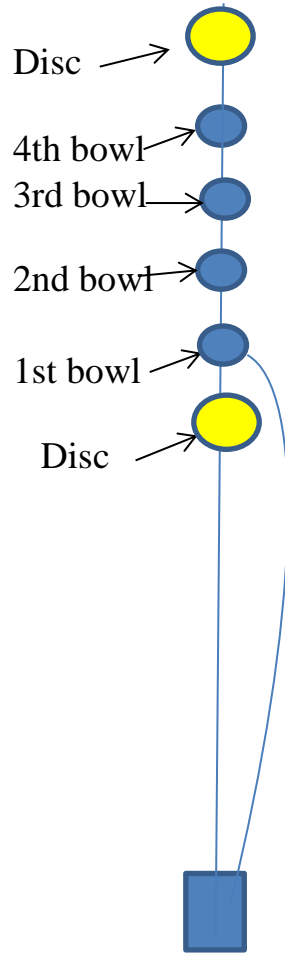


Grouping Skills						
Player		Date				
Conditions						
End	Length	Hand	2nd	3rd	4th	Total
1	L	F/H				
2	S	B/H				
3	L	F/H				
4	S	B/H				
5	L	F/H				
6	S	B/H				
7	L	F/H				
8	S	B/H				
9	L	F/H				
10	S	B/H				
Total Score =						/30
Bowls F/H =						/15
Bowls B/H =						/15
Short ends =						/15
Long ends =						/15
Score 1 point for each bowl which finish within a mat length of the first bowl (or jack)						



## WEIGHT CONTROL TRAINING

*There are a few different weight control training drills you can do, however all of them involve the increase and decrease of weight.*

*Start this exercise by just rolling a bowl to your desired length and then increase the length of each bowl. Any bowl which fails to pass the previous bowl, walk up and replay the bowl.*

*In the other direction start by rolling a long length and decrease with each bowl as in the prior end.*

*Another method is to place 2 CD's some 6 OR 8 meters apart.*

*Start by playing the first bowl to just past the shortest or nearest CD and then play the other 3 bowls by increasing each bowls weight so that the 4 bowls all finish between the 2 CD's.*

*As you improve your weight control, close or shorten the distance between the two CD's.*

*Adding a single revolution of a bowl in distance, is nearly impossible to achieve with the hand.*

*A good exercise is to increase this weight by thinking it on, or by self-talk, let the brain add the extra weight.*

*If you need to correct 500mm or a yard, try repeating to yourself silently "one more yard" etc.*

*You will be surprised how this will work by practicing this procedure and thought process.*

*Try judging the weight of the bowl before it has travelled 5 to 6 meters, by saying to yourself where vthe bowl will finish :- good weight, yard short, yard long etc.*

*Your main aim is to get to a skill level where you can consistently reduce or increase weight in one meter increments.*

Player		Date				
Conditions						
Jack & 2 Bowl Skills						
End	Length	Hand	Bowl 1	Bowl 2	Total	
1	L	F/H			/10	
2	S	B/H			/10	
3	L	F/H			/10	
4	S	B/H			/10	
5	L	F/H			/10	
6	S	B/H			/10	
7	L	F/H			/10	
8	S	B/H			/10	
9	L	F/H			/10	
10	S	B/H			/10	
Total 1st bowl =					/50	
Total 2nd bowl =					/50	
Total F/H.					/50	
Total B/H.					/50	
Total short ends =					/50	
Total long ends =					/50	
<b>SCORING SYSTEM</b>						
Bowls within mat width = 5 points						
Bowls within mat length = 3 points						
Bowls within yard = 1 point						