

Weight Control Drill



Name and Date:

Venue/Conditions:

Speed:

End	Hand	Length	2nd Bowl	3rd Bowl	4th Bowl	Total Score
1	F/Hand	Short to Long				
2	B/Hand	Long to Short				
3	F/Hand	Short to Long				
4	B/Hand	Long to Short				
5	F/Hand	Long to Short				
6	B/Hand	Short to Long				
7	F/Hand	Long to Short				
8	B/Hand	Short to Long				
9	F/Hand	Long to Short				
10	B/Hand	Short to Long				
Totals						/ 30
Percentage						
Bowls inside 3m Short to Long					15	
Bowls inside 3m Long to Short					15	
Bowls inside 3m on Forehand					15	
Bowls inside 3m on Backhand					15	
OBJECTIVE						
<p>This drill is to improve Weight Control</p> <p>Play your first bowl to the length required, long or short. Increase or decrease each bowl so that, on a perfect end your 4 bowls, by increasing or decreasing each bowl, finish inside 3 metres from the first bowl (see examples page)</p> <p>You only count bowls which increase or decrease in length. Once you fail to increase or decrease on the previous bowl, you forfeit the other bowls.</p>						