

# HARROGATE BOWLING CLUB

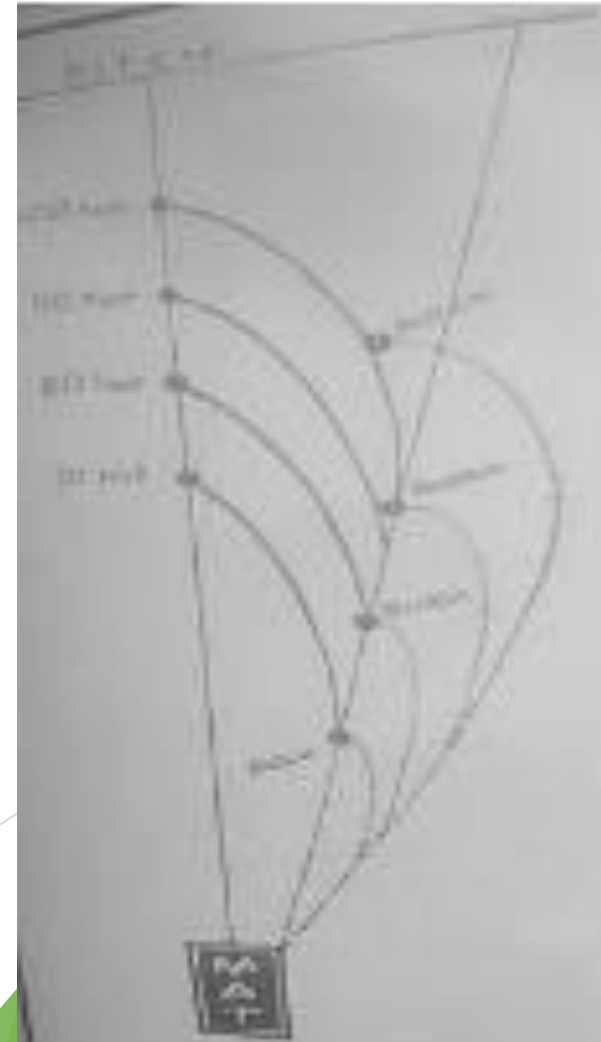


## Improvers Coaching

Week 6: Skills - Drawing Shots

# Blocking Shots

- ▶ To place a block shot on the draw line, you will need to aim wider than your normal draw line.
- ▶ Don't forget to point your feet a little wider.
- ▶ Pick a specific spot and bowl to it!
- ▶ Even if you are off line it can be enough to put your opponent off.
- ▶ A shot to block a firing shot can be delivered on either hand to the centre of the rink.
- ▶ Alternatively: Try the other hand by bowling across the head.
- ▶ It is a shot that is rarely used indoors . . . Why?

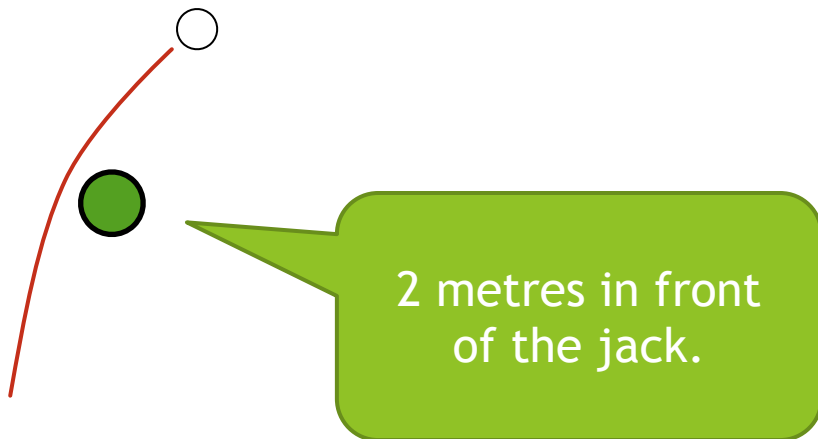


# Using The Mat

- ▶ A change in the foot fault rule in 2015 effectively doubled the width of the mat. We now must have only part of one foot on the mat at setup, and on or above the mat at point of delivery.
- ▶ By repositioning on the mat we can bowl around or inside blocking woods but we must get our weight and line right!
- ▶ Finding your aiming point
  - ▶ The bank aimer
    - ▶ Move to the inside of the mat and bowl at your usual aiming point on the bank.
    - ▶ Move to the outside of the mat and move the aiming point by the distance moved on the mat.
  - ▶ The Visualizer
    - ▶ Move to the outside of the mat, the side you are bowling on and aim at the same angle. The bowl will move parallel to a normal bowl, and finishing off centre by the distance moved on the mat.
- ▶ Both methods require you to bowl with the perfect line and weight!

# Activity 6.1: Drawing around a short bowl

- ▶ Place a bowl 2m in front of the jack, on both hands, and in the draw line to the jack.
- ▶ Practise the shot, two woods forehand and two woods backhand.
- ▶ Record your results at varying lengths.
  - ▶ Do you have a favoured hand or length.



This also occurs when your opponent is holding shot and they have 'blocked' your way in to the jack. But don't be put off, try ignoring the blocking wood, you are more likely to miss it than hit the blocker, unless you are unlucky (most of us) or very accurate (not so many of us).

**Activity 6.1: Around a short bowl**  
 Place the jack on the 2m line with a bowl 2m in front and in the draw on both hands.  
 Play 2 woods f/hand and 2 woods b/hand.  
 3pts: Touch the jack & remain within 0.5m  
 2pts: Finish within 0.5m of the jack  
 1 pt: Finish within 1m of 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.

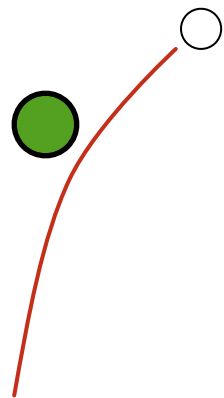
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

### 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 6.2: Drawing inside a short bowl

- ▶ Place a bowl 2m in front of the jack, on both hands, and in the draw line to the jack.
- ▶ Practise the shot, two woods forehand and two woods backhand.
- ▶ Record your results at varying lengths.
  - ▶ Do you have a favoured hand or length.



## Activity 6.2: Inside a short bowl

Place the jack on the 2m line with a bowl 2m in front and in the draw on both hands.

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

3pts: Touch the jack & remain within 0.5m

2pts: Finish within 0.5m of the jack

1 pt: Finish within 1m of 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.

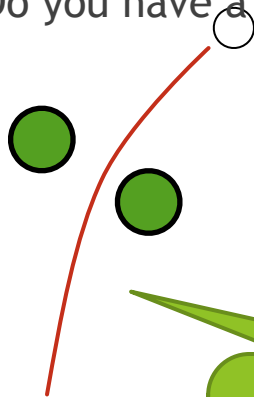
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:		Total:		

### 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 6.3: Drawing between short bowls

- ▶ Place a two bowls 2m in front of the jack with a 1m gap between them, on both hands, and in the draw line to the jack.
- ▶ Practise the shot, two woods forehand and two woods backhand.
- ▶ Record your results at varying lengths.
  - ▶ Do you have a favoured hand or length.



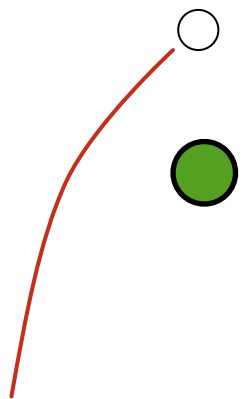
2 metres in front of the jack with a 1 metre gap.

This is one of the many frustrations for a skip, short woods in the way. If you are a skip this is a shot you should be practising frequently.

Activity 6.3: Between short bowls				
Place the jack on the 2m line with 2 bowls 1m apart, 0.5m in front and in the draw on both hands.				
Play 2 woods f/hand and 2 woods b/hand.				
3pts: Touch the jack & remain within 0.5m				
2pts: Finish within 0.5m of the jack				
1 pt: Finish within 1m of 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:		
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# Activity 6.4: Drawing to a hidden jack

- ▶ Place a bowl 0.5m in front of the jack, so that the jack is hidden.
- ▶ Practise the shot, two woods forehand and two woods backhand.
- ▶ Record your results at varying lengths.
  - ▶ Do you have a favoured hand or length.



0.5 metres in front of the jack

**Top Tip!**

If the jack appears to be resting on top of the bowl whilst you are on the mat, then the jack will be about 2 metres behind the wood.

If the wood appears to be resting on the jack, then the wood will be about 1 metre behind the jack.

Activity 6.4: Hidden jack				
Place the jack on the 2m line with a bowl 0.5m in front of the jack.				
Play 2 woods f/hand and 2 woods b/hand.				
3pts: Touch the jack & remain within 0.5m				
2pts: Finish within 0.5m of the jack				
1 pt: Finish within 1m of 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:		
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