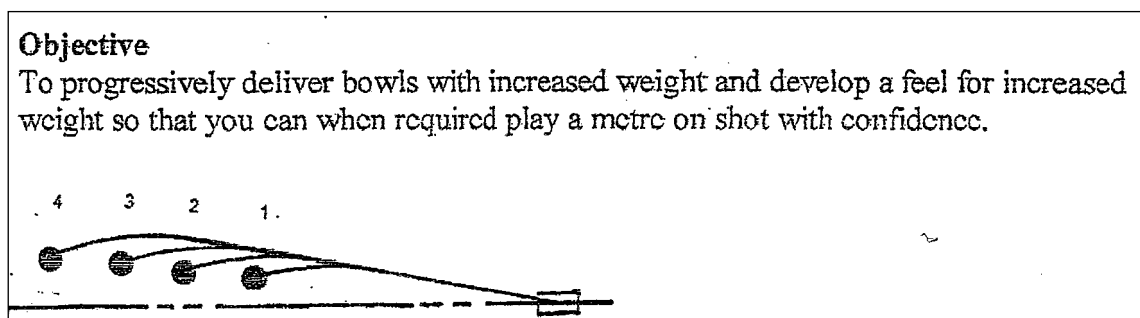
2.



Method

Use 4 bowls and 2 jacks. Roll one jack to medium length and draw 2 bowls to it. Deliver jack to short length and deliver 2 bowls to it. Play one side and try not to cross the line or be short. Play up and back. Change sides and repeat the exercise. Score as indicated by score card varying length and hand played.

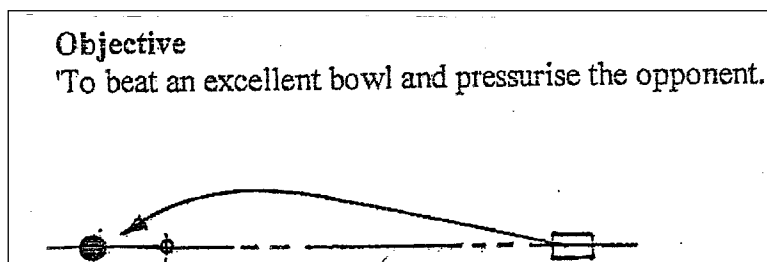
3.



Method

Use 4 bowls. Deliver a medium length bowl to any point on the rink without crossing the head. Draw the second bowl 40 or 50cm behind it, similarly third bowl behind 2 and fourth bowl behind 3. Vary lengths and play backhand and forehand. Score as per card.

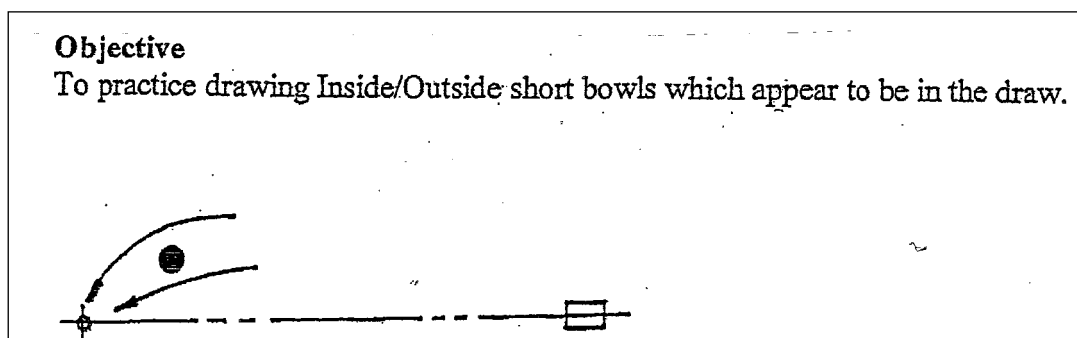
4.



Method

Use target jack and target bowl. Position jack on centre line at medium length and place a bowl 50cm behind. Deliver your bowls to draw into the gap or rest the object bowl. Vary length and bowl 2 bowls backhand & 2 bowls forehand. Score as per card.

5.



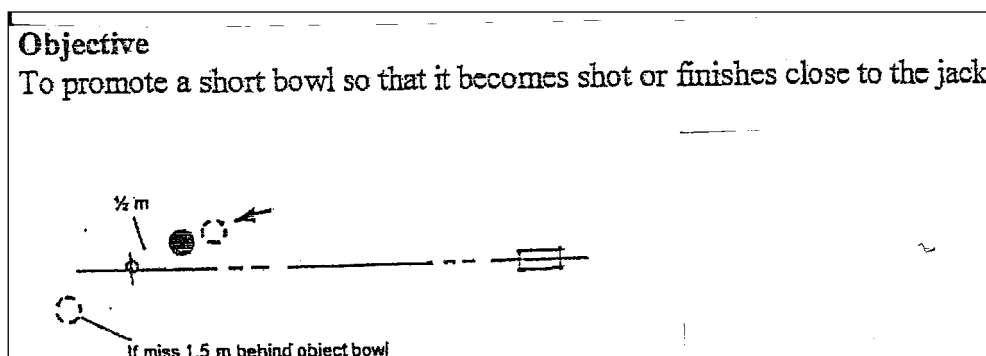
Method

Use a target jack and two target bowls. Position the jack on the centre line at medium length and place a bowl each side of it and 2m short in the line of draw to suit your bowls. Draw on the forehand and backhand either inside or outside the short bowls. To do this adjust the position of your feet on the mat.

Move to the inside of the mat to go outside of a bowl. Using your original focus point increases the delivery angle and enables you to draw around the object bowl.

Move to the outside of the mat to go inside of a bowl. Using your original focus point reduces the delivery angle and enables you to draw inside the object bowl. Play both hands and attempt medium, short and long ends. Score as per card.

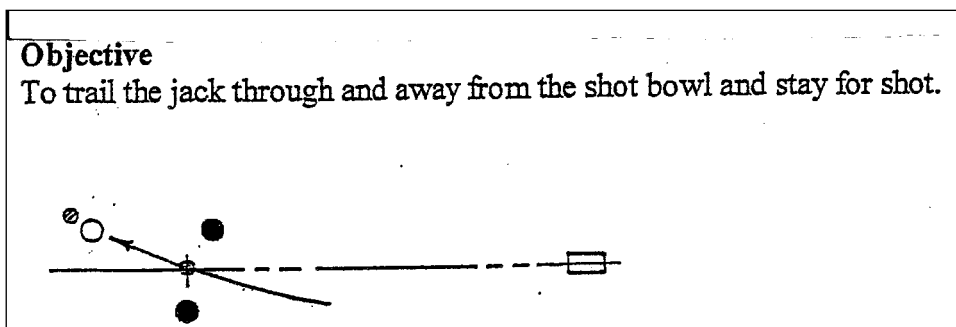
6.



Method

Place a bowl about 50cm short of a jack set at medium length. Deliver your bowl with enough weight to hit it and move it forward 50cm. As a guide to the correct weight to be used, a ratio of 3 to 1 is suggested. To promote a bowl 50cm you need 1.5m extra weight with the necessary narrower green. Vary the length and use forehand and backhand. Your finished point of bowl, if you miss target, should be around 1.5m. Score as per card.

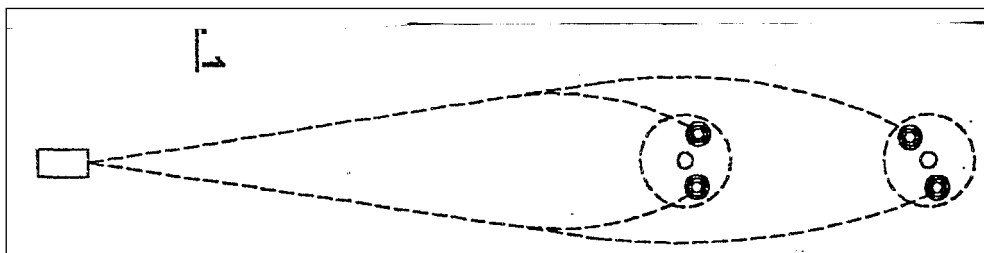
7.



Method

Position the jack with two bowls as shown, with a suitable gap between them to trail the jack. Deliver a bowl with a “metre on” weight to trail the jack through the gap to restart in a new position. Score 5 for moving jack, 3 for moving either bowl and 1 by finishing 1 metre through. Score minus 2 for outside target zone. Vary length and hand. Score as per card.

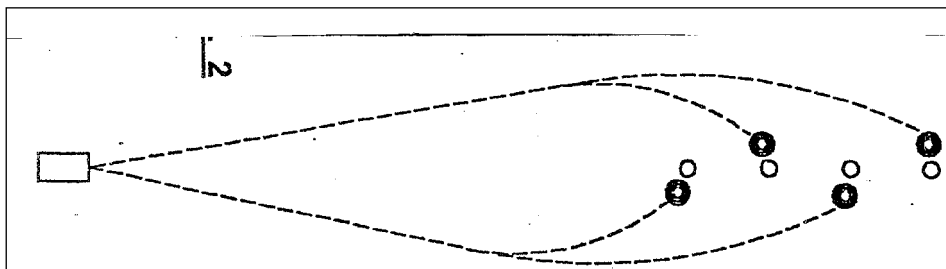
8.



Method

Place the mat on the 2 metre mark. Place one jack 1mt past the minimum length and another jack 1mt short of full length. Your task is to deliver 2 bowls (forehand and backhand) to each jack so that your bowl comes to rest in the score sheet zone. Vary length. Score as per card.

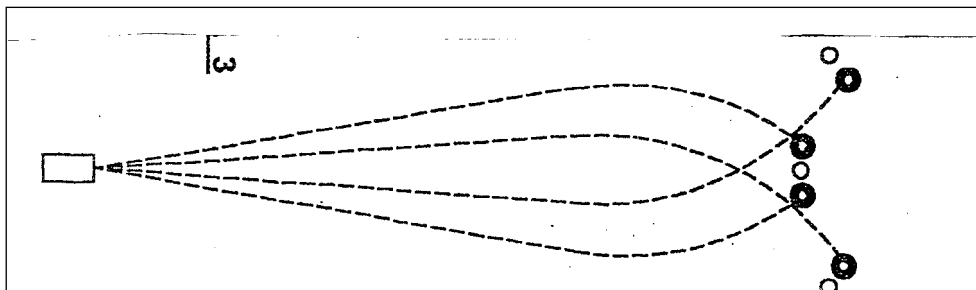
9.



Method

Place the mat on the 2 metre mark. Position 4 jacks on the centre line and 1 metre distance apart starting at the minimum length. Deliver 1 bowl to the first jack and 1 bowl to the third jack on the forehand and on the backhand to the 2nd and 4th jacks. Starting with jack on T and the length of jacks reducing by 1 metre, play long to short. Alternate hand and vary length as per score card.

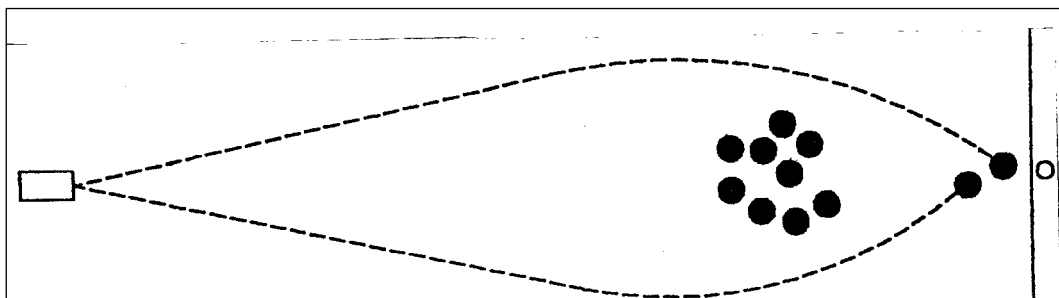
10.



Method

Place the mat on the 2 metre mark. Place 3 jacks at approx medium length, one on the centre line and the other two about 1 foot from each boundary and one foot behind the centre jack. The object is to play all bowls within the confines of the rink. Deliver two bowls to the centre jack, one forehand and one backhand, then deliver a bowl to the left hand jack on the forehand and a bowl to the right hand jack on the backhand, in both instances the bowls must pass under the centre 2 bowls and jack to reach their objective. Practice medium, long and short and score as per card.

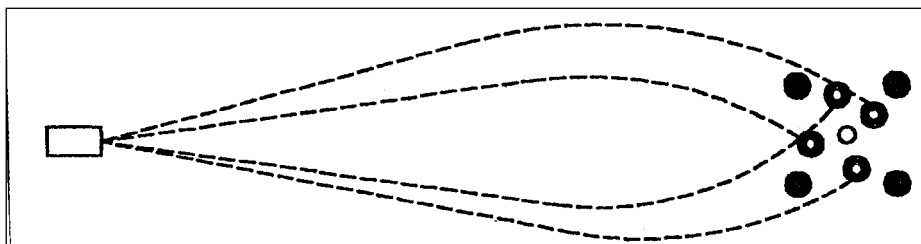
11.



Method

Place mat on the 2 metre mark. Position 6-8 bowls at about medium length in a cluster similar to the diagram. Place the jack either in the ditch or on the edge of the plinth and practice drawing around the cluster of bowls to the jack on both forehand and backhand. Play medium, long and short and score as per card.

12.

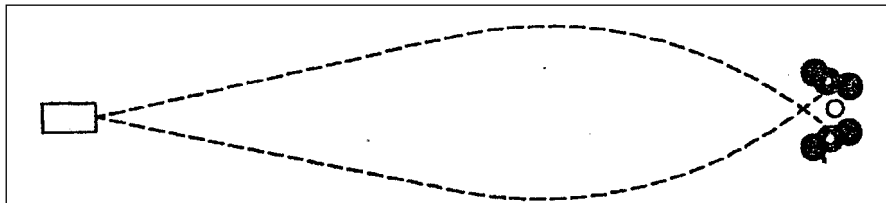


Method

Place mat on the 2 metre mark. Place a jack on the centre line about medium length and position 4 bowls around the jack approx. 1 metre apart, forming a square. The object is to treat the positioned bowls as your opponents and draw under and around them. Your first

bowl, play on the forehand and draw between the front bowls, and the next bowl on the backhand between front bowls. On the forehand draw shot around front right hand bowl and the backhand around the front left bowl. Play medium, long and short and score as per card.

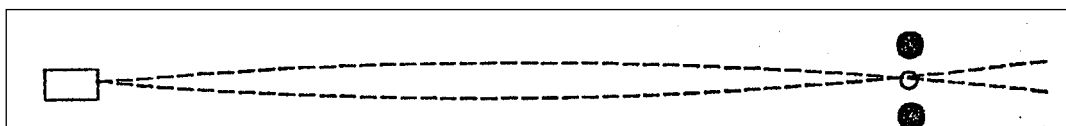
13.



Method

Place the mat on the 2 metre mark. Position a jack at approx. medium length and place 4 bowls around the jack – 2 bowls at 11 o'clock and 1 o'clock positions approx. level with the rear of the jack and 2 bowls at 4 o'clock and 8 o'clock positions – the rear of the bowls level with the front of the jack. The object is to play a perfectly weighted draw shot to the rear bowls, between the front bowls without moving the jack or bowls to obtain the shot. Practice both forehand and backhand . This requires CONCENTRATION and CONFIDENCE to play the shot, which leads to CONSISTENCY. Don't forget to vary the lengths between the mat and the head, you don't always play to a medium length end. Score as per card.

14.



Method

Place the mat on the 2 metre mark. Place a jack at full length and position 2 bowls, one each side of the jack approx. 180ml to 200ml (7" to 8") away in a jack high position. The object is to play a controlled weighted shot, first practice removing the jack and then either of the two bowls, each in turn. Don't lose control by driving too fast, find your own weight to achieve your objective. Again this requires CONCENTRATION and VISUALISATION to select the correct aiming line. Play medium, short and long and score as per card.

SCORE CARD

NAME: _____ HAND PLAYED: B/h or F/h _____ SKILL NO. _____

Mat Distance	Bowl 1	Bowl 2	Bowl 3	Bowl 4
Medium				
Short				
Long				
BOWL TOTAL				

OVERALL TOTAL: _____

SCORE CARD

NAME: _____ HAND PLAYED: B/h or F/h _____ SKILL NO. _____

Mat Distance	Bowl 1	Bowl 2	Bowl 3	Bowl 4
Medium				
Short				
Long				
BOWL TOTAL				

OVERALL TOTAL:

SCORE CARD

NAME: _____ HAND PLAYED: B/h or F/h _____ SKILL NO. _____

Mat Distance	Bowl 1	Bowl 2	Bowl 3	Bowl 4
Medium				
Short				
Long				
BOWL TOTAL				

OVERALL TOTAL:

SCORE CARD

NAME: _____ HAND PLAYED: B/h or F/h _____ SKILL NO. _____

Mat Distance	Bowl 1	Bowl 2	Bowl 3	Bowl 4
Medium				
Short				
Long				
BOWL TOTAL				

OVERALL TOTAL:

SCORE CARD

NAME: _____ HAND PLAYED: B/h or F/h _____ SKILL NO. _____

Mat Distance	Bowl 1	Bowl 2	Bowl 3	Bowl 4
Medium				
Short				
Long				
BOWL TOTAL				

OVERALL TOTAL:

SCORE CARD

NAME: _____ HAND PLAYED: B/h or F/h _____ SKILL NO. _____

Mat Distance	Bowl 1	Bowl 2	Bowl 3	Bowl 4
Medium				
Short				
Long				
BOWL TOTAL				

OVERALL TOTAL:

NOTES: