

Draw Shot Practice Routine

This routine is designed to find your strengths and weaknesses

Play 100 bowls over 25 ends, alternating from forehand to backhand

Routine takes approximately one and one half hours

- 1: Place a jack on the two metre mark ready to play a long end
- 2: Place another jack two metres longer than a minimum length end
- 3: Do this at both ends
- 4: Place the mat one metre forward of the two metre mark and play two bowls to the long jack followed by two bowls to the short jack
- 5: Score one point for each bowl finishing within a mat length of the jack, try to remember which bowls count in order of delivery
- 6: Repeat this procedure from the other end but play the same side of the green
- 7: After playing 25 ends add long lengths columns, then add short length columns, this gives a comparison between the two lengths
- 8: Add both totals to give total out of 100 bowls
- 9: Add every other row for totals of each hand played - variations between these totals indicates a weakness on a hand
- 10: Keep a record of every routine for future reference

Name _____

Date _____

Conditions _____

Green Speed _____

End No	Hand	Long Length		Short Length		
		1st Bowl	2nd Bowl	3rd Bowl	4th Bowl	
1	Backhand					
2	Forehand					
3	Backhand					
4	Forehand					
5	Backhand					
6	Forehand					
7	Backhand					
8	Forehand					
9	Backhand					
10	Forehand					
11	Backhand					
12	Forehand					
13	Backhand					
14	Forehand					
15	Backhand					
16	Forehand					
17	Backhand					
18	Forehand					
19	Backhand					
20	Forehand					
21	Backhand					
22	Forehand					
23	Backhand					
24	Forehand					
25	Backhand					

Totals

Long lengths

Short lengths

Backhand Bowls

Forehand Bowls

1st bowl

2nd bowl

Total of all points

Weakness Perceived

Long

Short

Backhand

Forehand