

Purposeful Practice for Leads

1. Start with the mat set at the 2 metres level and a jack centered at the minimum length of 23 metres. Deliver 4 bowls on the forehand to the jack.
2. Then set a jack at the 2 metres level by the mat just used for the 4 deliveries, remove the mat, walk to the jack set previously and place a mat at exactly the same distance. Bowl 4 bowls down the backhand to the jack just set previously.
3. Before leaving to the other end place a jack two metres longer which will now be 25 metres. Go to the other end.
4. Place the mat where the jack is which will be exactly the same spot as when the first delivery started. Deliver 4 bowls down the forehand.
5. Go to the other end again and keep repeating the process by first delivering 4 bowls down the backhand and then extending the jack 2 metres at a time until bowling full length or there about.
6. All bowls will then have been delivered on the same side of the rink so as to achieve the same draw line and same pace.
7. When reaching full length keep repeating the process by moving back down the rink bowling on the other side of the rink until you are back at minimum length. Again this will ensure that you achieve the same draw line and same pace.
8. Should a member wish to concentrate on practicing at a particular length then they should repeat the practice at that length, as many times as necessary, before moving on to the next length.

T W Rock
8 September 2017