

POSITIVE DRAW

#3

Shot Focus: Weight Control

Position Focus: Leads, Seconds, Thirds & Skips

Game Application: Drawing through gaps, changing head

1

Equipment:

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

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How To:

- 1) Set up a gate partway down the rink using two bowls or markers
- 2) Place the target in a defined scoring zone beyond the gate
- 3) Deliver all bowls on the same hand before switching
- 4) Bowl must pass cleanly through the gate and then finish in the scoring zone

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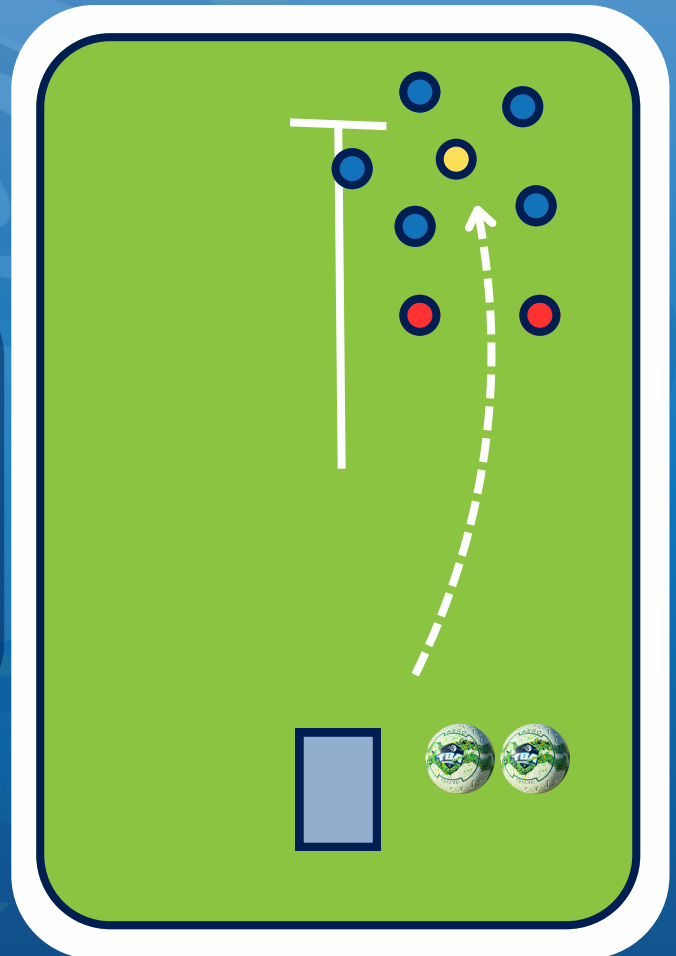
Scoring Options:

- 3 Points = Bowl passes through gate and finishes in scoring zone
- 2 Points = Bowl passes through gate but finishes outside scoring zone
- 1 Point = Bowl misses gate but finishes in scoring zone

4

Progression/Variations:

- Narrow or widen the gate
- Move the gate closer to or further from the mat
- Adjust the size or depth of the scoring zone
- Remove the scoring zone and score gate success only



Coaching Focus

“Positive intent, don’t guide the bowl”

“Trust the line and let the bowl do the work”