DRILL FOR PRACTICING DRIVES

1. Place a mat (and vary the lengths). Place the “target mat” horizontally, giving yourself a “2’ wide target area”.

2. When you can hit the 2’ “target mat” area at 100%, turn the mat so there is only a 12” “target area”.

3. When you can hit the 12” target area” at 100%, place a jack six inches in front of the mat. The object is to hit the jack at 100%.

4. Remove the target mat and continue to drive bowls.

CAUTION: Limit the number of drives you deliver in order to not cause injury. Also, it is recommended this be done at the end of any practice, so as not to create conflict with weight control drills.

RECOMMENDED: Practice the drives at varied lengths, at center and off-center, also moving the delivery mat as well.

2016 - Kottia Spangler