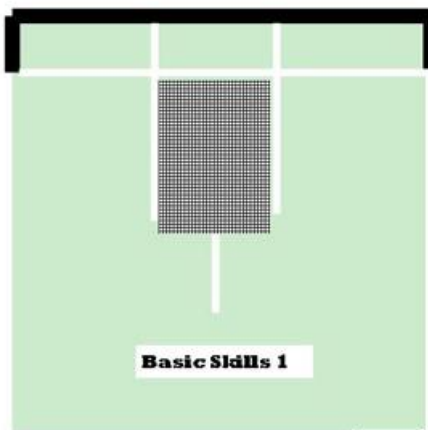


Welcome to this page of Exercises set out by the ESMBA.

Improve your Bowling

The practice sessions outlined are based on a publication by ESMBA designed for the England Team



Basic Skills 1

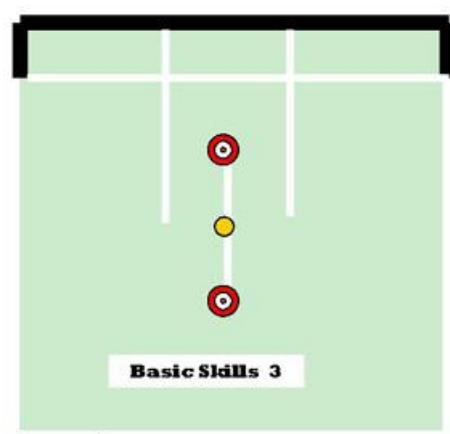
Leads

Practice
Drawing to shaded area

Standard
Two Bowls from each hand in shaded area

Score
1 point each wood
4 points

opposition Own woods



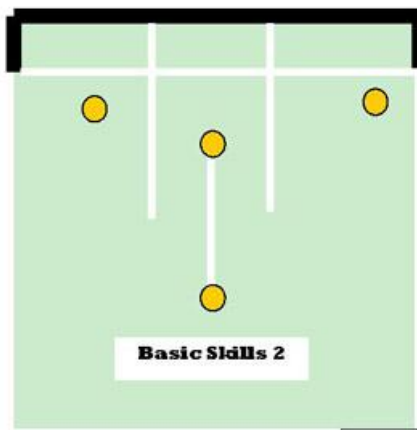
Basic Skills 3

Leads

Practice
Draw to beat both woods on both hands

Standard
Beat both woods on both hands

Score
1 point each wood
4 points Total




Basic Skills 2

Leads

Practice :-
Drawing to four jacks as nominated by bowler 2 woods each hand

Standard :-
Must draw to within 1 foot of nominated Jack

Score
1 Point each wood
Total 4 points



Basic Skills 4

Leads

Practice
Draw to beat both woods on both hands (2 Woods each hand)

Standard
Beat both woods on both hands

Score
1 point each wood
4 points



Basic Skills 5

N.B. Change wood for changed hands

Leads

Practice

Push and lay for shot using controlled weight

Standard

At least two strikes on replaced woods

Score

1 point each wood
4 points Total



Basic Skills 7

N.B. Change woods for changed hands

Practice

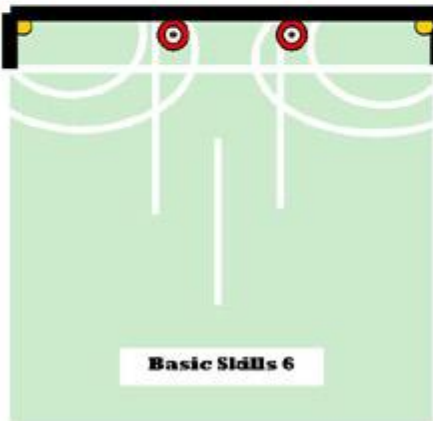
with two woods on each hand
Play the plant

Standard

To sit at least two shots after bowling

Score

1 point each successful plant
4 points



Basic Skills 6

Practice

Drawing to beat wood in the ditch.
Both hands
Standard

3 points per wood which beats the shot (Total 12)

Score

1 point each wood which is drawn to a designated area



Basic Skills 8

Practice

Running jack into ditch as nominated by player

Standard

A. Controlled weight to stay with the jack, within 1 foot of jack wins 3 points

Possible 12

B. If the wood finishes up more than one foot away from jack 1 Point



Basic Skills 9

Practice

Trailing the Jack

Standard

Two woods each hand Trailing the jack to produce two points.
(Change woods round for opposite hand)

Score

a. If successful 3 points per wood

b. If only taldng shot 1 point.



Basic Skills 11

Practice

Bowling a back wood

Standard

a. In line with wood and jack 3 points (Total 12)

Score

b. Wood behind head 1 point each wood



Basic Skills 10

Two bowls each hand

Practice Moving toucher into ditch for shot

Standard a. 3 points for toucher into shot

Score b. 1 point each toucher into ditch



Basic Skills 12

Practice

Playing a split shot and keeping your wood on the carpet.

Standard

a. Keeping wood and jack on carpet and taldng shot 3 points

Score

Keeping wood on but not shot 1 point

Leads



Basic Skills 13

Practice
Using reverse bias.

Standard
Taking a wood off the mat by using reverse bias.

Score
1 point each wood
4 points



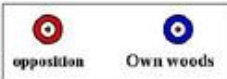
Basic Skills 15

N.B. Change woods for charged hands

Practice :-
Bowling a blocking wood

Standard :-
Bowling a wood into the designated area

Score
2 point each wood
Total 8 possible



Basic Skills 14

Practice
Turning a wood over, to obtain shot.

Standard
Using controlled weight turn your wood over to get shot. Left wood twice, right wood once. (and reverse)

Score
3 point each wood



Basic Skills 16

Leads

Practice :-
Bowling a wood to protect the shot

Standard
Bowling to in line with front wood and jack.

Score
1 point each wood
4 points