

Time	Drill	Focus	Mat Length/s	Bowls	Groups	Instructions
10mins	Bowl to ditch	Technique	5m up from T facing ditch	4	Individual	-players bowl 12 FH and 12 BH from the mat to the ditch. -players work on developing a pre-bowl routine and staying down.
10 mins	Roll the Jack	Jack Rolling	min/med/max	1 jack	Pairs	-players have a mat each and one jack. -the player with the jack, rolls it to their partner trying to land within a mat of their partners mat. -jack rolls continue and players adjust their mat lengths.
15 mins	Draw to ditch	Draw	min/med to ditch	4	Pairs	-player bowl 4 bowls and the drill is repeated at various lengths -short bowls and bowls in the ditch are not counted
15 mins	Front End Game Plan	Game Plan	min/med/max	2	Pairs	-players bowl two bowls in a row -Pairs work together to achieve the game plan e.g. two within a mat and one behind -drill is repeated up and back the green at various lengths.
30 mins	Front End Game Plan Competitive	Game Plan	min/med/max	2	Pairs	-players bowl two bowls in a row against another pair -Pairs work together to achieve the game plan e.g. two within a mat and one behind -Pairs keep score once all bowls have been bowled. -drill is repeated up and back the green at various lengths.
15 mins	Cluster	Draw	any length	4	Individual + Pairs	Draw a ML from the first bowl and each subsequent delivery Work with a partner at other end, Draw a ML beyond the front bowl and each subsequent delivery beyond a ML, however partner returns every delivery until you get ML distance each delivery Draw two (2) ML beyond the front bowl and each subsequent delivery beyond 2 ML
15 mins	Various Weight	Weight	any length	4	Individual + Pairs	Set 15-20 mats (circuits) diagonally from one corner to diagonally opposite corner; Start from a corner 2m mark to maximum length on green; Using only 2 bowls see how many of the 15-20 circuits have one of two deliveries within ML of ditch Choose your length, set up a jack on the tee, players bowl 4 bowls trying to achieve the 4 objectives 1 - draw within a ML. 2 - trail the jack without going into the ditch. 3 - trail the jack into the ditch. 4 - draw within a ML
30 mins	Back of the queue	Weight	Various lengths	2	Individually	Choose your length, players bowl 4 bowls trying to achieve the objective - draw, mat over or drive Each time a player achieves the objective they get a point Each time the player misses the objective the Phantom gets a point
15 mins	All Rounder	Weight + draw	min + med	4	Individual + Pairs	Bowl your first bowl along an aiming line Bowl your second, third and fourth along the same aiming line trying to beat the previous by adding weight. Repeat the process but beat your previous bowl by taking way the weight.
15 mins	Phantom Singles	weight or draw	min/med/max	4	Individual	Choose your objective e.g. draw within a mat and you get one point eachtime you schieve the objective
10 mins	Beat Your Bowl	Weight	any length	4	Individual	Player A bowls four bowls trying to achieve the objective, Player B bowls four bowls trying to achieve the objective Player A and Player B repeat the process first to get seve points wins.
20 mins	First to 7	Utility	any length	4	Pairs	Setup a snake course where each drill is a progression of the previous drill e.g. beat one bowl the beat two bowls Players work their way through the snake trying to achieve each objective
30 mins	Porgressive Snake	Uility	any length	4	Individual	Players bowl 4 bowls at each length three times (12 bowls at each length) The first objective is draw to a line, the second objective is 1m over the line, the third objective is over the line and loose your bowl Extension: play a singles game against your partner at the three lengths Play four bowl singles across two sets (nominate ends)
20 mins	Singles - Sets Play	Uility	any length	4	Singles	If players both win a set, play an one end tiebreaker