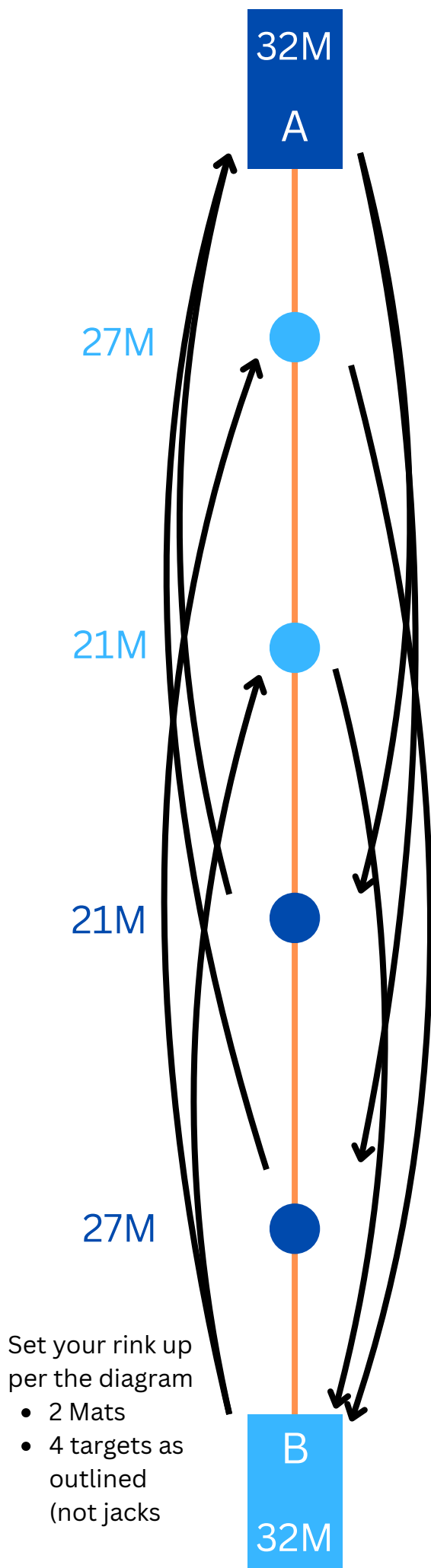


# Lawn Bowls Weighting (and Line) Practice



## Part 1 From Mat A (to dark blue targets)

- Roll 4 x forehand to 21M
- Roll 4 x forehand back to Mat A
- Roll 4 x backhand to 21M
- Roll 4 x backhand back to Mat A
- Roll 4 x forehand to 27M
- Roll 4 x forehand back to Mat A
- Roll 4 x backhand to 27M
- Roll 4 x backhand back to Mat A
- Roll 2 x forehand to Mat B
- Roll 2 x backhand to Mat B

## Part 2 From Mat B (to light blue targets)

- Roll 4 x forehand to 21M
- Roll 4 x forehand back to Mat B
- Roll 4 x backhand to 21M
- Roll 4 x backhand back to Mat B
- Roll 4 x forehand to 27M
- Roll 4 x forehand back to Mat B
- Roll 4 x backhand to 27M
- Roll 4 x backhand back to Mat B
- Roll 2 x forehand to Mat A
- Roll 2 x backhand to Mat A

***Session complete - 72 bowls***

## Game Play

- For each bowl that ends within 1 step of your target = 1pt
- Start with a target score of 10
- Once you achieve your target score add 5 to your next session target
- Track your session outcomes, watch the improvement!