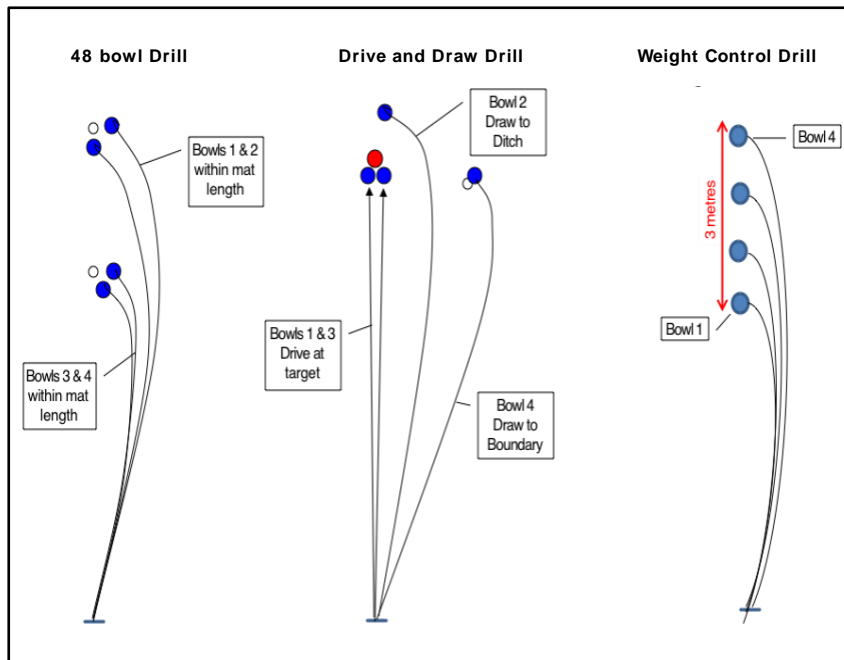


# Training Drills (Solo)

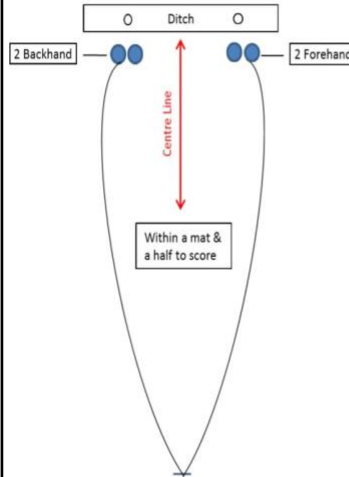


## Perfect end Drill



## Driving Drill

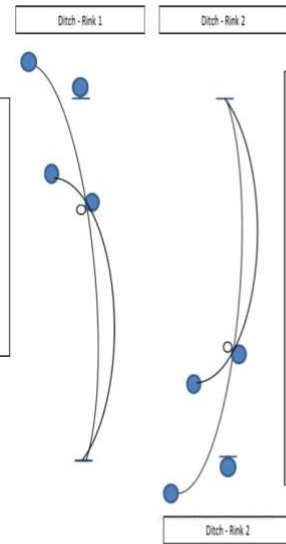
## Draw to Ditch Drill



**Setup:**  
Using two rinks, place a bowl & jack flappjack target 5 metres from the "T" at one end of rink 1 and another at the opposite end of rink 2. Also a bowl target on the T.

Play up rink 1 on the forehand and then back down rink 2 on the backhand.

## Conversion Drill



**Objective:**  
Hit the bowl/jack target with correct weight.

**Short/Medium:** Play 2 bowls through bowl/jack target with weight to finish between the T and the ditch. Then play 2 bowls through bowl/jack target to shorter length (1 metre past).

**Long:** play first 2 bowls around front target through the target on the T with swinging weight into the ditch, then 2 bowls through the target on the T with weight to stay on the green.