

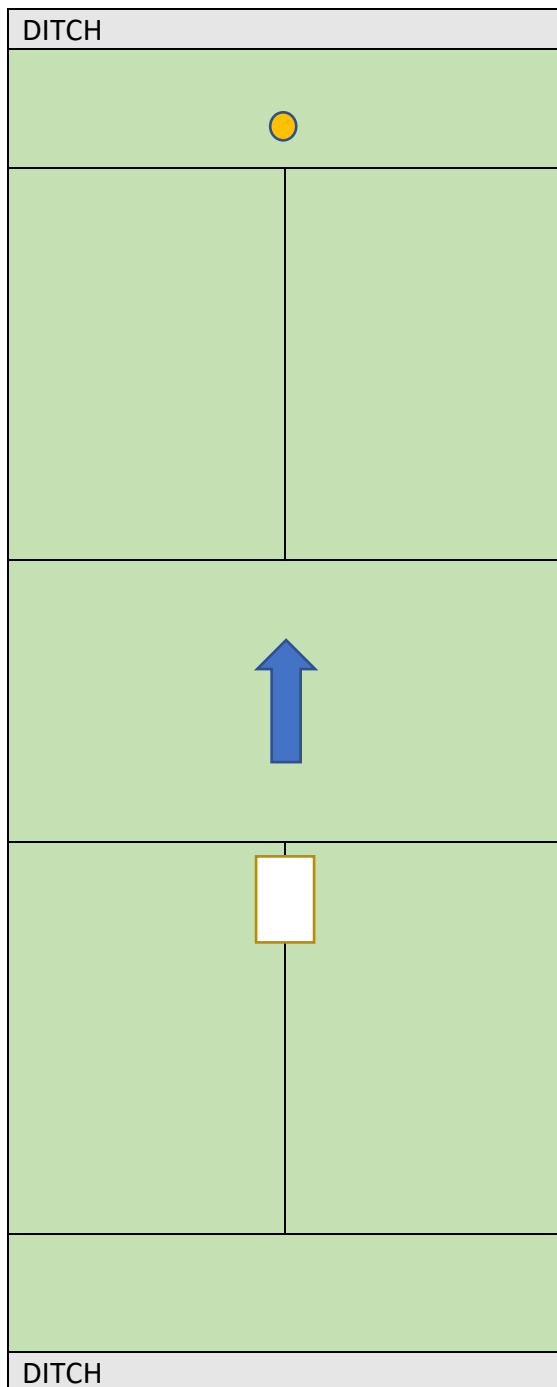
WEIGHT CONTROL DRILLS

WEIGHT DRILL 1

Start with a short end with the mat up and the jack 30cm past the "T".

Draw your bowls within the "2 metre end zone". Leave no short bowls.

Move the mat back a little further each end.



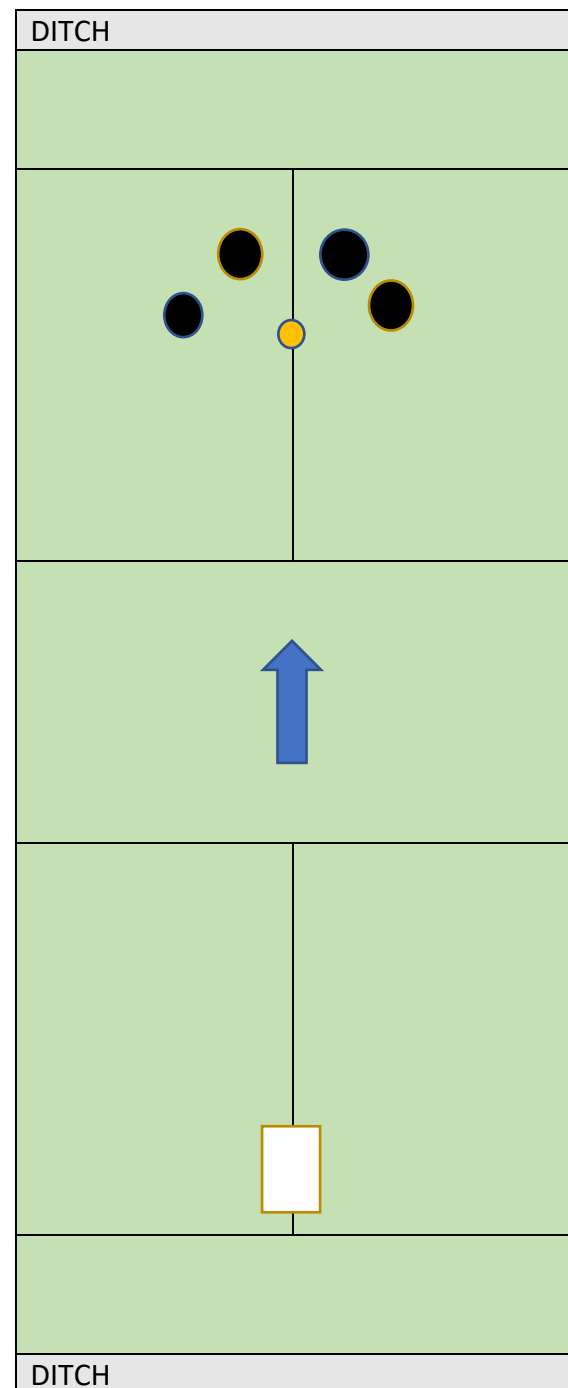
WEIGHT DRILL 2

Any length with the jack mid-way up the rink.

Set up "away" bowls in an arc 50 – 90cm behind the jack.

Beat the "away" bowls.

Leave no short bowls.

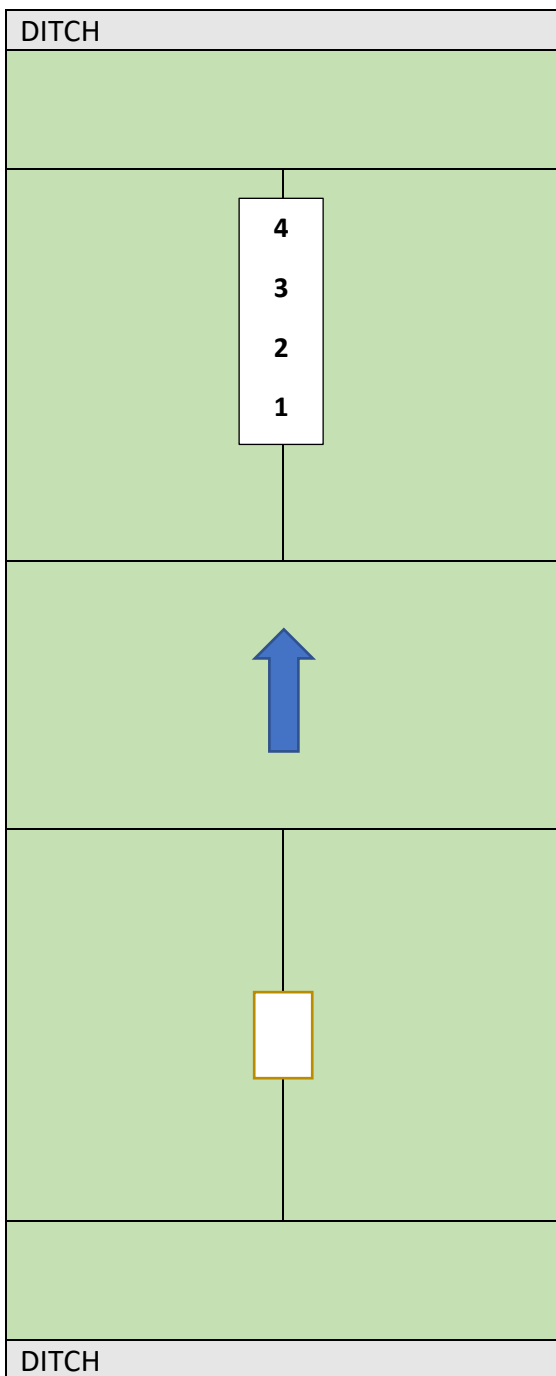


WEIGHT CONTROL DRILLS

WEIGHT DRILL 3

Often referred to as the “caterpillar drill” this drill is about weight adjustment.

Using 4 bowls. Bowl your first bowl any length, your second bowl should be delivered slightly longer than your first, your third bowl slightly longer than your second, and your fourth bowl slightly longer than third.



WEIGHT DRILL 4

Set up a couple of cones or bowls either side of a jack on the “T”.

Trail the jack 30 – 50cm.

Increase the distance between the mat and jack each end.

Mix up the length with dramatic long or short length changes during the drill.

