



DRILLS & SKILLS: STATIONS RECOMMENDED: **NOV: 1-2-4-6-7 +8 MID: 2-3-4-6-7 +8 EXP: 2-8**

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,