

HARROGATE BOWLING CLUB



Improvers Coaching

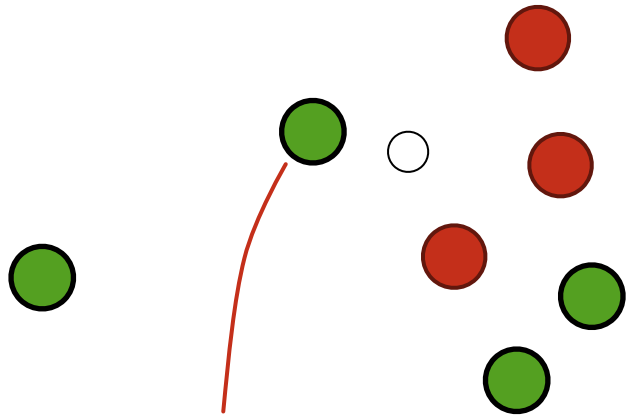
Week 9: Skills - Wrist & Split Shots

The 'Yard-On' Shots

- ▶ Yard-On shots are very versatile shots that are not much more than the Draw shot.
- ▶ They can be used to strengthen and alter a head in a positive way.
- ▶ How much do you need to adjust your weight and aiming point by?
- ▶ Examples include:
 - ▶ Plant bowls into the head
 - ▶ Promoting bowls into the head
 - ▶ Wrest bowls out of the head (aka Chop and Lie)
 - ▶ Split bowls out of the head

Activity 9.1: Wrest Shots (Chop & Lie)

- ▶ A slightly more forceful shot. Played with a yard or two of weight to roll the opposing bowl out of the head and stop in its place. (Also known as the 'Chop and Lie' shot).



It can be the percentage shot. If it reaches the head it ensures you have a well placed position bowl in or just behind the head. If slightly narrow, it might wick in off a short bowl or trail the jack back to a waiting bowl!

Activity 9.1: The Wrest Shot

Place the jack on the 2m line with a target bowl on each side 0.5m away

Play 2 woods f/hand and 2 woods b/hand.

3pts: Hit target & finish as shot wood

2pts: Hit target & finish as second wood

1 pt: Get a lucky wick or trail the jack

Name/Date	Name/Date

Mat on the 23m line (Mat up).

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

Mat approx midway.

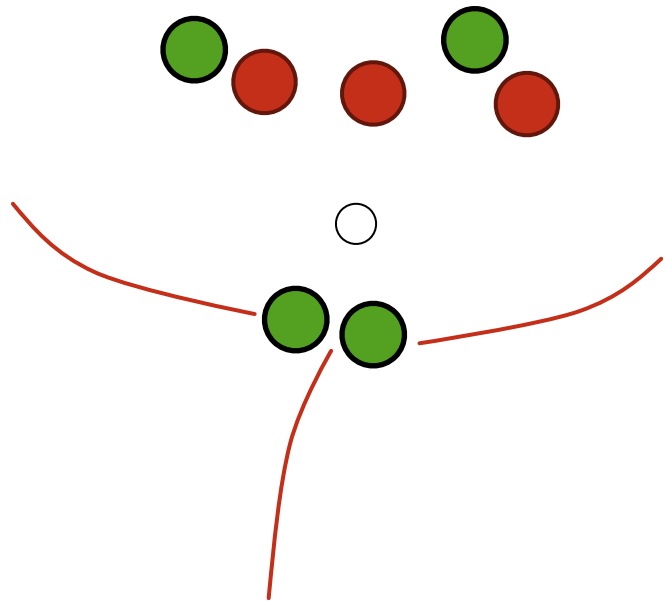
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

Mat on the 2m line (Full length).

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	
Grand Total:			Grand Total:	

Activity 9.2: The Split Shot

- ▶ The shot is played with enough weight (ditch weight) to split the two bowls and take them out of the head.



Activity 9.2: The Split Shot

Place the jack on the 2m line with 2 woods, on both sides, 1m in front with a gap of 3"

Play 2 woods f/hand and 2 woods b/hand.

3pts: Hit woods & finish with shot wood

2pts: Hit woods & finish as second wood

1 pt: Get a lucky wick or trail the jack

	Name/Date	Name/Date

Mat on the 23m line (Mat up).

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

Mat approx midway.

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

Mat on the 2m line (Full length).

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	
Grand Total:			Grand Total:	