



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](#)