

Individual Practice – 8 Draws Advanced

Players who can achieve the basic drill in 4-6 bowls on each hand can challenge themselves by playing the 8 draws randomly rather than in sequence

If jacks are used as targets they should be sitting on a disc as all scoring should be relative to the original position

Work in pairs. Partner keeps scorecard and nominates each draw in a random order.

For example: BH3, FH1, FH4, BH2, FH3, BH1, BH4, FH2

Challenge:

- Place the mat on the 2m
- Place 4 targets on the centre line so they are evenly spread between 23m and full length
- Draw to nominated target jack until you get a bowl within a mat length
- Partner nominates next shot
- Continue until you get a bowl within a mat length with each nominated draw.
- A bowl that accidentally reaches the wrong target does not count
- If a jack is moved, return it to its original position then score it.

Count the number of bowls it takes

Repeat regularly to improve your PB

Equipment

- Mat
- 4 Bowls
- 4 discs
- 4 Jacks or tennis balls
- Scorecard

