

What's My Line Anyway - Practice

A

20M

27M

Set your rink up per the diagram

- Stretch a string line down the centre of the rink running approx. from 20M to 27M
- If it helps, set a string line (both forehand and backhand) representing the line on which you've found that your bowls will start to break towards the centre

.....> Line of aim

.....> Your bowls

From Mat A

- Roll 4 bowls from Mat A
- Your objective is to land your bowls to within a bowls width of the string line (Once you've rolled 4 bowls, roll them back from where they finished to Mat A, try to land your bowls on the mat)
- Use both forehand and backhand equally. Length is not the objective here but START with a minimum length and move longer, you'll find that the line of aim does not change but your bowl will break a little further up your line of aim
- 4 consecutive bowls in a row on the line? Give yourself a high five and send me a pic, I'll post it on my website!

Game Play

- For each bowl that ends within 1 bowl width from the centre line = 3pts
- For each bowl that ends within 2 bowls width from the centre line = 1pt
- Start with a target score of 10
- How many bowls does it take you to achieve 10pts?
- Once you achieve your target score add 5 to your next session target
- If you want to add points to reward your return bowls that land on the mat do it!
- Track your session outcomes, watch the improvement!