

MULGRAVE COUNTRY CLUB



COACHING & TRAINING

During the Pennant season, coaches are available to work with new and experienced bowlers. New bowlers will be referred to the Chairman of the Coaching Panel, who will then assign a coach to teach them the basics of the game. Experienced bowlers who need assistance with any aspect of their game are invited to contact one of the coaches listed in the handbook.

If you have a query about training and coaching, please do not hesitate to contact a coach.

ARTICLES

Click on a link below to access the article.

[Bowls Etiquette](#)

[Guidelines for Markers](#)



MULGRAVE COUNTRY CLUB COACHES CORNER

PRACTICE DRILLS

We have collated a number of practice drills that can be used by both new and experienced bowlers to help with improving their skills. Print a copy of a drill and take it with you when you next go to practice. Remember to also take a pen to record your scores, and compare them with the scores at your next practice session. Click on a link below to get the required practice drill.

Individual Practice

The drills listed below can be done on your own or, ideally, with a partner. When practicing with a partner, have one bowling and the other at the head returning bowls, and take turns bowling.

[Repetitive Drills – Drawing & Driving](#)

[Draw Bowls – Basic](#)

[Draw Bowls – Advanced](#)

[Centre Line Drill](#)

[Weight Control Drill](#)

[Singles Challenge](#)

Multi Player Practice

The following drills are intended for 2 or more bowlers. The Skins Game is a singles challenge, while the other two are for Pairs, Triples or Fours, depending on how many players are available.

[Skins Game](#)

[Communication Challenge](#)

[Pressure Game](#)

BA Training Statistics Sheet

The following sheets are intended for regular practice, on your own or with a partner (in which case you score each other). You can analyse where your weaknesses are, and what areas you need to work on, and by keeping regular scores you can monitor your improvement.

[BA Leads Monthly Training Stats](#)