

# Driving drill

The purpose of this drill is to build your skill and confidence of playing a fast weighted shot. This is a key skill required for a third and skip.

It's important to find the right 'Drive' shot for you which will result in accurate outcomes. Speed isn't everything control and consistency are key.

## Instructions

- Place the Jack on the tee and a bowl either side
  - Small target – each bowl 5cm from the Jack
  - Bigger target – each bowl 20cm from the Jack
- Play a total of 6 ends
  - Start with 2 ends at short length
  - Then 2 ends at medium length
  - Finally 2 ends at full length
- At each end play 2 bowls on the forehand then 2 bowls on the backend
- Score 1 point when you hit one of the targets, nothing if you miss
  - Total available points = 24pts
- Record your scores for each length so you have a score to beat the next time you complete the drill

## What you need

- Your bowls (4) plus 2 additional bowls
- A scorecard and pen/pencil.
- A mat and a jack
- If possible a fellow bowler who can do the drill with you. While you do the drill the other bowler resets the target and removes your bowls from the ditch – swap over once you have finished.

Driving drill (fast weighted shot) – play 2 bowls forehand then 2 backhand from each mat position

