DRILLS & SKILLS: STATIONS RECOMMENDED: 

1. DELIVERY: MAT POSITION, GRIP, RELEASE (roll over CD), FOLLOW THROUGH and BALANCE. 2pts. for each aspect.

2. SHORT DRAW: WEIGHT CONTROL EXERCISE (KEEP BOWL ON GREEN). 1pt. for each bowl on green.

3. CATERPILLAR: ROLL FIRST BOWL. TRY TO PUT REMAINING BOWLS IN LINE. 1pt. for each bowl in line.

4. 4 MAT COURSE: PLACE BOWLS ON “TARGET” MATS FROM DIFFERENT LENGTHS. 1pt. for each bowl on mat.

5. RUNNING SHOTS: ROLL FROM SHORT MAT THROUGH HEAD TO STRIKE JACK. MOVE MAT BACK TO THE 2 METER MARK AND DO SAME. 1pt. for each bowl hitting the jack.

6. HOG-LINE DRAW: ROLL FROM HOG TO JACK. DRAW AROUND AND BEAT EXISTING SHOT. 1pt. for each “shot” bowl.

7. DITCH DRAW: ROLL TO HOG-LINE TO DRAW SHOT. 1pt. for each “shot” bowl.

8. TIC-TAC-TOE: “TEAM GAME”. SKIP STANDS NEAR GRID AND PLACES JACK ON DESIRED SQUARE.

TEAMS ALTERNATE (AS IN A BOWLS GAME) AND PLAY TIC-TAC-TOE. NO LINERS.

A GOOD SHOT (FULLY WITHIN SQUARE), IS REPLACED WITH CD.

NOTE: Everyone rolls 4 bowls at each station (recommended - two forehand two backhand), one person at a time,