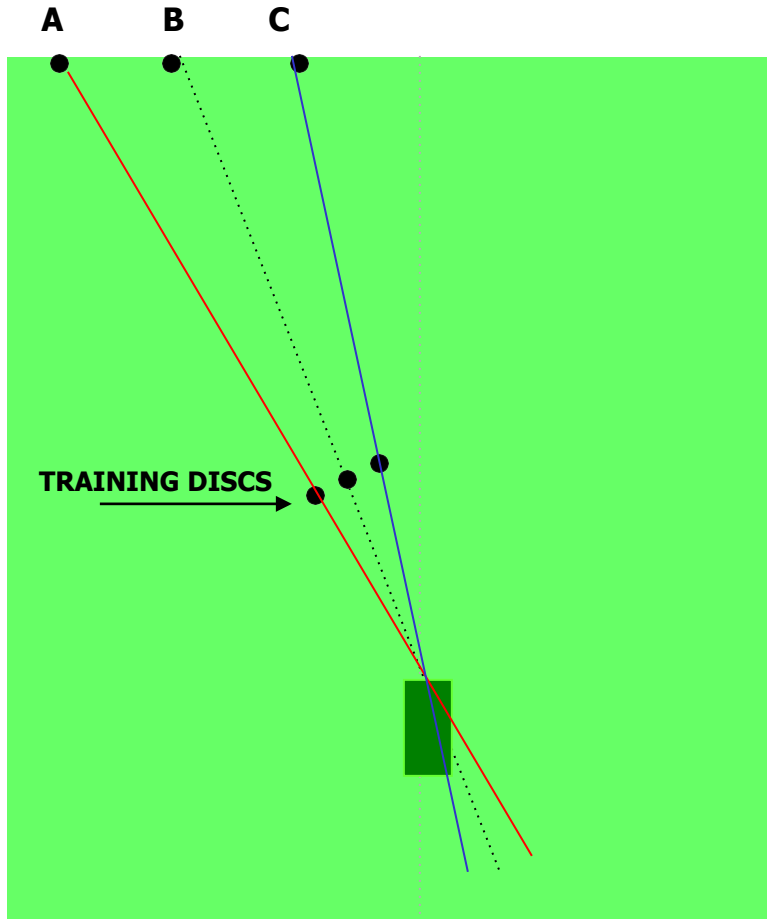


ADJUSTMENTS TO LINE



SET UP & SKILL PRACTICE

1. Place the 3 training discs on the green approximately 10m from mat at 300mm spacing.
2. The centre disc should be placed along the intended line to draw to rink centre.
3. Player bowls three consecutive bowls 1 bowl over each disc.
4. Note the finishing position of each bowl in relation to the disc played at.
5. From behind the mat (at point X) relate the distances between A to B and B to C to the bowl resting point relative to the centre line.
6. Place the discs on the other side of the rink (fore hand) to reinforce the concept.
7. Place the training discs in the positions ABC. Player visualises own focus point along the line and repeats the exercise

X

