

## 4 END, 4 BOWL "ALL SHOTS" DRILL

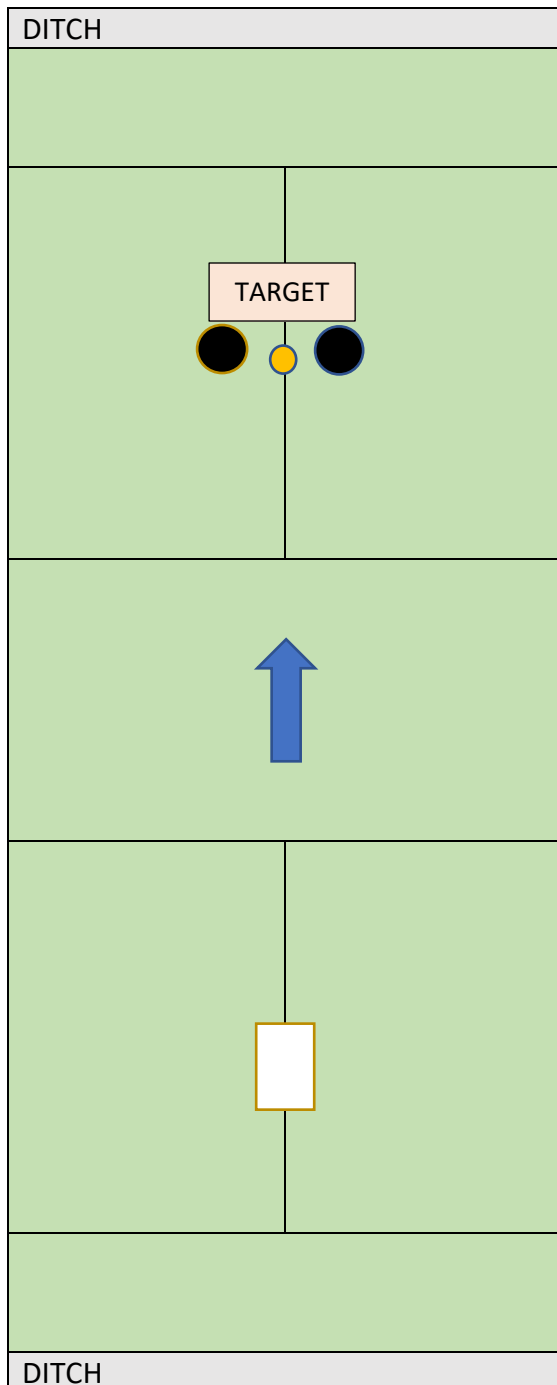
This drill will allow you practice all elements of the sport of bowls.

### END 1

Short end with the mat and jack mid-way up the rink.

Just a draw to trail the jack 50cm or disturb the head.

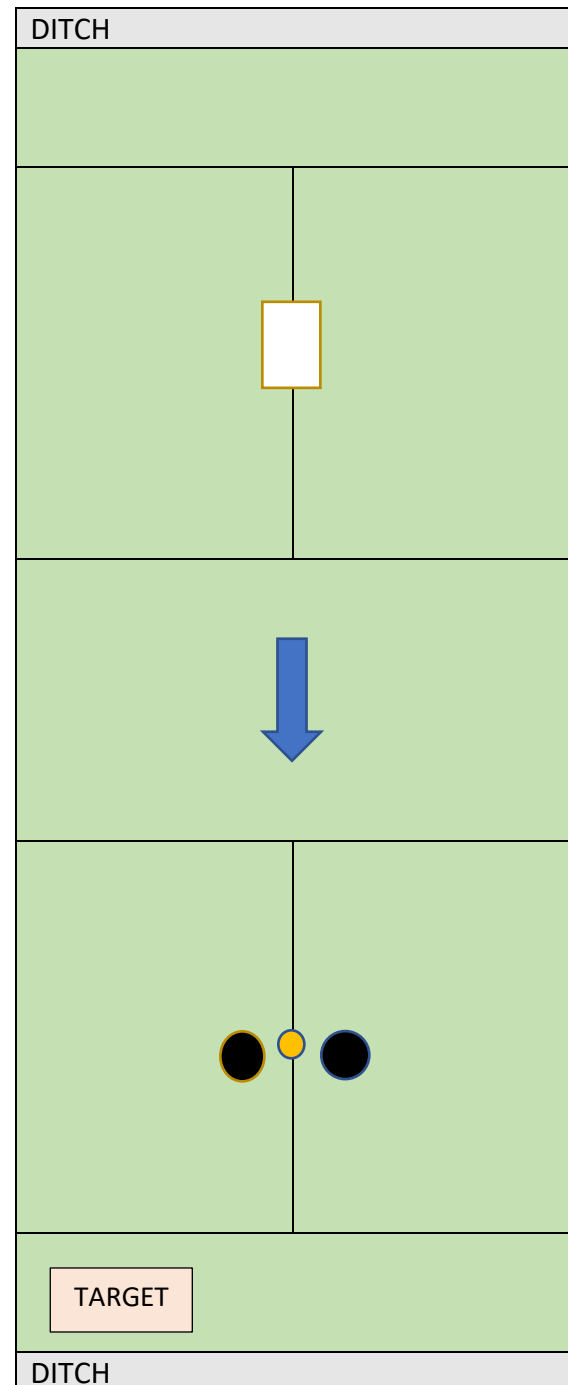
(Use these drills to exercise encouraging feedback to your team-mate).



### END 2

Short end with the mat and jack mid-way up the rink.

Just a draw to trail the jack deep without losing your bowl into the ditch.



## 4 END, 4 BOWL "ALL SHOTS" DRILL

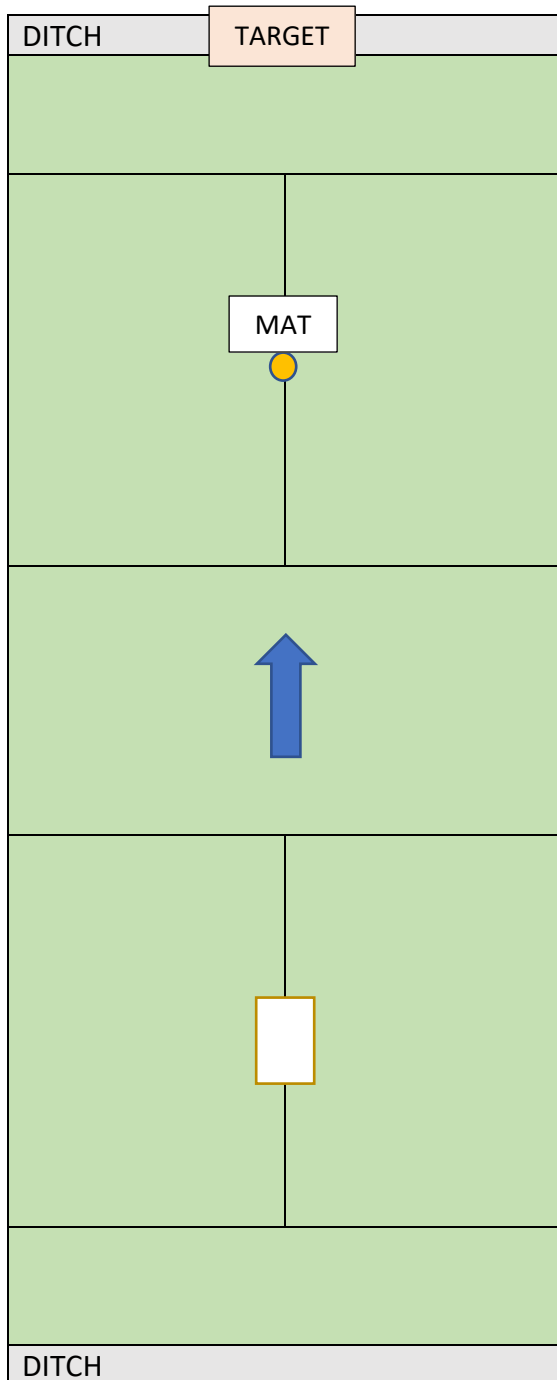
This drill will allow you practice all elements of the sport of bowls.

### END 3

Short end with the mats and jack mid-way up the rink.

Stand on the bank out of harms way when it is not your turn to bowl.

Play a running shot while also nominating a side of the mat behind the jack.



### END 4

Mid length end with the mat and jack in the ditch near the boundary.

Draw to make "second shot" without losing your bowl into the ditch.

When you have "second shot" then try to draw "shot".

