Exercise Manual

Bowls Central Coast

Zone15

www.bowlscentralcoast.org.au

Training Exercise Manual

The Zone 15 training manual is an extension to the Academy program, consisting of individual drills targeting self confidence and strengthening any weaknesses, allowing you to train at your own pace, or at a venue that's convenient to you.

In order for you to get a broader perspective of your capabilities and reach your full bowling potential, set a goal for each exercise and strive to achieve your personal best, as best results are often achieved whilst in a competitive state of mind.

This document is and incorporates lessons and plans taken from the New South Wales Institute of Sport and the New South Junior program and as such we acknowledge and appreciate their support in the development of the training manual.

NSW INSTITUTE OF SPORT

new south wales junior bowls association

Drive & Draw Skill Test

Objective:

Drive through target, then draw as close to Ditch as possible without losing bowl.

Requirements:

Two (2) Flapjacks.
Two (2) Jack markers.
6 End score card.

Procedure:

Flapjack on "T",

Play 2 F/H, 2 B/H Drives.

Short end - Play 4 drives, 2 F/H, 2 B/H.

Medium end - Play 4 drives, 2 F/H, 2 B/H..

Long end - Play 4 drives, 2 F/H, 2 B/H.

Play 2 ends on each length.

Scoring:

5 Points = Contact jack only.

3 Points = Contact any bowl.

-2 Points = Miss target.

On Green Warm Up

Routine During Roll Up:

Walk at moderate pace
3 Squats
3 Lunges
3 Leg swings
3 Torso twists
3 Arm swings
3 Neck circles
4 Practice deliveries

Off Green Warm Up

Walk at moderate pace
3 Squats
3 Lunges
10 Leg swings front / back
10 Leg swings side / side
10 Torso twists
5 Arm circles horizontal
5 Arm circles vertical
5 Neck circles
10 Deliveries
Walk at moderate pace

Jack Rolling Skill Test

Objective:

Roll four jacks, one jack to each target.

Requirements:

Four (4) Jacks.
Eight (8) Discs.
6 End score card.

Procedure:

Place one disc on the "T" in both directions.
Place 2nd disc 2 meters short of "T" both ends.
Place 3rd disc 4 meters short of "T" both ends. Place 4th disc on minimum length both ends.

Mat always positioned on the "T".

Scoring:

5 Points = Within 1 mat width of disc.
3 Points = Within 1 mat length of disc.
1 Point = Within 2 mat lengths of disc.
-2 Points = Finish outside 2 mat lengths of disc.

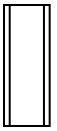
Jack Rolling

0

0

0

0



Jack Rolling Skill Test

My Highest Score

Date	Score

Training Scores

Date	Score	Date	Score

Draw 4 Lengths Skill Test

Objective:

Draw as close as possible to each length jack.

Requirements:

Eight (8) Jacks.
6 End score card.

Procedure:

Place one jack on the "T" in both directions.

Place 2nd jack 2 meters short of "T" both ends.

Place 3rd jack 4 meters short of "T" both ends.

Place 4th jack on minimum length both ends.

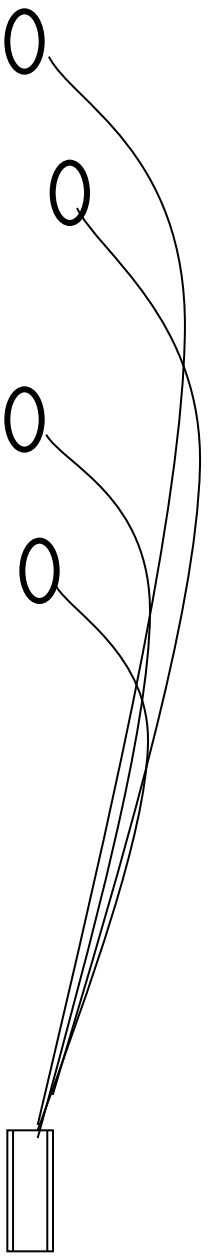
Play 4 Forehand in one direction, 4 Backhand the other.

Mat always positioned on the "T".

Scoring:

5 Points = Within 1 mat width of disc.
3 Points = Within 1 mat length of disc.
1 Point = Within 2 mat lengths of disc.
-2 Points = Finish outside 2 mat lengths of disc.

Draw 4 Lengths



Draw 4 Lengths Skill Test

My Highest Score

Date Score

Training Scores

Date	Score	Date	Score

Drawing Skill Test

Objective:

Draw as close to the jack as possible, maintaining good line and length over minimum and maximum length ends.

Requirements:

Four (4) Jacks.
18 end score card.

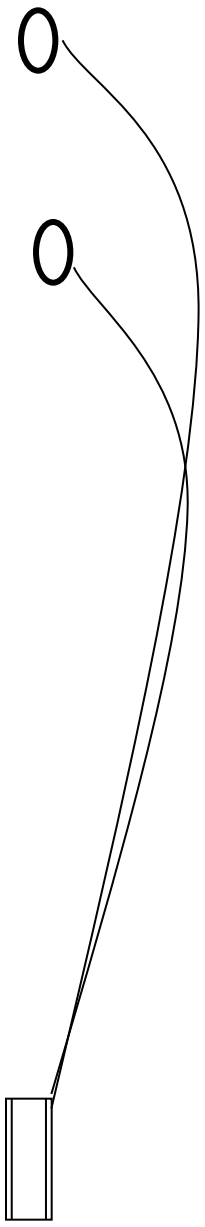
Procedure:

Place one jack on the "T" in both directions. Place 2nd jack 1 metre from minimum length in both directions. Play 2 bowls to short jack, followed by 2 bowls to long jack.
Play forehand one direction, backhand the other. Mat always positioned on the "T".

Scoring:

5 Points = Draw within 1 mat width of jack.
3 Points = Draw within 1 mat length of jack.
1 Point = Draw within 2 mat lengths of jack.
-2 Points = Finish outside 2 mat lengths of jack.

Drawing Skill Test



Drawing Skill Test

My Highest Score

Date | Score

Training Scores

Date	Score	Date	Score

Draw Between Skill Test

Objective:

Draw as close as possible to jack, through target area, whilst maintaining good line and length.

Requirements:

Two (2) Jacks.
Four (4) Bowls.
6 End score card.

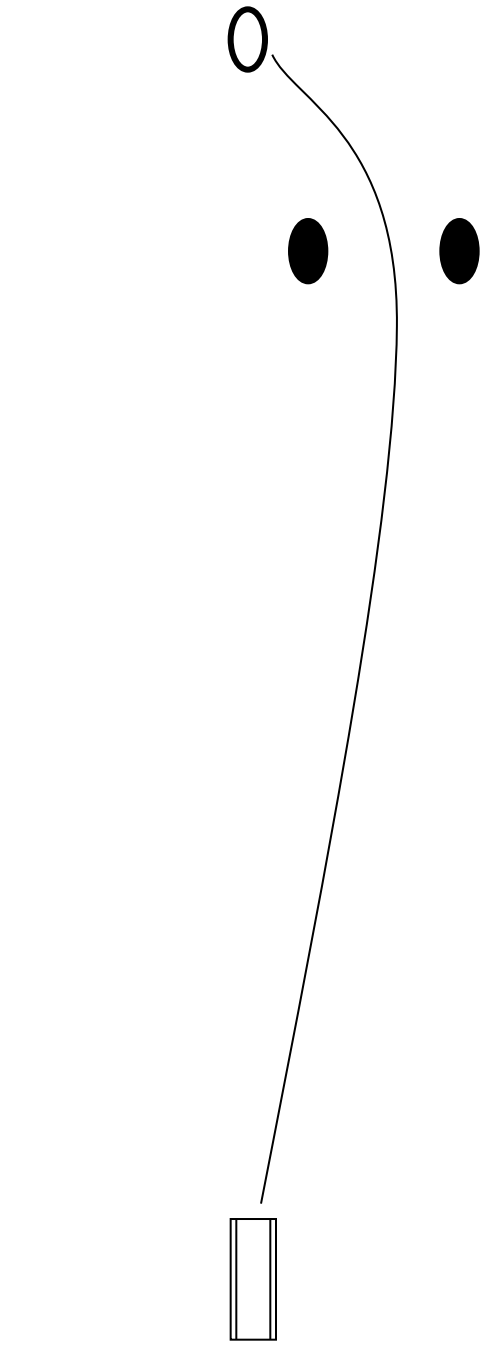
Procedure:

Place one jack on the “T” in both directions.
Place one target bowl 2 mat lengths short and 3/4 mat length wide of jack.
Place other target bowl 1 ½ mat lengths wide of first target bowl.
Play Minimum, Medium and maximum lengths.

Scoring:

5 Points = Within 1 mat width of jack.
3 Points = Within 1 mat length of jack.
1 Point = Within 2 mat lengths of jack.
-2 Points = Finish outside 2 mat lengths of jack. -2 Points = Outside target area.

Draw Between



Draw Between Skill Test

My Highest Score

Date Score

Training Scores

Date Score Date Score

Shot Drawing Skill Test

Objective:

Draw as close as possible to jack, around obstacle.

Requirements:

Two (2) Jacks.
Six (6) Bowls.
6 End score card.

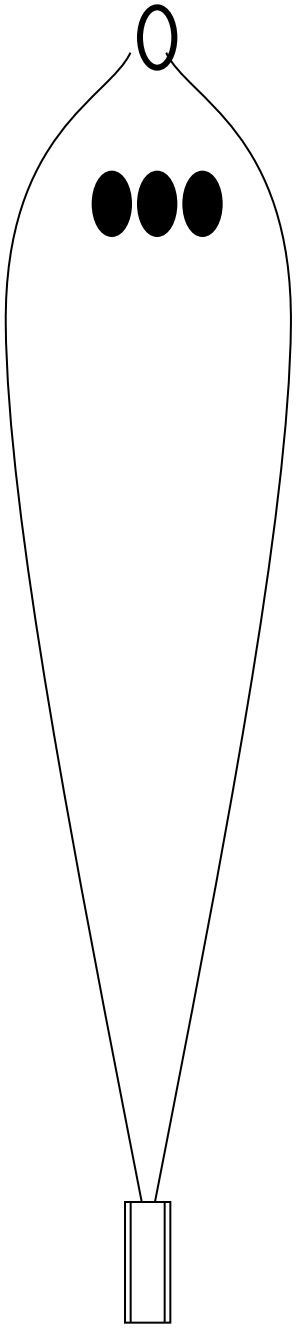
Procedure:

Place one jack on the "T" in both directions.
Place 3 obstacle bowls 2 mat lengths short of jack.
Draw around obstacle 2 Forehand, 2 Backhand.
Play Minimum, Medium and Maximum lengths.

Scoring:

5 Points = Within 1 mat width of jack.
3 Points = Within 1 mat length of jack.
1 Point = Within 2 mat lengths of jack.
-2 Points = Finish outside 2 mat lengths of jack. -1 Point = Contacting obstacle bowls.

Shot Drawing



Shot Drawing Skill Test

My Highest Score

Date Score

Training Scores

Date	Score	Date	Score

Positional Draw Skill Test

Objective:

Draw as close as possible to
positional bowl behind jack.

Requirements:

Two (2) Jacks.
Two (2) Bowls.
6 End score card.

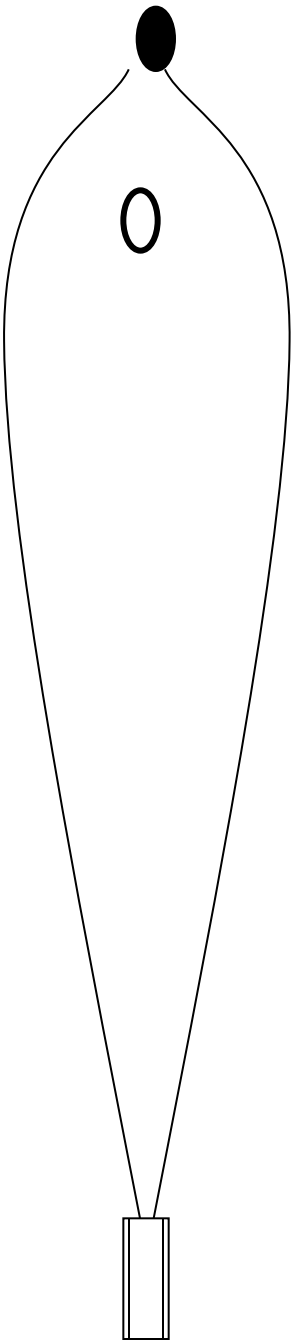
Procedure:

Place one positional bowl on “T” in both directions.
Place one jack 2 mat lengths short of bowl.
Draw 2 Forehand, 2 Backhand as close as possible to positional bowl behind jack.
Play Minimum, Medium and Maximum lengths.

Scoring:

5 Points = Within 1 mat width of bowl.
3 Points = Within 1 mat length of bowl.
1 Point = Within 2 mat lengths of bowl.
-2 Points = Finish outside 2 mat lengths of bowl.

Positional Draw



Positional Draw Skill Test

My Highest Score

Date Score

Training Scores

Date	Score	Date	Score

Shot & Position Skill Test

Objective:

Draw as close as possible to jack, then draw as close as possible to positional bowl behind jack.

Requirements:

Two (2) Jacks.
Two (2) Bowls.
6 End score card.

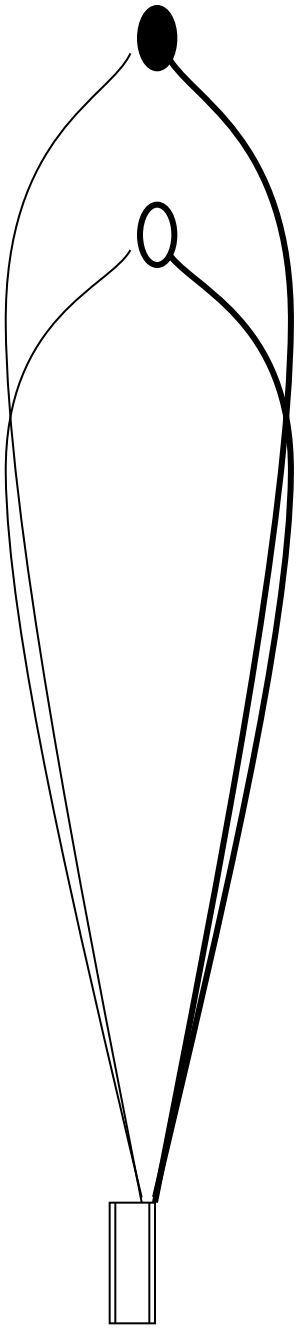
Procedure:

Place one positional bowl on "T" in both directions. Place one jack 2 mat lengths short of bowl. Draw 1 Forehand to jack, then 1 Forehand to bowl. Same for Backhand.
Play 2 Ends each length.

Scoring:

5 Points = Within 1 mat width of jack / bowl.
3 Points = Within 1 mat length of jack / bowl.
1 Point = Within 2 mat lengths of jack / bowl.
-2 Points = Outside 2 mat lengths of jack / bowl.

Shot & Position



Shot & Position Skill Test

My Highest Score

Date | Score

Training Scores

Date	Score	Date	Score

Off Centre Draw Skill Test

Objective:

Draw as close as possible to both jacks in Off Centre position.

Requirements:

Two (2) jacks.
6 end score card.

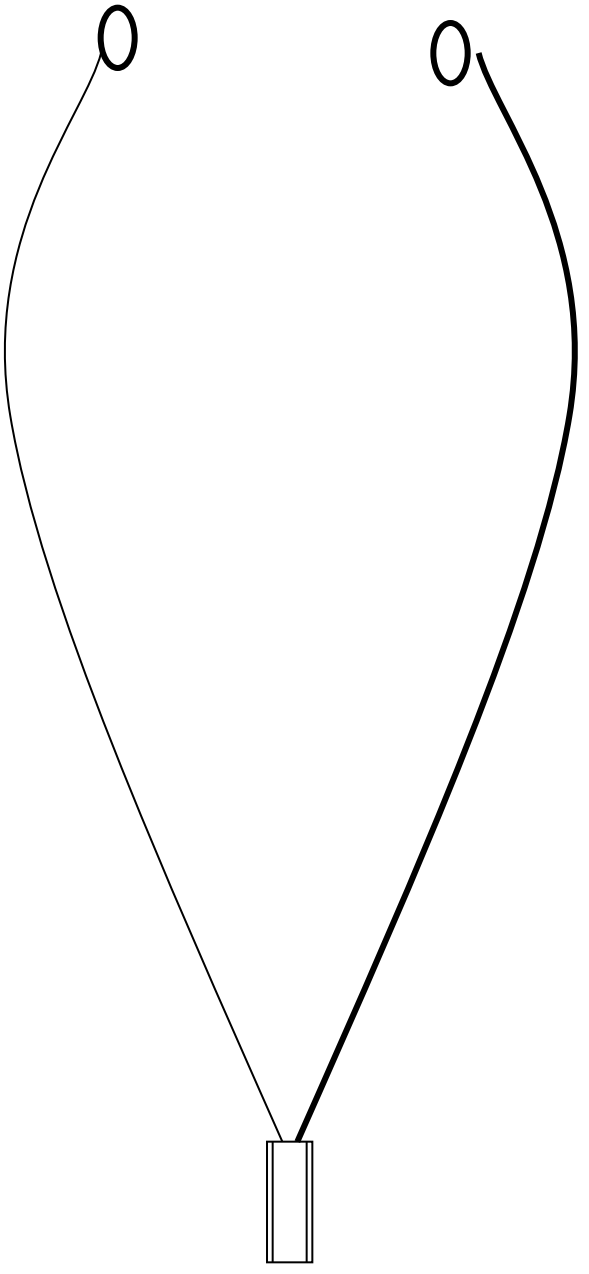
Procedure:

Place 1 jack 2 mat lengths to the right side of the "T". Place the other jack 2 mats lengths to the left side of the "T".
Draw 2 Forehand to the right jack.
Draw 2 Backhand to the left jack.
Play 2 Ends each length.

Scoring:

5 Points = 1 mat width from jack.
3 Points = 1 mat length from jack.
1 Point = 2 mat lengths from jack.
-2 Points = Finish outside 2 mat lengths of jack.

Off Centre Draw



Off Centre Draw Skill Test

My Highest Score

Date	Score

Training Scores

Date	Score	Date	Score

Shot & Off Centre Position Skill Test

Objective:

**Draw as close as possible to jack,
then to Off Centre Positional jack.**

Requirements:

**Six (6) jacks.
6 end score card.**

Procedure:

Place 1 jack 2 mat lengths to the right side of the "T".

Place the other jack 2 mats lengths to the left side of the "T".

Place 3rd jack 2 mat lengths short of "T".

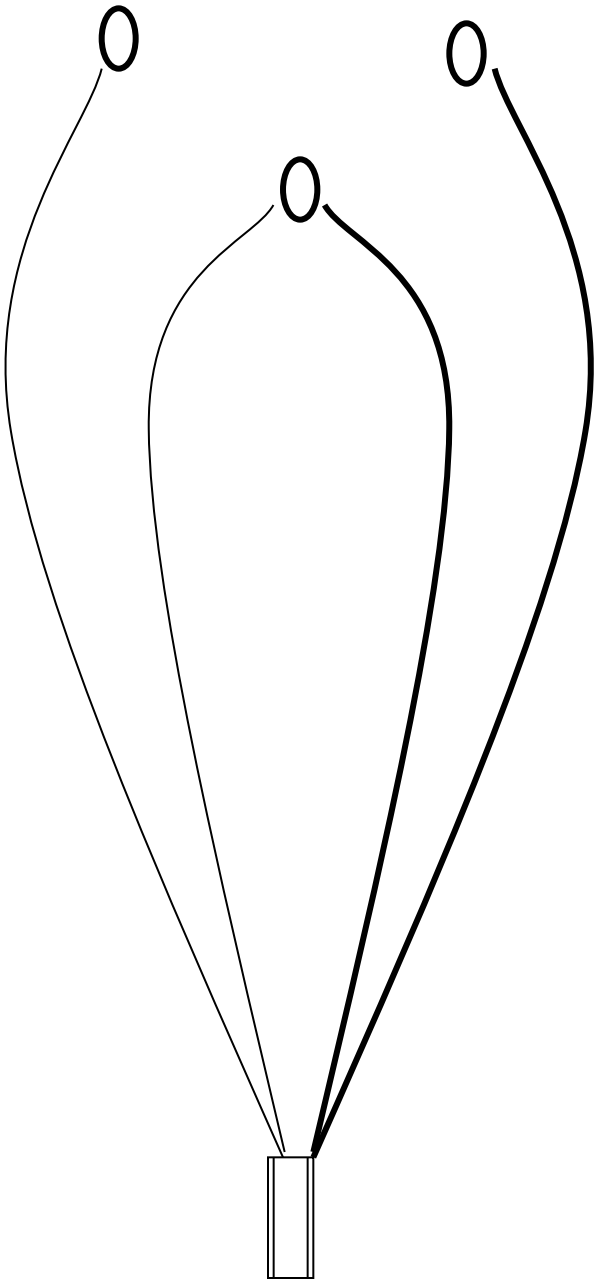
Draw 1 Forehand to Centre jack, then 1 Forehand to right jack. Then draw 1 Backhand to Centre jack, then 1 Backhand to left jack.

Play 2 Ends each length.

Scoring:

**5 Points = 1 mat width from jack.
3 Points = 1 mat length from jack.
1 Point = 2 mat lengths from jack.
-2 Points = Finish outside 2 mat lengths of jack.**

Shot & Off Centre Position



Shot & Off Centre Position Skill Test

My Highest Score

Date	Score

Training Scores

Date	Score	Date	Score

Ditch Drawing Skill Test

Objective:

Draw as close to the Ditch as possible without losing bowl.

Requirements:

Two (2) jack markers.
6 end score card.

Procedure:

Short end - Place mat 2 metres from min marker. Medium end - Place mat at front of chalk line. Long end - Place mat on "T".

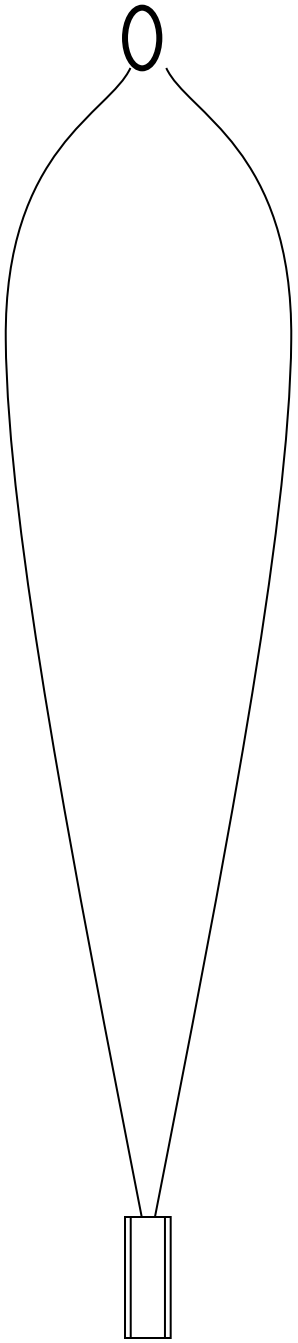
Play 2 Forehand and 2 Backhand.

Play 2 ends on each length.

Scoring:

5 Points = 1 mat length from ditch.
3 Points = 2 mat lengths from ditch.
1 Point = Between 2 mats from ditch and "T".
0 Points = Finishing in the ditch.
-2 Points = Short of the "T".

Ditch Drawing



Short end

Medium end

Long end

Ditch Drawing Skill Test

My Highest Score

Date	Score

Training Scores

Date	Score	Date	Score

Shot & Ditch Drawing Skill Test

Objective:

Draw as close to jack as possible, then draw as close to the Ditch as possible without losing bowl.

Requirements:

Two (2) jacks.
Two (2) jack markers.
6 end score card.

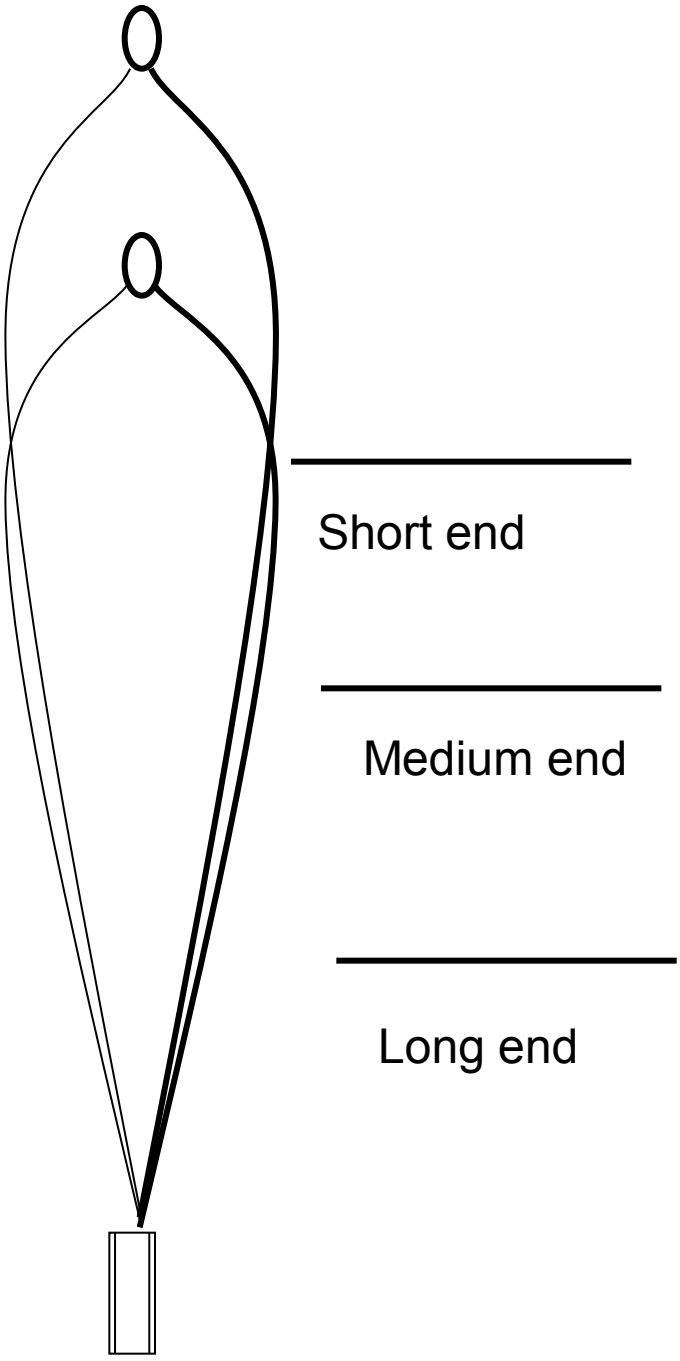
Procedure:

Place jack marker on bank in both directions.
Place jack on “T” in both directions.
Draw 1 Forehand to jack, then 1 Forehand to ditch. Same for Backhand.
Play 2 Ends each length.

Scoring:

5 Points = 1 mat length from ditch.
3 Points = 2 mat lengths from ditch.
1 Point = Between 2 mats from ditch and “T”.
0 Points = Finishing in the ditch.
-2 Points = Short of the “T”.

Shot & Ditch Drawing



Shot & Ditch Draw Skill Test

My Highest Score

Date Score

Training Scores

Date	Score	Date	Score

Conversion Skill Test

Objective:

Play through target whilst controlling weight and remaining on the green. (in zone)

Requirements:

Two (2) flapjacks.
6 end score card.

Procedure:

Play 2 F/H, then 2 B/H over varied length ends.

Short end - Flapjack on "T", mat right up.

Medium end - Flapjack ½ way between "T" & Minimum Minimum length marker, Same for mat.

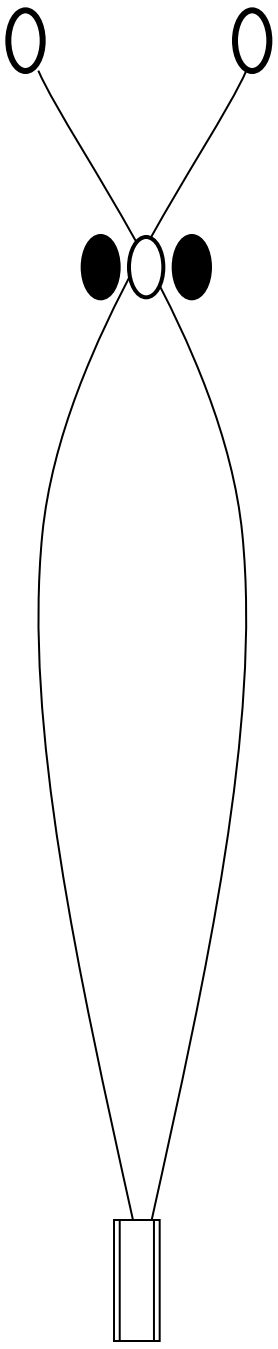
Long end - Flapjack on "T", mat on "T".

Play 2 ends on each length.

Scoring:

Accuracy.
5 Points = Contact jack only.
3 Points = Contact any bowl.
-2 Points = Miss Flapjack.
Weight Control.
2 Points = Finishing between "T" and ditch.
-2 Points = Not finishing between "T" and ditch.

Conversion



Short end

Medium end

Long end

Short end

Medium end

Long end

Conversion Skill Test

My Highest Score

Date	Score

Training Scores

Date	Score	Date	Score

Running Skill Test

Objective:

Hit target with controlled weight, whilst missing obstacle.

Requirements:

Two (2)Flapjacks.
Four (4) Mats.
6 End score card.

Procedure:

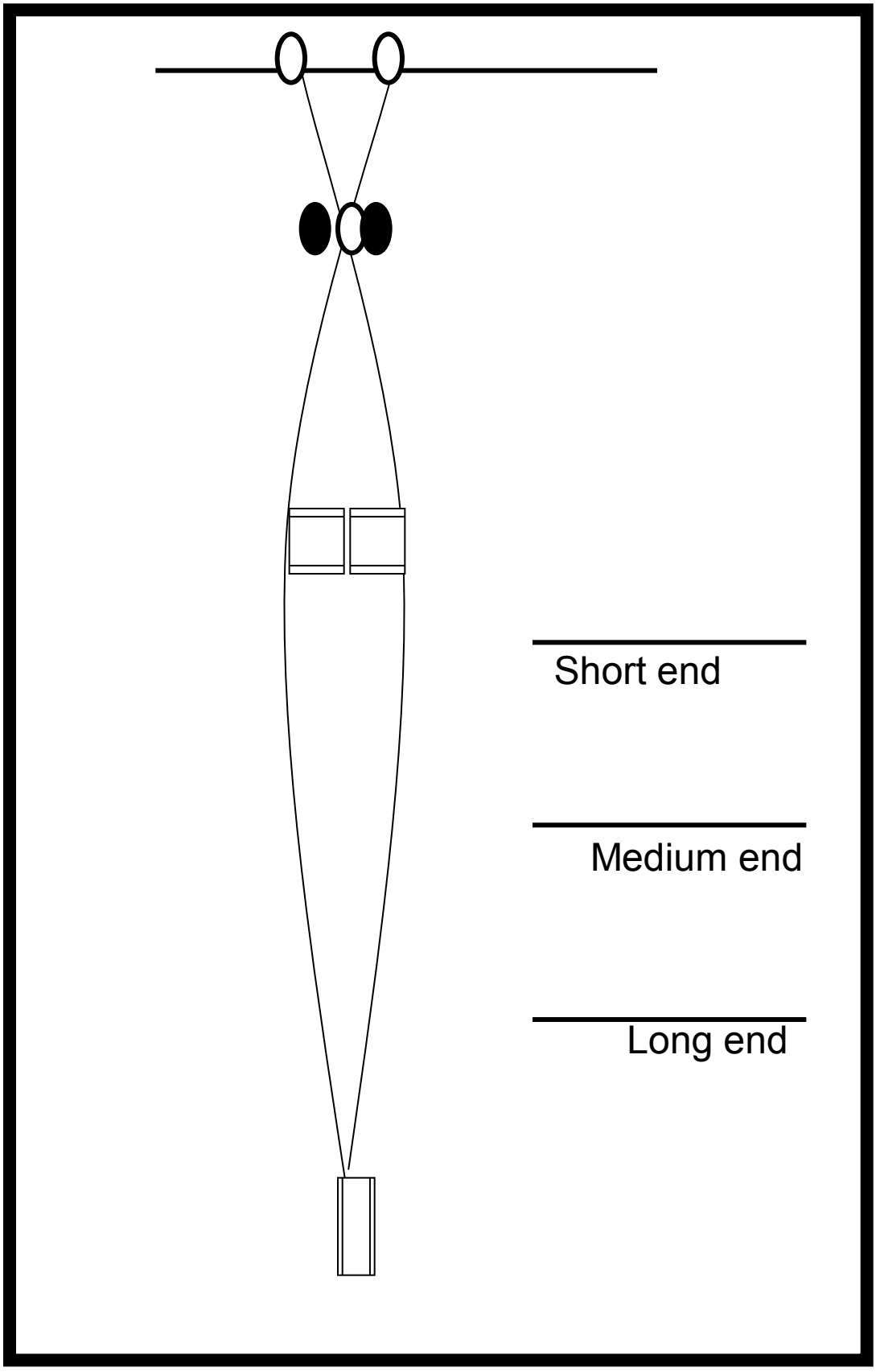
Flapjack on "T", Play 2 F/H, 2 B/H running shots.

Short end - 1 mat blocking drive.
Medium end - 1.5 mats blocking drive. Long end - 2 mats blocking drive.

Play 2 ends on each length.
Bowl must finish in ditch otherwise 2 shot penalty

Scoring:

5 Points = Contact jack only.
3 Points = Contact any bowl.
-2 Points = Miss target, or contact mat.


Short end
Medium end
Long end

Running Skill Test

My Highest Score

Date	Score

Training Scores

Date	Score	Date	Score

Driving Skill Test

Objective:

Develops the ability to consistently hit a sizeable target in a competitive state of mind, while providing objective benchmark analysis of a players respective skill level.

Requirements:

Two (2) Flapjacks.
6 End score card.

Procedure:

Flapjack on "T", Play 2 F/H, 2 B/H Drives.

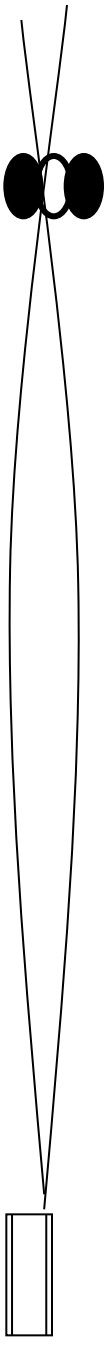
Short end - Play 4 drives, 2 F/H, 2 B/H.
Medium end - Play 4 drives, 2 F/H, 2 B/H..
Long end - Play 4 drives, 2 F/H, 2 B/H.

Play 2 ends on each length.

Scoring:

5 Points = Contact jack only.
3 Points = Contact any bowl.
-2 Points = Miss target.

Driving Skill Test



Short end

Medium end

Long end

Driving Skill Test

My Highest Score

Date	Score

Training Scores

Date	Score	Date	Score

Draw & Swing Skill Test

Objective:

Draw as close as possible to jack, then swing through target avoiding obstacles.

Requirements:

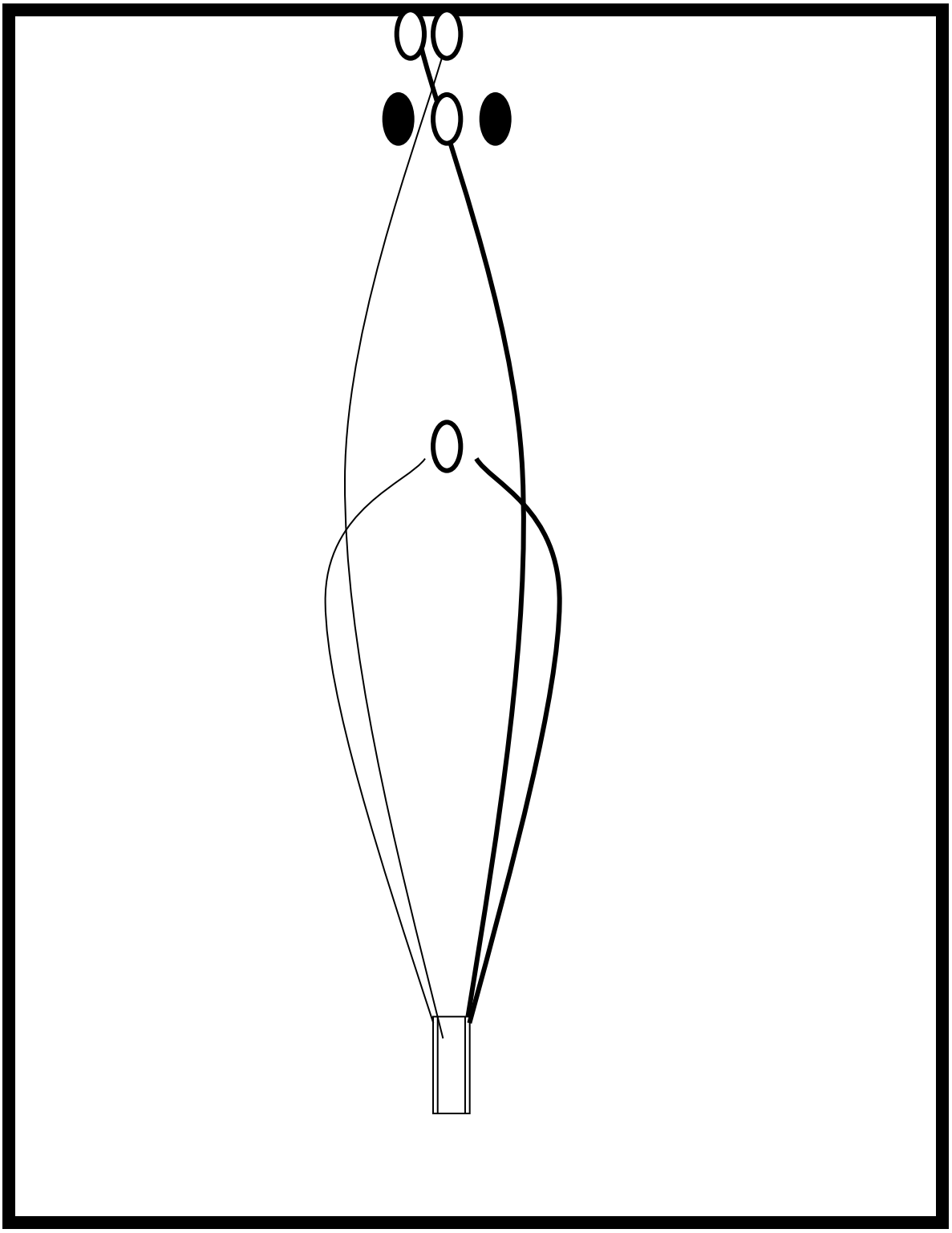
Two (2)Flapjacks.
Two (2) Jacks.
6 End score card.

Procedure:

Place flapjack on “T” in both directions.
Place jack on minimum marker in both directions. Draw 1 Forehand to jack, then swing 1 Forehand through target avoiding obstacles.
Same for Backhand.
Play 2 Ends each length.

Scoring:

5 Points = Within 1 mat width of jack.
3 Points = Within 1 mat length of jack.
1 Point = Within 2 mat lengths of jack.
-2 Points = Outside 2 mat lengths of jack.
5 Points = Contact jack only.
3 Points = Contact any bowl.
-2 Points = Miss target.



Draw & Swing Skill Test

My Highest Score

Date	Score

Training Scores

Date	Score	Date	Score

My Highest Scores

Drawing Skill Test

Date _____ Score _____

Ditch Drawing Skill Test

Date _____ Score _____

Conversion Skill Test

Date _____ Score _____

Running Skill Test

Date _____ Score _____

Driving Skill Test

Date _____ Score _____