

Try this coaching drill, recommended by Cameron Curtis and Ian Schuback, Australian team coaches.

Drawing Skill Test

Overview: The ability to draw consistently close to the jack with the first bowl is a distinct advantage in a match situation. Similarly, the ability to repeat a good bowl, or at least, to accurately correct with the second delivery is a skill all champions possess. It's important to perfect this skill for forehands and backhands, as well as minimum and maximum length ends. The following drill, if completed on a regular basis, will assist all athletes to improve their overall drawing consistency, especially in pressure situations.

Objective: Improved drawing accuracy with the first bowl, the ability to repeat a good bowl or correct effectively with the second delivery, and reduction in the number of poor shots played. Improved drawing skill, consistency, concentration, self-confidence and ability to compete successfully in pressure situations.

Drill: After two trial ends, decide what side of the rink is the best to play and remain on that side throughout the exercise. Draw two bowls as near as possible to a jack over the minimum length (23m), followed by two draw shots to a maximum length jack. Continue for twelve ends (48 bowls) in a competitive state of mind, while maintaining maximum concentration (approx 1 hour duration).

Requirements: Four (4) jacks

Procedure: Place one jack slightly beyond minimum length in both directions.

Place one jack on 'T' in both directions.

Mat always positioned on the 'T' in both directions.

Play 2 bowls to the short jack, followed by 2 bowls to the long jack.

Play forehand in one direction, backhand the other.

Play 48 bowls (12 ends).

Every bowl earns a score.

Assessment: Scoring system

3 points = Finishing within 1 mat length of jack

2 points = Finishing within 2 mat lengths of jack, if past jack-high.

1 point = Finishing within 2 mat lengths short of jack.

0 points = Finishing outside 2 mat lengths of jack.

Benchmark: A total score >100 points (70%) is the benchmark for all Australian squad athletes