

Purposeful Practice Routines

Royal NSW Bowling Association Inc.

State Coaching Committee

October 1998

Re-Print November 2005

Foreword

These purposeful practice routines have been compiled from many publications and from practical experience. Use them to practise the shot which you think needs to be improved.

PURPOSEFUL PRACTICE

Practise on your own

Make sure not to practise your faults.

Set an objective for each practice exercise

Not more than 20 minutes for each individual exercise.

Practice means just that, not a fun roll up where the result is more important than the technique used.

Index

- 1 Jack Delivery
- 2 Maximum Curvature Of The Bowl
- 3 Drawing To Mats
- 4 Bowl To Full And $\frac{3}{4}$ Length
- 5 Rolling The Jack And Drawing Shot
- 6 Weight (Length) Control
- 7 Weight (Length) Control - Decrease Length
- 8 Weight (Length) Control - Increase Length
- 9 Promote A Short Bowl
- 10 Follow Through And Stay
- 11 Bowl - Jack High
- 12 Bowl - Behind Jack
- 13 Bowl - In Front Of Jack
- 14 Jack Close To Boundary
- 15 Bowl In The Draw
- 16 Toucher And Jack In The Ditch
- 17 Position Bowl
- 18 Split Two Bowls
- 19 Trail The Jack For Shot

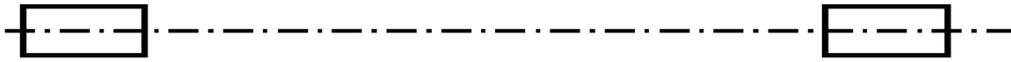
1 JACK DELIVERY

OBJECTIVE

To consistently deliver a jack to a nominated length

METHOD

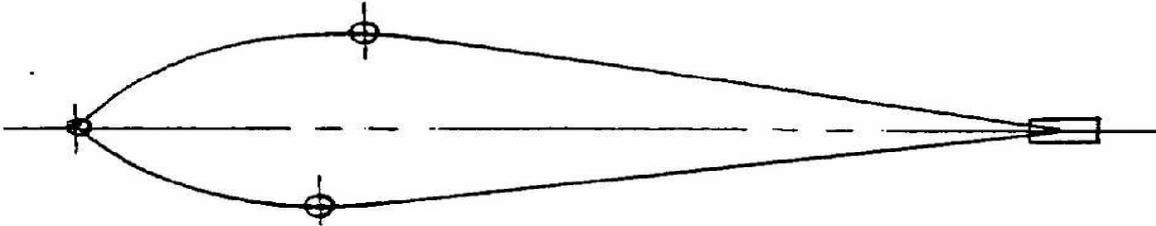
Use two mats placed on the centre line 30m apart. With a partner, deliver 8 jacks to each other's feet, varying the distance when the 8 jacks are consistently within 60 cm of the nominated positions for lower grades and within 30 cm for higher grades



2 MAXIMUM CURVATURE OF THE BOWL

OBJECTIVE

To establish and prove the maximum curvature technique of the draw shot by selecting the correct delivery angle.



METHOD

Set the jack at full length and gauge where the bowl will be at its maximum distance from the centre line (on both hands). Place markers at these points.

Deliver bowls to pass directly over the markers to obtain the correct delivery angle.

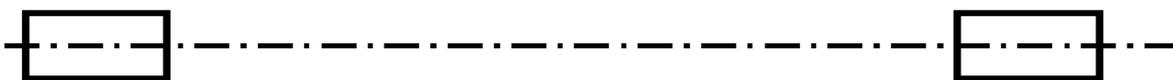
When the delivery angle is established move the jack and / or mat to alter the length and re-establish new marker positions.

This practice is to assist in selecting the delivery angle - do not worry too much about the weight. Concentrate on the perfect delivery angle for each bowl.

3 DRAWING TO MATS

OBJECTIVE

To consistently achieve line and length



METHOD

Use two mats and four bowls.

Place the mats on the centre line of the rink, one at each 2m mark.

Deliver your bowls from end to end, both forehand and backhand, either to rest at each end of the mat or in the middle.

Vary the mat positions when the goals are achieved.

4 BOWL TO FULL AND $\frac{3}{4}$ LENGTH

OBJECTIVE

To improve weight control and taking the correct green



METHOD

Place two target jacks or markers, one at full length and one at $\frac{3}{4}$ length on the centre line of the rink.

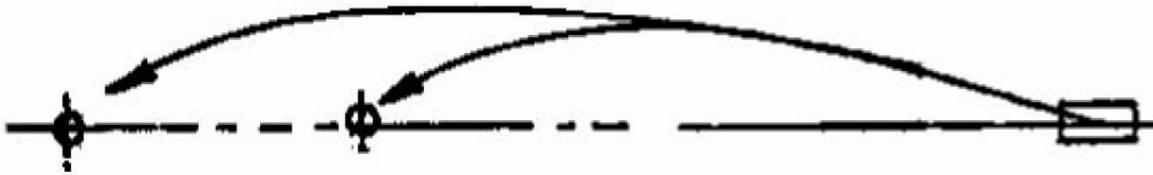
Bowl alternate forehand and backhand to draw to the $\frac{3}{4}$ length and the full length jack positions. Aim to deliver behind the jack.

Practise and set a goal to finish within 60 cm of the jack and as you improve reduce to 30 cm of the jack.

5 ROLLING THE JACK AND DRAWING SHOT

OBJECTIVE

To roll the jack and deliver a draw shot consistently.



METHOD

Use four bowls and two jacks.

Practise as follows for 10 ends.

Roll one jack to a medium length and draw two bowls to it. Roll the second jack to a minimum length and draw the last two bowls to it.

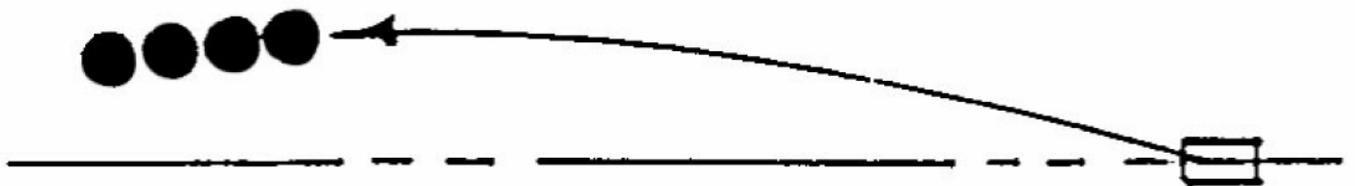
Play on one side (whichever you find is the easiest) and aim to draw consistently within 40 to 50 cm behind the jack.

Do not try for touchers or cross the head.

6 WEIGHT (LENGTH) CONTROL

OBJECTIVE

To develop a feel for the correct weight so that weight control and taking green occurs without conscious thought"



METHOD

Use four bowls.

Deliver a medium length bowl to any point on the rink without crossing the head.

Draw the next three bowls on the same hand using the same weight and green so that they finish close to each other.

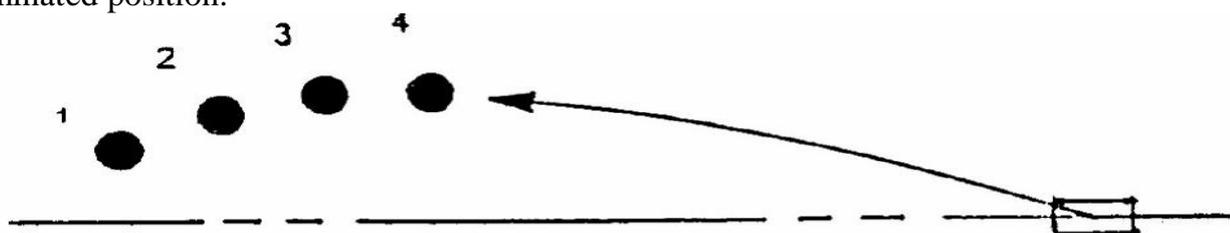
Vary the length and play on the forehand and backhand.

Initially, as an aid, set up a marker to indicate the aiming line so that the only variable is control of weight.

7 WEIGHT (LENGTH) CONTROL - DECREASE LENGTH

OBJECTIVE

To progressively deliver bowls with less weight and to develop a feel for reducing weight so that you can, when required, play a bowl short of a nominated position.



METHOD

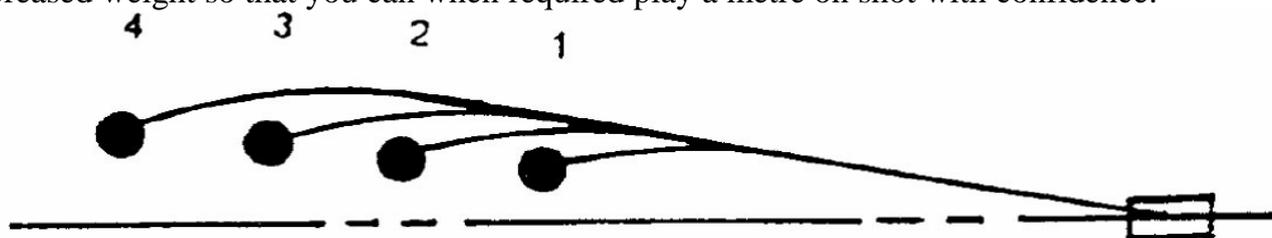
Deliver a medium length bowls to any point on the rink without crossing the head. Draw the second bowl to a position 40 to 50 cm short of it, similar for bowl 3 short of bowl 2 and bowl 4 short of bowl 3. Vary the length and play on forehand and backhand.

8 WEIGHT (LENGTH) CONTROL - INCREASE

LENGTH

OBJECTIVE

To progressively deliver bowls with increased weight and develop a feel for increased weight so that you can when required play a metre on shot with confidence.



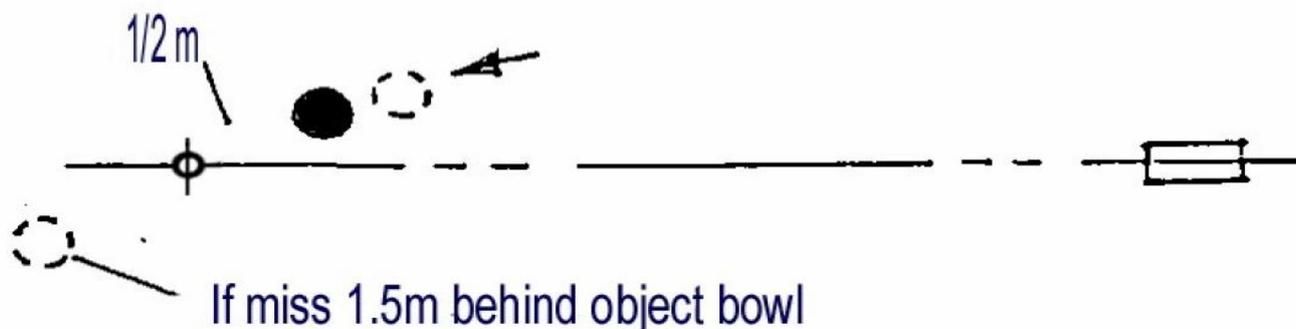
METHOD

Use four bowls. Deliver a medium length bowl to any point in the rink without crossing the head. Draw the second bowl to a position 40 to 50 cm behind it, similar for bowl 3 behind bowl 2 and bowl 4 behind bowl 3. Vary the length and play forehand and backhand.

9 PROMOTE A SHORT BOWL

OBJECTIVE

To promote a short bowl so that it becomes a shot or finishes close to the jack.



METHOD

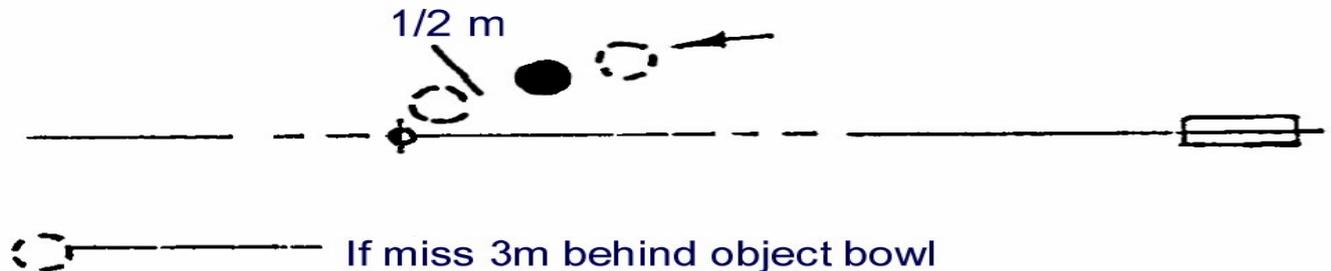
Place a bowl about $\frac{1}{2}$ m short of a jack set at medium length. Deliver you bowl with enough weight to hit it and move it forward $\frac{1}{2}$ m.

As a guide to the correct weight to be used, a ratio of 3 to 1 is suggested. To promote a bowl $\frac{1}{2}$ m you need 1.5 m extra weight with the necessary narrower green. Vary the length and use forehand and backhand.

10 FOLLOW THROUGH AND STAY

OBJECTIVE

To play on to a short bowl with sufficient weight to push it through the head and then follow through into a scoring or saving position



METHOD

Place a bowl $\frac{1}{2}$ m short of a jack set at a medium length.

Deliver your bowl with enough weight to move the object bowl forward so that your bowl follows through for the shot or to save.

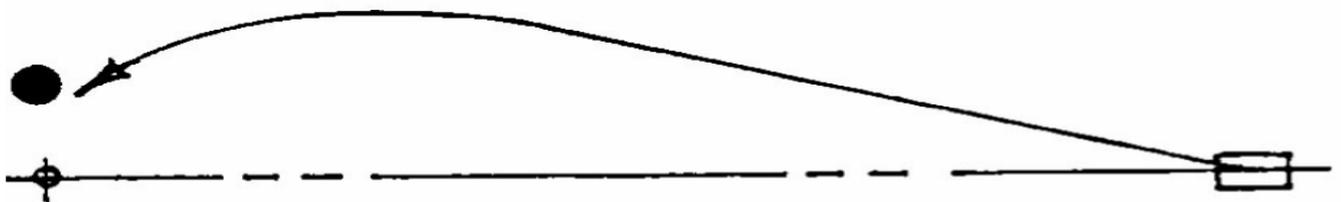
As a guide to correct weight a ratio of 6 to 1 is usually effective on a 12 to 14 second green. To follow through $\frac{1}{2}$ m you need 3m extra weight with the necessary narrower green.

Vary the length and use the forward and backhand.

11 BOWL - JACK HIGH

OBJECTIVE

To play up to a jack high bowl and drop in for the shot.



METHOD

If available, use a target jack and two target bowls.

Position a jack at medium length and set a bowl at jack high 30cm away to the left and right of the jack.

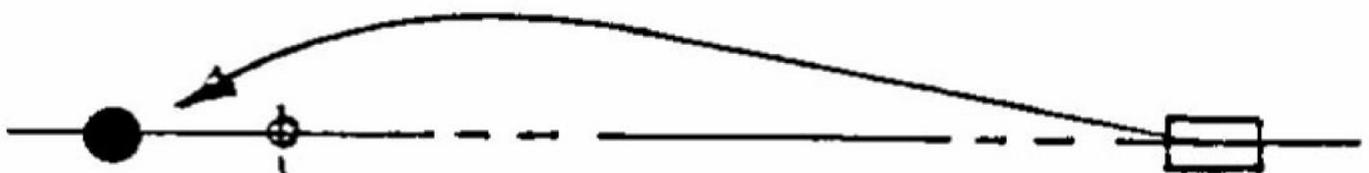
Deliver your bowl at draw weight to rub off the jack high bowl and drop in for shot.

Vary the length and use forehand and backhand.

12 BOWL - BEHIND JACK

OBJECTIVE

To beat an excellent bowl and pressurise the opponent.



METHOD

Use a target jack and bowl if available

Position a jack on the centre line at medium length and place a bowl 30cm behind it.

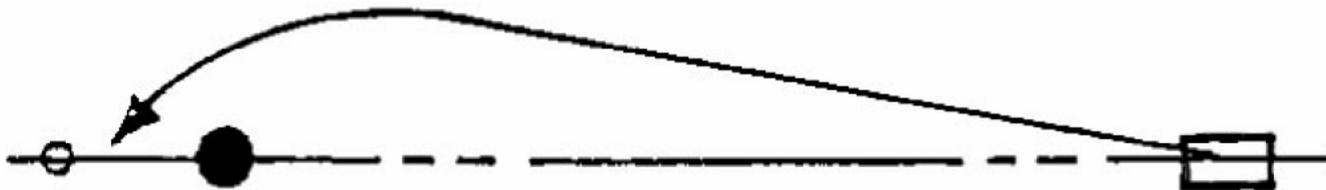
Deliver your bowl to draw into the gap or rest on the object bowl.

Vary the length and use forehand and backhand.

13 BOWL -IN FRONT OF JACK

OBJECTIVE

To beat an excellent shot and pressurise an opponent.



METHOD

Use a target jack and target bowl if available

Position a jack on the centre line at medium length and place a bowl 30cm in front of it.

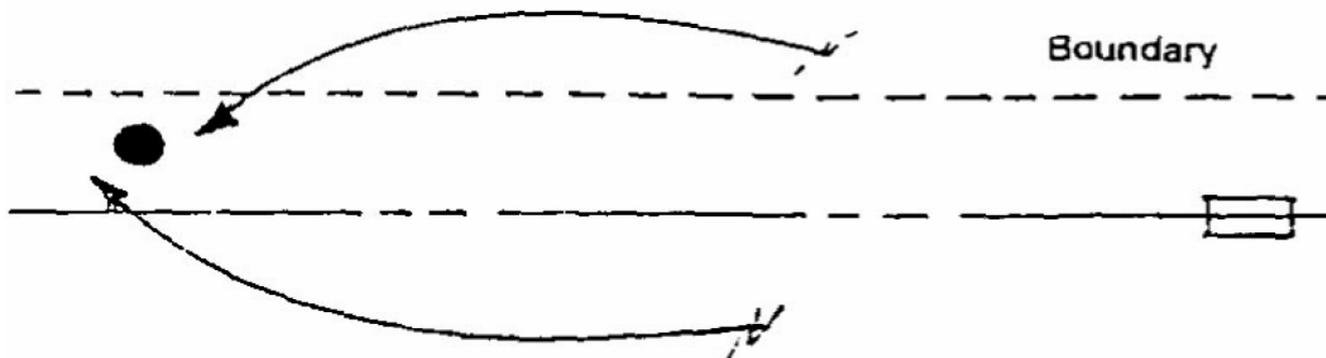
Deliver your bowl to draw into the gap or rest on the jack.

Vary the length and use forehand and backhand.

14 JACK CLOSE TO BOUNDARY

OBJECTIVE

To establish both green and weight in the little used areas of your rink close to the boundary and inside the adjacent rink.



METHOD

Place a target jack or jack at medium length 30cm in from the side boundary.

Draw to the jack using forehand and backhand to get the feel for the required green and weight to reach the jack, going into the adjacent rink when necessary.

The little used areas of the playing surface generally require bowls to be delivered with extra weight.

15 BOWL IN THE DRAW

OBJECTIVE

To practise drawing inside/outside short bowls which appear to be in the draw.



METHOD

Use a target jack and two target bowls.

Position the jack on the centre line at medium length and place a bowl each side of it and 2m short in the line of draw to suit your bowls.

Draw on the forehand and backhand either inside or outside the short bowls. To do this adjust the position of your feet on the mat:

- ◆ Move to the inside of the mat to go outside of a bowl. Using your original focus point increases the delivery angle and enables you to draw around the object bowl.
- ◆ Move to the outside of the mat to go inside of a bowl. Using your original focus point reduces the delivery angle and enables you to draw inside the object bowl.

16 TOUCHER AND JACK IN THE DITCH

OBJECTIVE

To draw close to the jack in the ditch and retain your bowl on the rink



METHOD

Place a jack and a bowl in the ditch about 1m apart and position the appropriate markers on the bank.

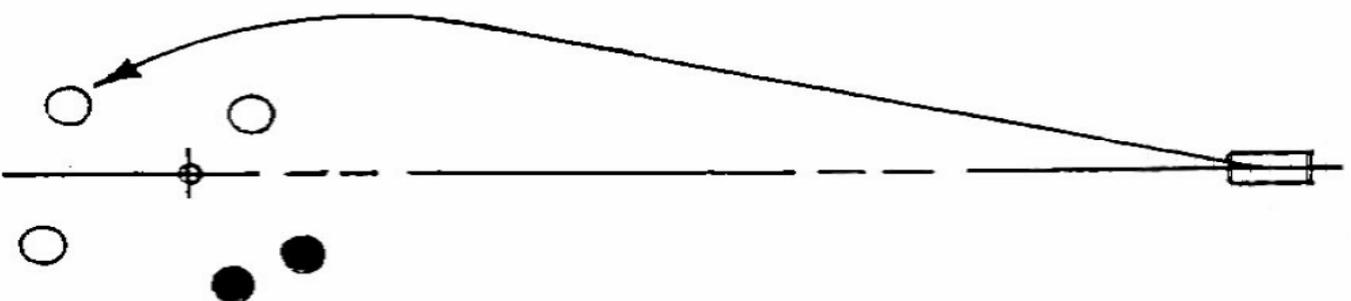
Start with a medium length and draw as close to the jack as you possibly can.

Vary the length and use forehand and backhand.

17 POSITION BOWL

OBJECTIVE

To ensure that if the jack is trailed through from your shot bowl, protective cover is provided.



METHOD

Position a jack with the bowls placed as shown. Draw around on the forehand, a metre on, to cover any movement of the jack.

Always check which way the jack may spring before deciding on the bowl you require.

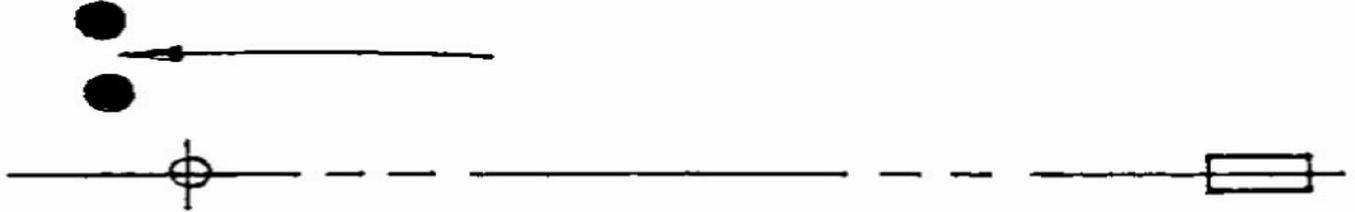
Vary the layout and position of the jack and bowls to anywhere on the rink and away from the centre line.

Also pick out a spot on the rink and bowl to it - essential practice for two's and three's.

18 SPLIT TWO BOWLS

OBJECTIVE

To remove two bowls with a controlled weight shot.



METHOD

Set the jack and two bowls as shown.

Deliver a bowl with sufficient weight and correct green to force apart the two bowls.

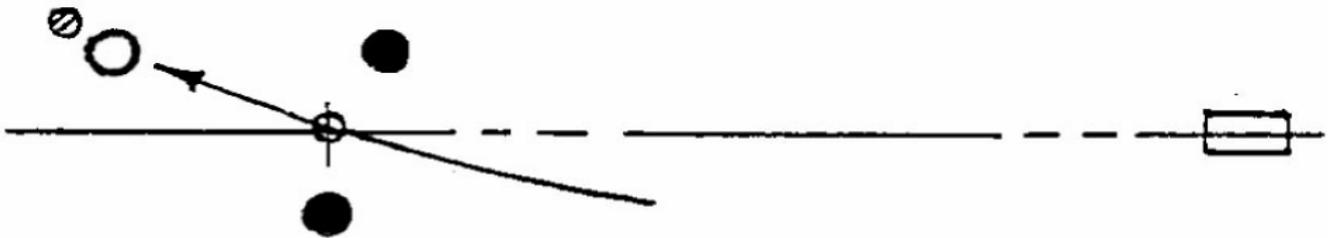
Do not lose your bowl, keep it on the rink.

Start with a short length and build up to a full length as confidence grows.

19 TRAIL THE JACK FOR SHOT

OBJECTIVE

To trail the jack through and away from the shot bowl and stay for shot.



METHOD

Position the jack with two bowls as shown, with a suitable gap between them to trail the jack.

Deliver a bowl with a 'metre on' weight to trail the jack through the gap to restart in a new position.

Weight Control

Weight Control is intuitive.

You must develop it through practice.

When you practise, program your computer brain to what it *'feels'* like playing to different length jacks or markers in different places on the rink.

You must spend hours of practice and gain experience over many games before weight control occurs *'without conscious thought'*.

BOWLS IS

70% Mental Skills

30% Practice / Skills

Remember:

The more you practise, the luckier you become