

# Bowls AUSTRALIA

## Player Training Procedures 2011.

### Drawing Training Schedule, Grade 1.

Begin by positioning 4 jacks, 4 painted CD's, or 4 x ½ Tennis balls, on the 2 meter marks at each end of the rink and another two on the 21 meter marks from each end.

Have a 15 minute roll up using 4 bowls, to determine the kindest side of the rink.

Begin the practice session at the end of the green where you will play your forehand on the first end. See attached score sheet, and *score a point for each bowl which finishes within a mat length of the jack.*

**Any bowls which finishes outside of the mat length (2 feet) which are wide, narrow, long or short, mark in the bottom portion of score card for that bowl.**

**1<sup>st</sup> end.]** Place the mat on the 2-meter mark. Play two bowls on the **forehand** to the **long jack**. Then play the other two bowls on the **forehand** to the **short jack**. Score a point for each bowl, which finishes within a mat length of the jack, and the reason for the ones that don't.

**2<sup>nd</sup> end.]** Place the mat at the other end 2-meter mark. Play the first two bowls on the **backhand** to the **long jack**. Then play the other two bowls on the **backhand** to the **short jack**. Score as on the first end.

**3<sup>rd</sup> end.]** (As on the first end) Place the mat on the 2-meter mark, and using the same side of the green, play two bowls on your **forehand**, to the **short jack**. Then play the other two on the **forehand** to the **long jack**.

**4<sup>th</sup> end.]** (As on the second end) Place the mat on the 2-meter mark. Play the first two bowls on the **backhand** to the **short jack**. Then play the other two bowls on the **backhand** to the **long jack**.

**5<sup>th</sup> end (Mat Up)** Place the mat up the green at the 21- meter mark from the opposite end. Play 2 bowls on your forehand to this jack. Then play the other 2 bowls on your backhand to the same jack. **These ends will be the only time you use the other side of the green.**

Continue as per score sheet playing 40 bowls, scoring a point for each bowl, which finishes within a **MAT LENGTH** of the jack. If the jack is trailed, replace the jack in the original position and measure to the bowl. Carry the score sheet and score every end. It is very important that you score honestly; as this exercise will identify the areas which you need improvement.

### Grouping Skills Training.

The grouping skills procedure is used to improve your consistency.

After playing a good shot with your first bowl, you need to be able to repeat it with the rest.

#### **(REPETITION)**

**Procedure** - Roll a bowl to the length of end you wish to practice, as close to the centre line as possible.

Using this first bowls as the jack, or if assisted by a helper, place a jack or CD on the centre line.

Play the remaining 3 bowls as close as you can to the first bowl, jack or CD.

Count each bowl where it finishes, 1 point for every bowls within a mat length.

Mark those bowls which don't finish within a mat length with reason, W-wide, N-narrow, S-short, L- long.

Total points available = **30**

**A HIGH QUALITY IN TRAINING WILL REPRODUCE A HIGH QUALITY IN COMPETITION.**

# *Jack and First Bowl Drill Training.*

*EQUIPMENT. - 2 Bowls - 2 Jacks - 2 CD's - Pen - Mat - Concentration.*

*THE AIM OF THE EXERCISE:-*

- 1. Is to become more proficient in the playing of the first bowl after rolling the jack.*
- 2. The rolling of a close bowl to a jack rolled by the opposition.*

*The exercise will involve rolling the 2 jacks and bowls in one direction, and then drawing to the 2 placed CD discs, or ½ Tennis balls, in the other direction*

*When rolling the jack, make sure you roll it to the longer length first, so as when you roll the 2<sup>nd</sup> jack to the shorter length, no bowls are in your way.*

*Play both directions on the same side of the rink.*

*Lengths to play - S =short - M= medium - L= long.*

*Keep changing lengths to enable consistency at all different lengths.*

*The black marked ends on the score sheet are first bowl score marks after rolling the jack, and played on the F/H. **The red marked ends on the score sheet are first bowl scores when playing to the placed CD's on the B/H.***

*You will need to carry the 2 jacks back to the other end after playing to the discs.*

*SKILL DRILL.*

- ★ Place a painted (orange / white etc) coloured CD disc on the 2 meter mark at the mat end of the rink and another CD approx. 4 meters shorter.*
- ★ Have a few ends roll up to find the pace and line of the rink.*
- ★ Play all your bowls on the same side of the rink so you play F/H in one direction and B/H in the other.*

*End 1.*

- ★ Begin by rolling the first jack to a longish length, as close to the centre line as possible. ( if you have assistance replace the jack on the centre line)*
- ★ Play your first bowl as close as you can to the jack.*
- ★ Mark your score card.*
- ★ Remove your jacks and bowls.*

*End 2.*

- ★ Place the mat at your required length in the other direction and play your first bowl to the long CD disc use the same side of the rink as the previous end.*
- ★ Mark your score card.*

*SCORES*

*5 Points for bowls within a mat width.*

*3 Points for bowls within a mat length.*

*1 Point for bowls within 1 ½ mat lengths. (1 meter)*

*Minus 1 Points for bowls outside a meter.*

## Jack and 2 bowl skills Training.

This drill is played with 2 jacks and 4 bowls.

Roll the 1<sup>st</sup> jack to a longish length as close to the centre line as possible, and play 2 your first 2 bowls.

Roll the 2<sup>nd</sup> jack to a shorter length as close to the centre line as possible, and play your other 2 bowls.

**Play all your bowls on the same side of the rink.**

Mark the scores of bowl bowls on the sheet.

Continue until you have completed 10 ends.

This drill is for specialist leads only.

### Scoring.

5 points within a mat width.

3 points within a mat length.

1 point with a meter.

## Weight Training.

Start by rolling a bowl to a short length as close to the centre line as possible, then continue to play the next 3 bowls increasing weight by a meter each bowl. Any bowl which doesn't increase further than the previous one walk up and get it and play it again. This will give you the commitment and concentration to do it right as you will get tired of walking up to replay your bowls.

On the return end, begin by playing the first bowl to a long length and then playing the next 3 bowls by decreasing weight by a meter each bowl. As before walk up and replay any bowls, which doesn't decrease from the previous one?

### driving with 1<sup>st</sup> bowl / drawing with 2<sup>nd</sup> to ditch

#### Procedure playing with 2 bowls per end x 10 ends.

Place a brightly painted CD on the centre line at the 2-meter mark, as the target for driving practice drill.

With your first bowl, drive at the CD on the F/H

Place another CD on the edge of the ditch a meter inside the boundary. With the second bowls draw to the CD on the edge of the ditch on the F/H.

### driving with 1<sup>st</sup> bowl / drawing with 2<sup>nd</sup> to Boundary.

Place a brightly painted CD on the centre line at the 2-meter mark, as the target for driving practice drill.

With your first bowl, drive at the CD on the B/H.

Place another CD at  $\frac{3}{4}$  length, a mat length inside the boundary line on the B/H side. With the second bowl draw as close to the CD as possible.

#### SCORING

10 points for hitting the driving CD.

- ★ Drawing to the ditch, 10 points within a meter of the ditch CD.  
6 points for passing the 2 meter mark  
Minus 2 point for bowls finishing short of the 2 meter mark, in the ditch, or out of bounds.
- ★ Drawing to the boundary, 10 points within a mat length.  
6 points within a meter.  
Minus 2 points for bowls outside a meter, or out of bounds.

This small driving target is to focus you to be able to hit single bowls

*Robbie Dobbins Bowls Australia National Team Assistant Coach 2011.*