



DRILL FOR PRACTICING DRIVES

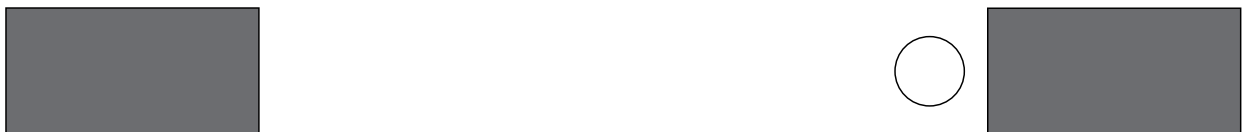
1. Place a mat (and vary the lengths). Place the “**target mat**” horizontally, giving yourself a “**2’ wide target area**”.



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.

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