

CENTRELINE DRAW

#1

Shot Focus: Line & Weight Control

Position Focus: Leads & Seconds

Game Application: Opening bowl, head building

1 Equipment:

- 1 Matt
- 2-4 Bowls
- 1 Target (Jack, Cone, TBA Target)

2 How To:

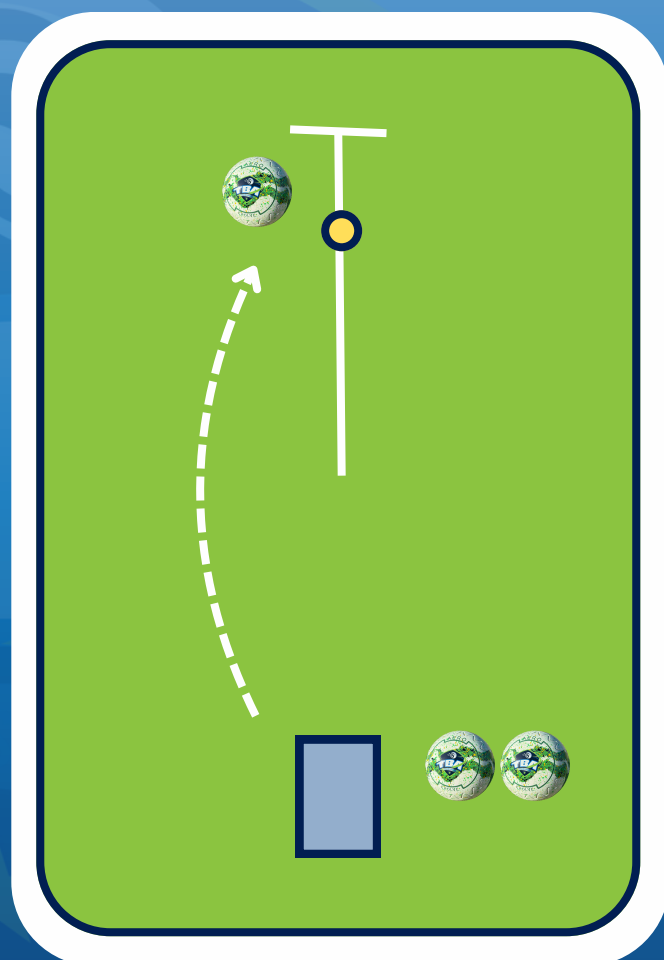
- 1) Setup target on centre line
- 2) Deliver all bowls on the same hand before switching

3 Scoring Options:

- 3 Points = Target toucher
- 2 Points = Bowl within matt width of target
- 1 Point = Bowl within matt length of target

4 Progression/Variations:

- Change Target Position
- Change Matt Position
- Increase/Decrease Scoring Distances



Coaching Focus

“Commit to a consistent delivery routine”
“Focus on repeatability, not outcome”