

4 STEPS TO SUCCESS

in Lawn Bowls

Step 2

TECHNICAL EXCELLENCE



Incorporating

STROBE STRUCTURED PRACTICE

2013 Edition - Starting To Practice

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Chapter 13 Practice Exercises

There are 22 standard practice exercises listed in this Handbook. These are not the only exercises you could or should use. They are a primary guide to Players just beginning to practice in a structured way.

Each group of three exercises is a sequence of increasingly difficult skill development lessons. So 1, 4, 7, 10 are easier than 2, 5, 8, 11 and both are easier than 3, 6, 9, 12.

Once benchmark scores have been established on these standard exercises, Players can progress to challenging themselves to higher and higher scores, setting goals on a regular basis that push themselves to improve.

Once a Player is achieving scores over +20 on a consistent basis with the Draw exercises 1, 4, 7 and 10 and Jack Casting (13 to 15), then you can add the Drive (16 to 18) to your Practice Routines.

Once a Player is achieving scores over +40 on a consistent basis with the Draw exercises and Jack Casting, and +20 with the Drive, add in the Controlled Weight (19 to 21).

Exercise 22, Draw, Draw, Draw was the primary practice I used for several years up to my first British Columbia and Canadian Championship in 1989. As far as I know, I invented this. My target subsequently in tournament preparation has been to play 10 ends from maximum to minimum length (or even shorter if I felt the Green would be very quick) then using 10 ends from minimum to maximum and to score +65 on each of the 4 scorecards. This takes about 90 minutes to play. The targets of +65 require only 1 short bowl in every 20 delivered to be met. This is very difficult with Mat change and Jack length changing every end.

Three blank exercise sheets are printed at the back of the 22 exercises to provide a template for any practice exercises you may create.

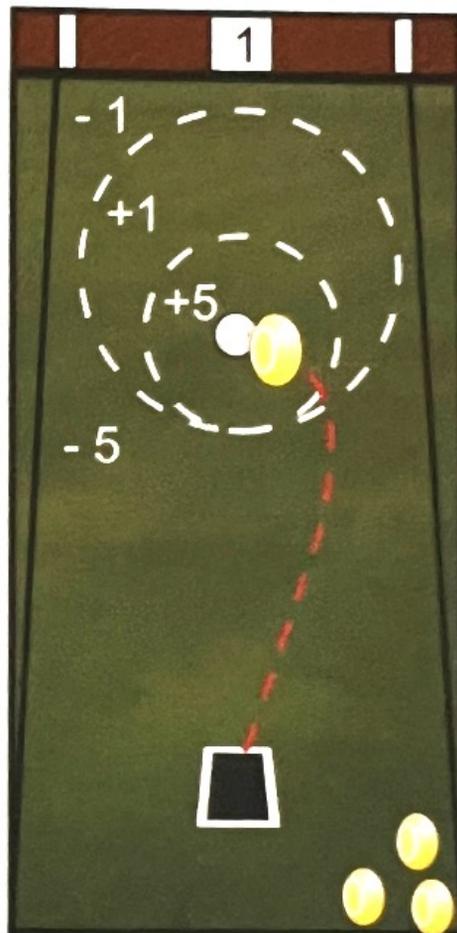
Exercise 1

Draw To The Jack

Drawing to the Jack is THE basic skill in the game and must be mastered.

The target is set at 1 Metre **diameter** round the Jack with a 1 metre radius behind the Jack for a positive 1 point score.

Shorter than 50cm is penalized to reinforce that short bowls are worst, while longer than that has some merit in a real game so gets -1.



SCORING

- +5** Up to 50cm radius from Jack
- +1** 50 - 100cm behind the Jack
- 1** Longer than 1m on the green
- 5** More than 50cm short

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STROBE Structured Practice Scorecard



Draw to the Jack

Ex 1

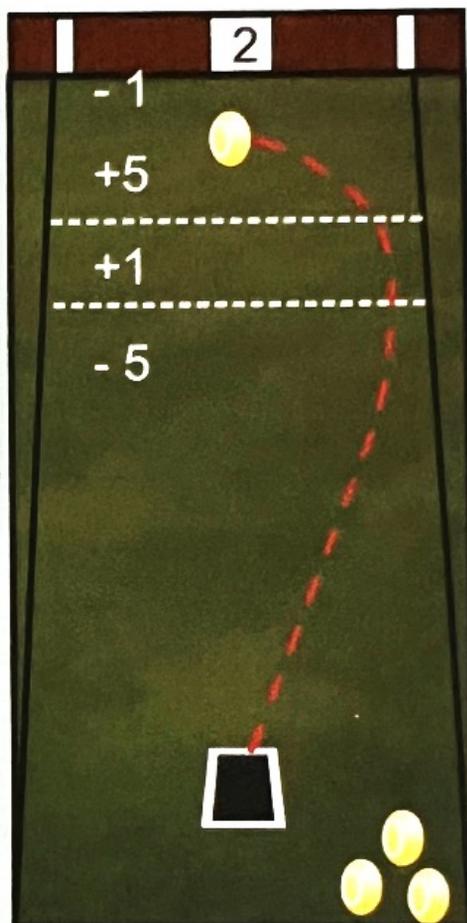
Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

Exercise 2

Draw To The Ditch

This is a 2-fold drawing exercise which refines 'feel' by using minimum length.

The exercise will also help the player to feel much more comfortable in drawing near the ditch and to full length Jacks.



SCORING

- +5** Less than 1 metre from Ditch
- +1** 1 to 2 Meters from Ditch
- 1** In the Ditch
- 5** Short

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STROBE Structured Practice Scorecard



Draw To The Ditch

Ex 2

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

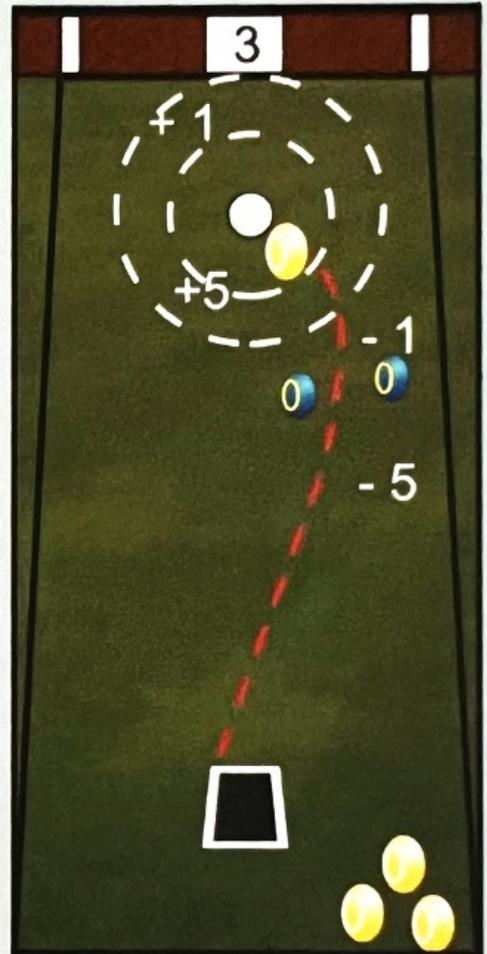
Exercise 3

Draw Through A Port

Drawing around or under other bowls near the jack is an important part of the game.

Set up 2 bowls in the draw 2m from the jack, 1m apart.

This exercise places a premium on accuracy of line and length, with emphasis on length as usual.



SCORING

- +5** Draw through the port
Within 50 cm of Target
- +1** Draw through the port within
50 to 160 cm of Target
- 1** Hit bowls, miss port
or > than 1.5m
- 5** Short or off the green

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STROBE Structured Practice Scorecard



Draw Through a Port

Ex 3

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

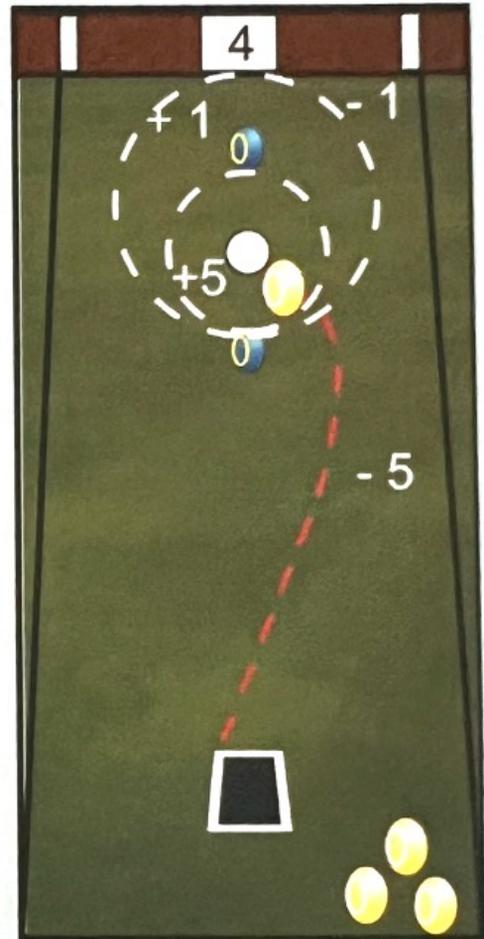
Exercise 4

Draw To A Hidden Jack

One of the hardest shots to do in a game, drawing to a target you can't see.

This is practiced by setting up 2 bowls 50 cm either side of the Jack on the centre line of the rink.

The premium is on line when bowls are in front.



SCORING

- +5** Draw Within 50 cm of Target without touching bowls
- +1** Up to 1.5m long and within 1m of centre
- 1** Wide, long or hit bowl
- 5** Short or off the green

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STROBE Structured Practice Scorecard



Draw To a Hidden Jack

Ex 4

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

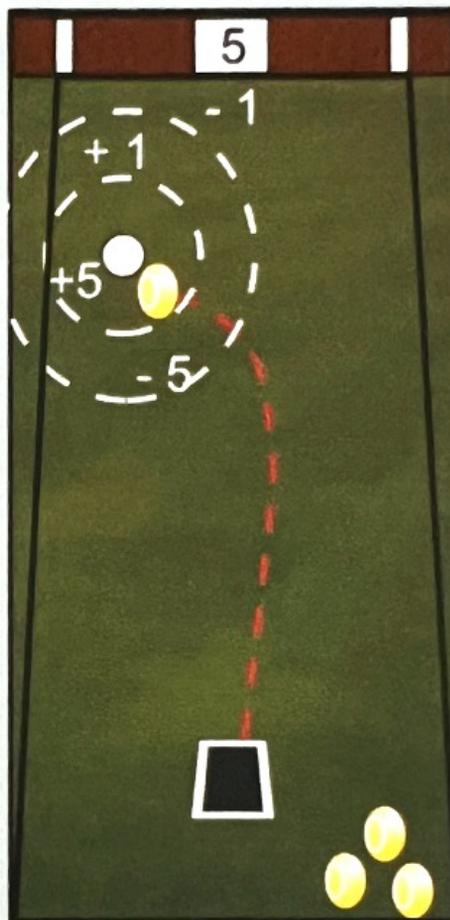
Exercise 5

Draw To a Displaced Jack

Not all draws are to targets on the centre line.

This exercise helps you to feel comfortable drawing to a Jack near the boundary.

Set the Jack 50cm from the side of the rink.



SCORING

- +5** Draw Within 50 cm of Target
- +1** Up to 1m from the Jack and in bounds
- 1** Wide, long
- 5** Short or off the green

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STROBE Structured Practice Scorecard



Draw To a Displaced Jack

Ex 5

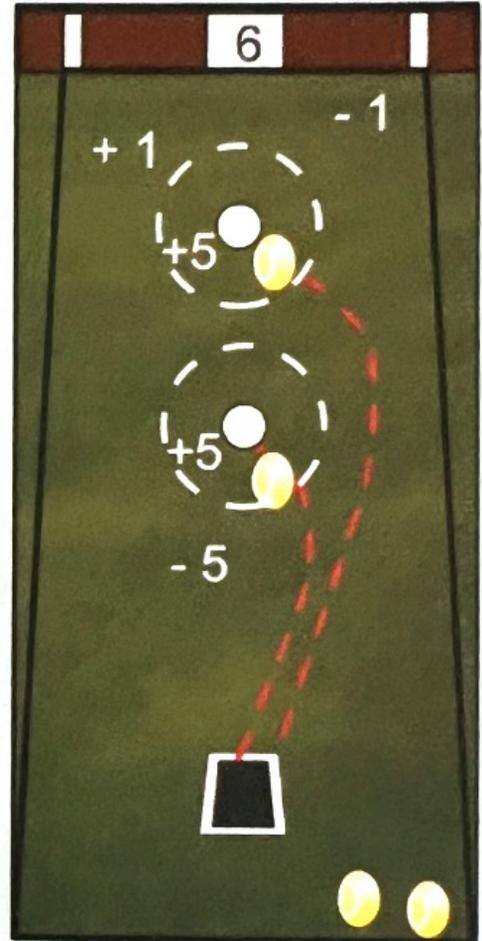
Rink	END 1				END 2				END 3				END 4				END 5				Goal
	<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

Exercise 6

Draw To 2 Different Jacks

Weight adjustment between consecutive deliveries is often required due to movement of the Jack, or in positional play for Tactical reasons.

Set Jacks at 21 and 27 metres from the Mat and draw bowls alternately at the 2 targets.



SCORING

- +5** Draw Within 50 cm of Target
- +1** Up to 1m from the Jack
- 1** Greater than 1m long
- 5** Short or off the green

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STROBE Structured Practice Scorecard



Draw To 2 Different Jacks

Ex 6

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

Exercise 8

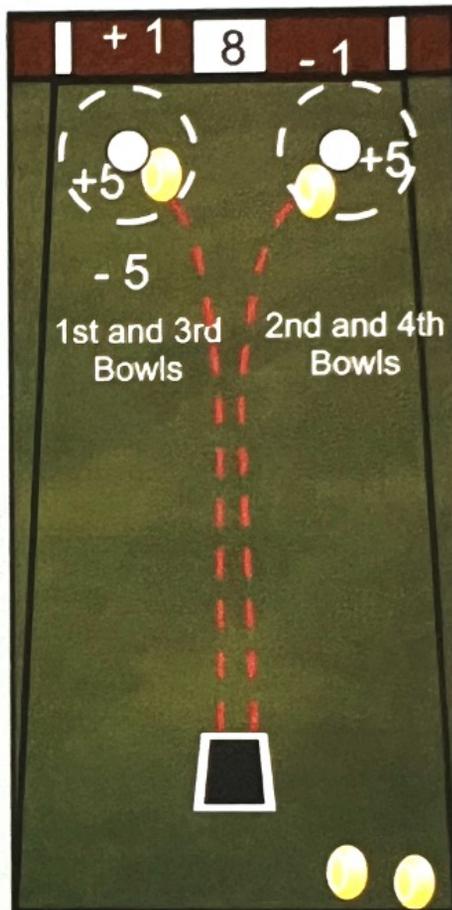
Draw To Corner Jacks

This is a 4- way exercise which tests drawing to the boundary, drawing to the ditch and the adjustment of green and the hand being played.

This is very difficult. Do not expect high scores when you first try this.

SCORING

- +5** Draw Within 50 cm of Target on the green
- +1** Up to 1.5m from the Jack
- 1** In the Ditch
- 5** Short or off the green



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Corner Jack Draw

Ex 8

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

Exercise 9

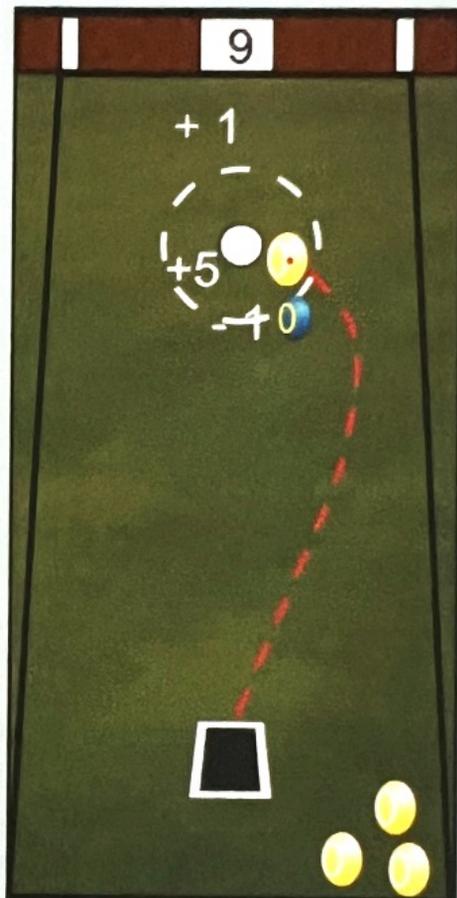
Draw Round a Bowl

Staying with "the good hand" is an essential part of Lawn Bowls, especially for Singles players and Leads.

This exercise requires you to draw around or under a bowl in the draw, 50cm in front of the Jack, rather than changing hands.

SCORING

- +5** Draw Within 50 cm of Jack without touching the bowl
- +1** Beat the bowl but touch or up to 1.5m behind
- 1** Wreck on bowl or more than 1m long
- 5** Short



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Draw Round A Bowl

Ex 9

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

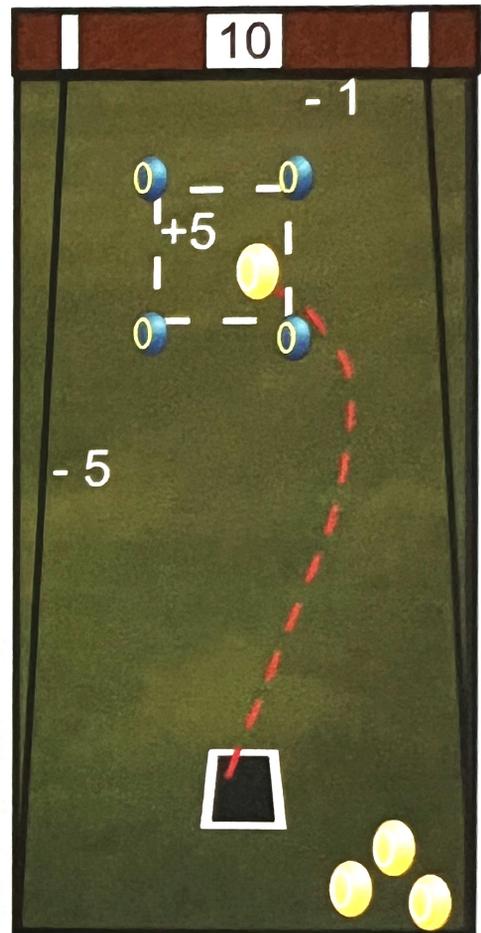
Exercise 10

Draw Inside the Box

Set up 4 bowls in a square box 2 metres apart.
 Draw all 4 bowls into the Box on the same hand.

The Box Draw is the basic positional play exercise.

This shot greatly improves your chances in games by reducing the scoring options of your opponents



SCORING

- +5** Bowl finishes within Box without touching
- +1** Hit or rub bowls and finish inside Box
- 1** Less than 1m from Box - wide or long
- 5** Short or off the green

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Draw Inside the Box

Ex 10

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				<i>F/B</i>				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

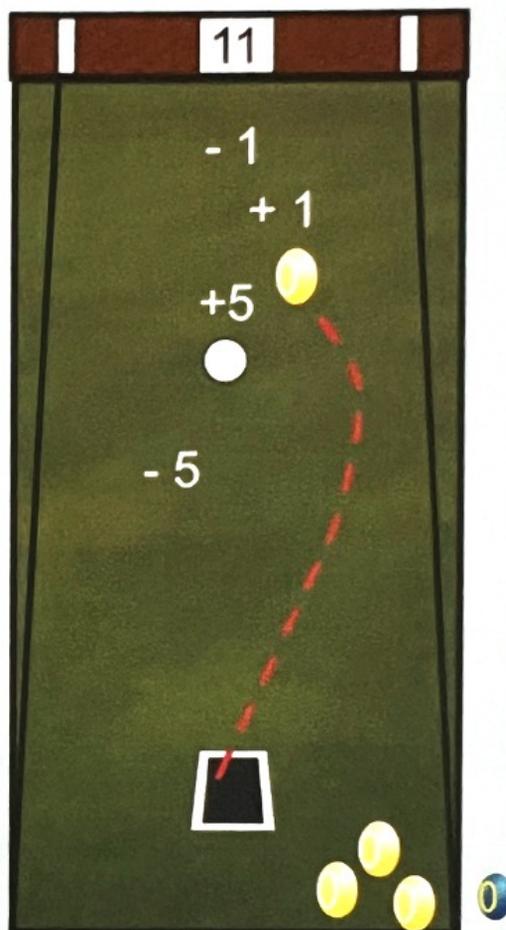
Exercise 11

Draw to Position Behind The Jack

Drawing to position in anticipation of the likeliest Jack movement is a common Tactic but is difficult to do.

Weight and Line are both critical, since the turf is a different pace when bowling to an off- centre spot later in the game.

The scoring premium is on line as long as the bowl is beyond the Jack.



SCORING

- +5** < 50 cm behind Jack on the outside Hand only
- +1** 50cm to 1m behind on the outside Hand only
- 1** >1m long or on the wrong side
- 5** Short or Jack High

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Draw To Position Behind The Jack

Ex 11

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

Exercise 12

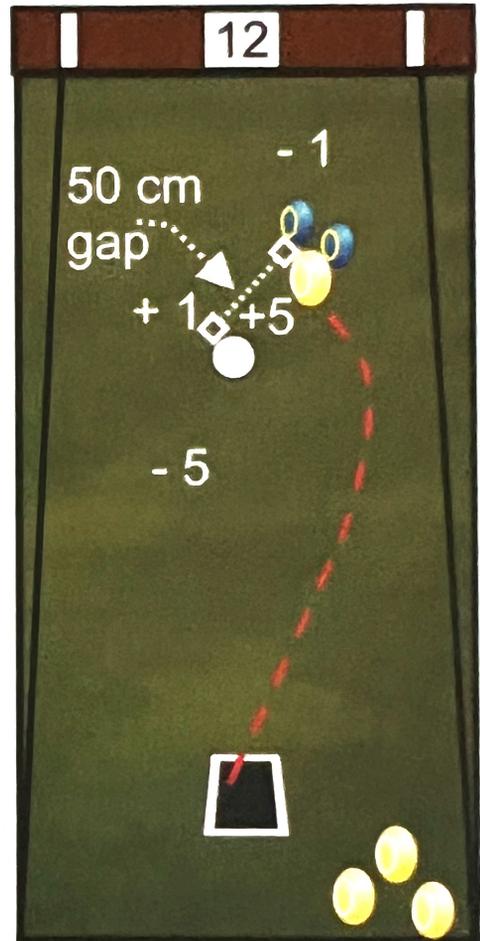
Matching Opposing Bowls

A little more fussy to set up for solo practice, matching opposition bowls is a practice for back end or singles play.

The intent of changing the Tactics of the opposition is achieved if shot is drawn so points are awarded for that outcome.

SCORING

- +5** Reach Bowls and stay shot on outside Hand
- +1** Draw shot on wrong side or short of Jack
- 1** < 1m long on Outside Hand
- 5** >50cm Short



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Matching Opposing Bowls

Ex 12

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

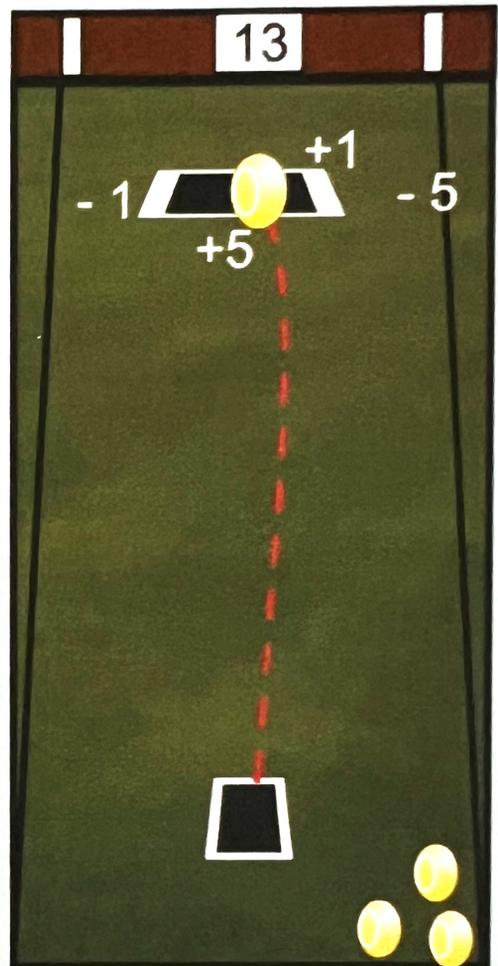
Exercise 13

Basic Driving

Driving is a skill shot that can dramatically change an end.

Primarily a destructive or saving shots, generally the Drive does not have to be pinpoint accurate to achieve the aim of wrecking the Head.

Start with aiming at a Bowls Mat placed sideways on (60cm) and graduate to a Mat placed lengthwise (40cm) once scores over +30 are achieved.



SCORING

- +5** Drive fully over the Mat
- +1** Drive over outside edge
- 1** Drive over the inside edge
- 5** Miss the Mat completely or doesn't reach the Ditch

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Basic Driving

Ex 13

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

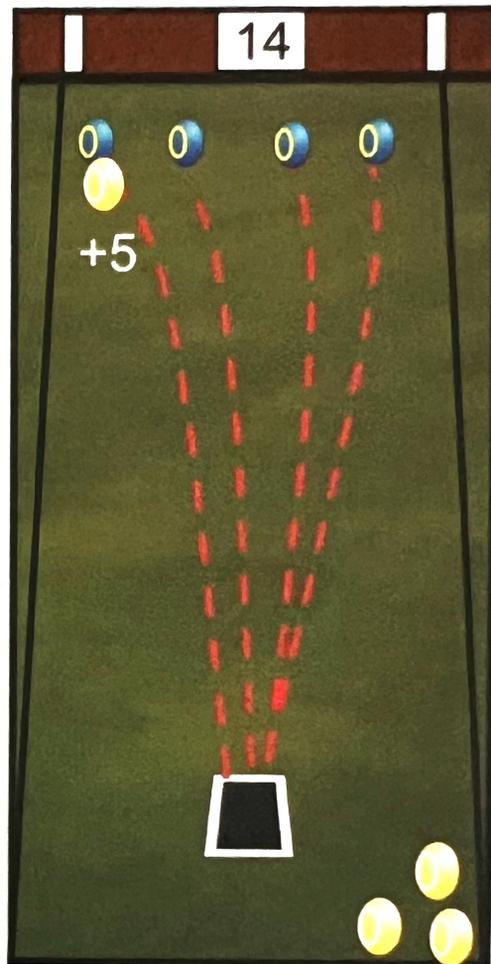
Exercise 14

Driving at 4 Targets

This exercise helps the control of your line when Driving than the previous practice. Set up 50cm apart.

Taking out a single Bowl is a specialist shot. This practice is sufficiently fine for hitting bare Jacks in competition.

Set up the target Bowls near the ditch to avoid annoying the neighbours.



SCORING

- +5** Hit target Bowl into ditch
- +1** Hit target Bowl sideways
- 1** Miss within gap to next target
- 5** Miss wider than 50cm

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Driving at 4 Targets

Ex 14

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

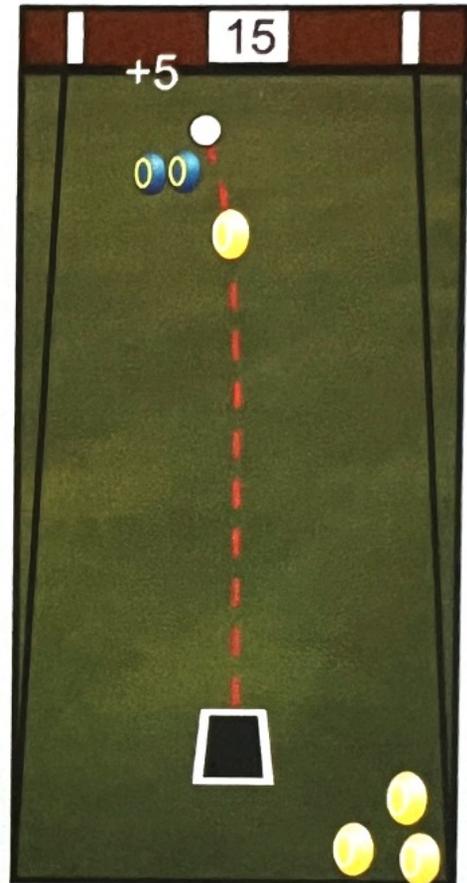
Exercise 15

Driving to Save

Very fine control of line is required for a maximum score in this Driving exercise.

Set up the Bowls just in front, 5cm from Jack.
Place Jack 1M from ditch.

The main lesson comes from observing the many different results possible on a Drive.



SCORING

- +5** Jack burnt or your Bowl and Jack in ditch
- +1** Jack in Ditch
- 1** Hit bowls only
- 5** Miss everything

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Driving to Save

Ex 15

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

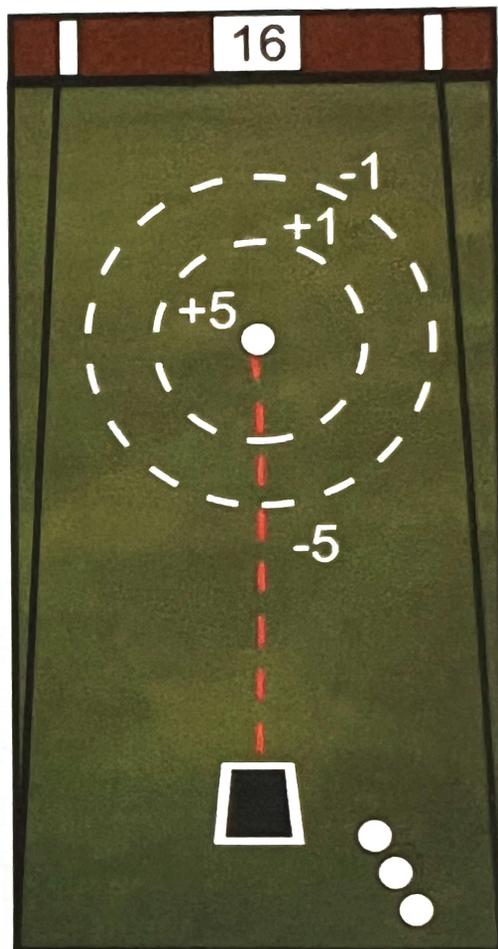
Exercise 16

Casting the Jack to Target

The Tactical reward for winning an end is the right to Cast the Jack .

This is a critical skill to master, since the Jack is only cast every 5 to 10 Minutes.

Set up a target on the green that you can see and cast 4 Jacks per 'end'.



SCORING

- +5** Within 50cm of Target
- +1** < 1m from Target
- 1** < 1.5m from Target
- 5** > 1.5m from Target

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STROBE Structured Practice Scorecard



Cast Jack to Target

Ex 16

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	<i>F / B</i>				<i>F / B</i>				<i>F / B</i>				<i>F / B</i>				<i>F / B</i>				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

Exercise 17

Cast Minimum Length Jack

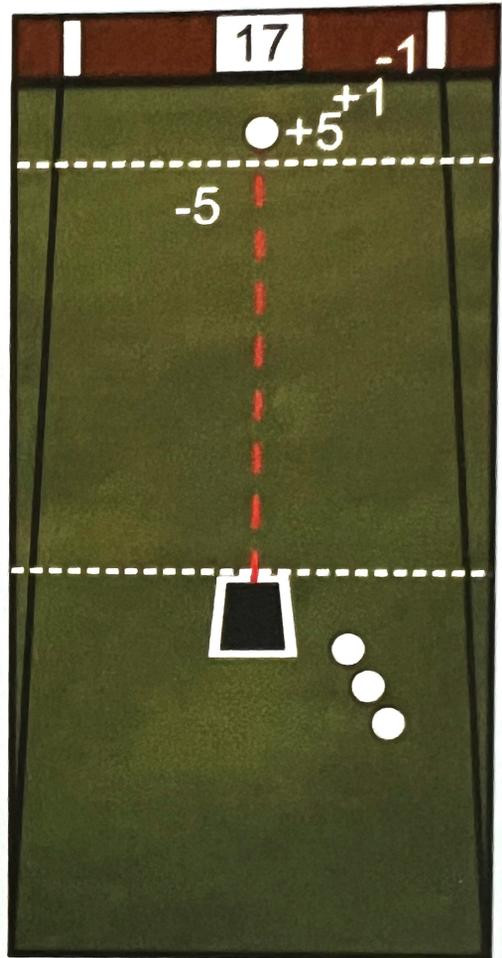
Minimum length practice provides the best opportunity to 'feel' the length.

Playing to the Ditch presents you with immediate visual feedback and is easier to measure.

Cast 4 Jacks per end.

SCORING

- +5** Between 1m and 2m from Ditch
- +1** < 1m from Ditch
- 1** In the Ditch
- 5** Short



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STROBE Structured Practice Scorecard



Cast Minimum Length Jack

Ex 17

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

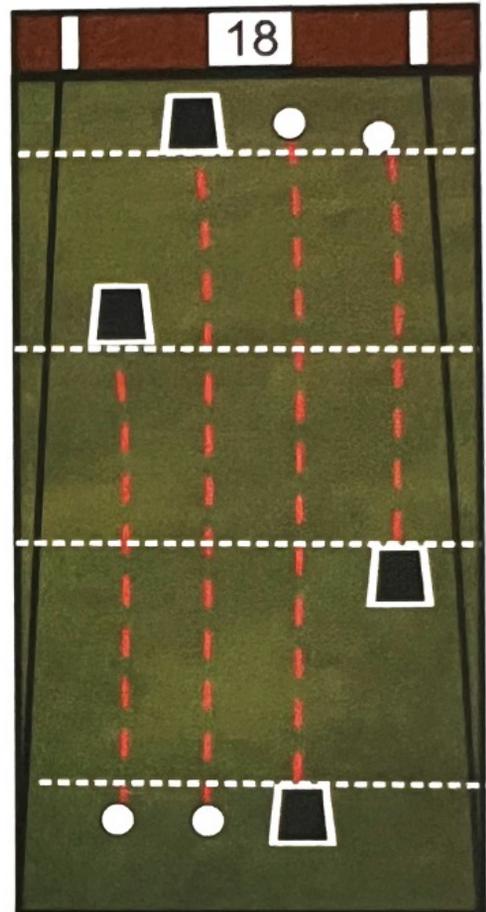
Exercise 18

Adjusting Jack Length

A Lead must be able to cast the Jack after periods of up to an hour and perhaps to radically different lengths.

This practice requires you to adjust Jack lengths and use different Mat positions.

With 4 Jacks and 4 Mats, many combinations can be created.



SCORING

- +5** Within 50cm of Target
- +1** < 1m from Target
- 1** < 1.5m from Target
- 5** > 1.5m from Target

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Adjusting Jack Length

Ex 18

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

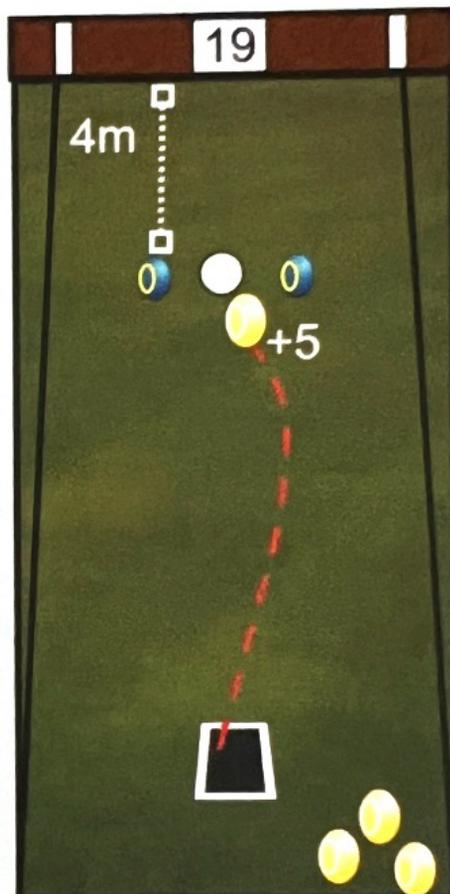
Exercise 19

Pick Out the Jack

Controlled Weight is NOT Driving. It is just as important to keep your bowl on the green as it is to reach the Head.

The aim is to move the Jack at least 2 metres with a bowl which will remain in play.

The wing bowls should be placed 20cm from the Jack.



SCORING

- +5** Jack moved 2-3m, Bowl on green holding shot
- +1** Jack disturbed but shot not gained
- 1** Wing bowl moved
- 5** Short, miss or in Ditch

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Pick Out the Jack

Ex 19

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

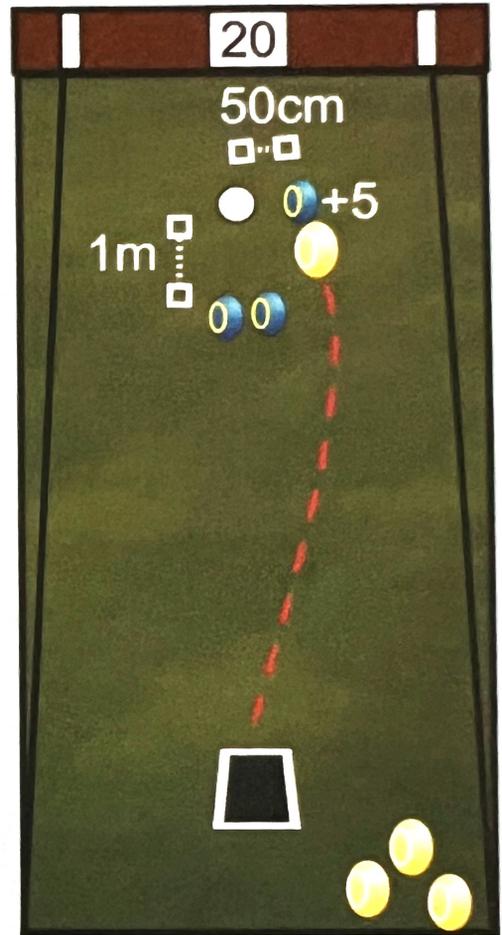
Exercise 20

Wrest the Shot Bowl

The famous Chop and Lie.
A shot commonly attempted on slower greens but more difficult to achieve on faster surfaces.

This shot is sometimes the only option if the tactical back position is lacking and an open draw is blocked.

The wing bowl should be placed 50cm from the Jack.



SCORING

- +5** Shot Bowls displaced and Shot gained
- +1** Hit target bowl but own Bowl >1m from Jack
- 1** Miss target bowl but own bowl now behind Jack on green
- 5** Short, or in Ditch

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STROBE Structured Practice Scorecard



Wrest the Shot Bowl

Ex 20

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+5																					
+1																					
-1																					
-5																					
Totals																					

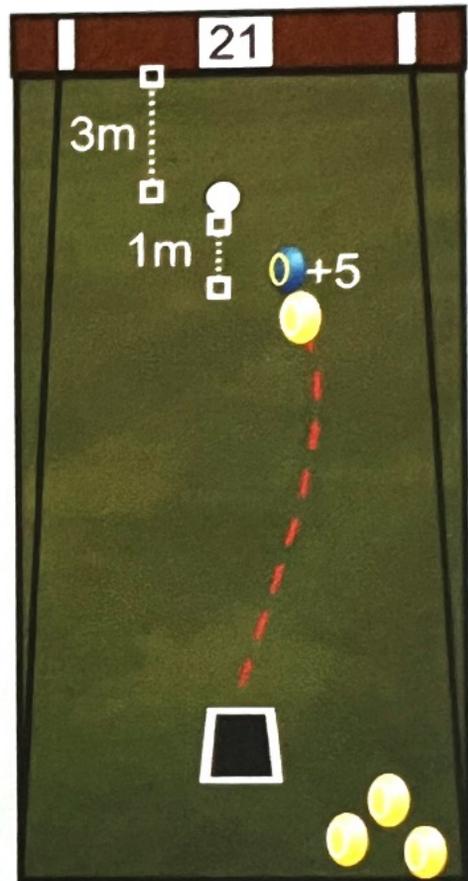
Exercise 21

Promote a Bowl

Promotion of a bowl can sometimes be a game- saving shot.

Again, Controlled Weight is the key, with the scoring premium on saving your Bowl if you miss the primary Target.

This is not an easy shot so expect low scores at first.



SCORING

- +5** Target Bowl < 50cm from Jack
- +1** Hit target bowl but >1m from Jack
- 1** Miss target bowl but own bowl now behind Jack on green
- 5** Short, or in Ditch

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STROBE Structured Practice Scorecard



Promote a Bowl

Ex 21

Rink	END 1				END 2				END 3				END 4				END 5				Goal
	F/B				F/B				F/B				F/B				F/B				
Score	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	Totals
+ 5																					
+ 1																					
- 1																					
- 5																					
Totals																					

Exercise 22

Draw, Draw, Draw

Drawing to the Jack is THE basic skill in the game and must be mastered.

The target is set at 1 Metre **diameter** round the Jack with a 1 metre radius behind the Jack for a positive 1 point score.

Shorter than 50cm is penalized to reinforce that short bowls are worst, while longer than that has some merit in a real game so gets -1.

Start at 2m from the Ditch to a full length Jack. Use 1 Mat and 2 Jacks. After your four Bowls are delivered, place the 2nd Jack immediately in front of the Mat, pick the mat up and place it in front of the Jack when you walk up the green. The next end will be 1.5 m shorter. Repeat for 10 ends. If you have time, reverse the length to play longer ends for 10 ends until you are back at full length.

SCORING

- +5** Up to 50cm radius from Jack
- +1** 50 - 100cm behind the Jack
- 1** Longer than 1m on the green
- 5** More than 50cm short

