

Upshot drill

The purpose of this drill is to build your skill and confidence of playing a medium weighted shot (not a drive) and understand the line required for your bowl. This is a key skill for the third and skip and when executed well can be a game changer.

Practice the upshot drill on minimum, three quarter and full length ends.

Instructions

- Place two bowls about 30 centimeters apart near the tee (refer diagram below)
- Place the mat for the length of end you want to practice
- The aim is to play a shot with enough weight to reach the ditch
- Start with either the backhand or forehand and play two bowls
- Play a total of 12 bowls (6 ends)
- Change over to the over hand and play 12 bowls (6 ends)
- As you play each bowl focus on the line and the weight and watch the bowl so you can make any required corrections
- Score each bowl you play
 - 2 points if bowl goes between the two bowls
 - 1 point if you hit one of the bowls
 - 0 points if you miss the gap and the bowls
- Record your score and length of end you played so you have a score to beat the next time you complete the drill

What you need

- Your bowls (4)
- A scorecard and pen/pencil.
- A mat

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