Individual + Pairs	Time	Drill	Focus	Mat Length/s	Bowls	Groups	Instructions
Polysyers have a mate chan done pilog pre-bown fouther and staying down.	40 :		-	5 6 76 1 111			-players bowl 12 FH and 12 BH from the mat to the ditch.
10 mins	10mins	Bowl to ditch	Technique	5m up from T facing ditch	4	Individual	-players work on developing a pre-bowl routine and staying down.
10 mins	10 mins	Roll the Jack	Jack Rolling	min/med/max	1 jack	Pairs	-players have a mat each and one lack
Specific continue and players adjust their mat lengths paker rolls continue and players adjust their mat lengths paker rolls downs and the drill is repeated at various lengths 1 pal 1 west of [pszv] hark \$2 \text{specific pszv} hark \$2 \tex							
Draw to ditch Draw min/med to ditch Pairs							1 7 7 7
15 mins Draw to ditch Draw min/med to ditch Pairs			<u> </u>				
Second Lower and South in the difference of the Country Systems of Systems (Second Lower Systems of Systems	15 mins	Draw to ditch	Draw	min/med to ditch	4	Pairs	
Same Front End Game Plan							
Pairs work together to achieve the game plain e.g. two within a mat and one behind min/med/max Pairs work together to achieve the game plain e.g. two within a mat and one behind plain repeated with a part back the green at various lengths.							
Front End Game Fron	15 mins		Game Plan	min/med/max	2	Pairs	
Front End Game Game Plan min/med/max 2 Pairs Pairs work logation in a row against another pair Pairs work logated by and back the game plan eag, tho within a mat and one behind Pairs keep score once all bowls have been bowled. Adrill is repeated up and back the green at various lengths.							
Pairs work together to achieve the game plan e.g. two within a mat and one behind Pairs work together for achieve the game plan e.g. two within a mat and one behind Pairs work together for achieve the game plan e.g. two within a mat and one behind Pairs work together for achieve the game plan e.g. two within a mat and one behind Pairs Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs work together for achieve the plane game plan e.g. two within a mat and one behind Pairs Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been bowled. Pairs keeps score once all bowls have been down and ach subsequent delivery beyond 2 ML. Pairs keeps score once all bowls have been down and ach subsequent delivery beyond 2 ML. Pairs keeps score once all bowls have been subsequent delivery beyond 2 ML bowls been subsequent delivery beyond 2 ML. Pairs keeps score once all bowls have been subsequent delivery beyond 2 ML bowls been subsequent delivery beyond 2 ML bowls score and score sco						<u> </u>	
Plan Competitive Plan Compet	30 mins		Game Plan	min/med/max	2	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 M however partner returns every delivery until you get ML distance each delivery Draw bowl (2) ML beyond the front bowl and each subsequent delivery beyond a M however partner returns every delivery until you get ML distance each delivery Draw bowl (2) ML beyond the front bowl and each subsequent delivery beyond a M however partner returns every delivery until you get ML distance each delivery Draw bowl (2) ML beyond the front bowl and each subsequent delivery beyond a M however partner returns every delivery until you get ML distance each delivery Draw bowl (2) ML beyond the front bowl and each subsequent delivery beyond a M however partner returns every delivery until you get ML distance each delivery Draw bowl (2) ML beyond the front bowl and each subsequent delivery beyond a M however partner end Draw bowl (2) ML beyond the front bowl and each subsequent delivery beyond a M however partner end Draw bowl bowls were partner end Draw bowls Draw bowl							-Pairs keep score once all bowls have been bowled.
Section Draw Draw Draw A Individual + Pairs Work with a partner at other end, Draw a ML beyond the front bowl and each subsequent delivery beyond a Mexicon bowever partner returns every delivery until you get ML distance each delivery beyond 2 ML							-drill is repeated up and back the green at various lengths.
Shifts Cluster Draw any length 4 Individual + Pairs Nowever 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							
Set Start from a corner zom and to make to make the support of the form to wall your get ML distance each delivery multi you get ML distance each delivery beyond z ML	15 mins	Cluster	Draw	any length	1	Individual + Paire	
Tpegissfs {pwsarsGHwsesqixvisetevx0shve{\$xasgexivtmppev\$jmvwx\$fs {psenhspr}\${lirs} xlmvh0sixas}. Today is set for the queue weight weight any length 4 Individual + Pairs Today is set for the queue weight or draw min + med 4 Individual + Pairs Today is set for the queue weight or draw min/med/max 4 Individual + Pairs Today is set for the queue weight or draw min/med/max 4 Individual weight weight or draw min/med/max 4 Individual Beat Your Bowl Weight any length 4 Individual First to 7 Utility any length 4 Pairs Today is set for the queue weight or draw within a multaneous first to 7 Utility any length 4 Pairs Today is set for the queue weight or draw within a multaneous first to 7 Utility any length 4 Pairs Player A bowls four bowls	10 111110	5.00.0.	2.4	any longin	•	marriada - rano	
Sample Weight Weight Any length Weight Any length A Individual + Pairs Faffs swhiv \$\frac{1}{2} \text{yrag} \frac{1}{2} \frac{1}{2} \text{yrag} \frac{1}{2}							
Individual + Pails	45 mins	Various Weight				Individual + Pairs	
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Set 15-20 mats (circuits) diagonally from one corner to diagonally opposite corner; Set 15-20 mats (circuits) diagonally from one corner to diagonally opposite corner; 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	13 IIIIIIS			arry length	4		irefpi\$eggiww\$xs\$xli\$ri x\$
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Player A bowls four bowls trying to achieve the objective, Player B bowls four bowls trying to achieve the object							Choose your objective e.g. draw within a mat and you get one point eachtime you schieve the objective
Player A bowls four bowls trying to achieve the objective, Player B bowls four bowls trying to achieve the object	20 mins	First to 7	Utility	any length	4	Pairs	
Player A and Player B repeat the process first to get seve points wins.							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.
	30 mins	Porgressive Snake	Uility	any length	4	Individual	
							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							Players work their way through the snake trying to achieve each objective
Discorp hour 4 hours of each langth three times (42 hours to set langth)							Disvers hould houle at each length three times (12 houle at each length)
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.	30 mins	Three lengths, three objectives	Weight + draw	min/med/max	4	Pairs	The first objective is draw to a line, the second objective is 1m over the line, the third objective is over the line and
I 30 mins I 7 I Weight + draw I min/med/may I 4 I Pairs I 7							
Extension: play a singles game against your partner at the three lengths							
Extension, play a singles game against your partier at ure unec renguis 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	20 mins	Singles - Sets Plav	Uilitv	any length	4	Singles	
	20 1111110	. g	,	,g		Jg.55	(1, 2, 1, 2,