

Shots

A pre shot routine is essential for all shots

Be able to play all shots on both hands

For all shot play always consider the balance of benefits and risk!!

1. Draw Shot

The aim of the draw shot is to finish as close to the target as possible. The target is usually the jack but may also be another bowl, or a particular spot on the green.

The correct line selection method and bowl speed control are both critical elements of the draw shot.

Variations of the Draw Shot

a) Position or covering bowl

Objective To finish away from the jack in a pre selected position for a specific purpose i.e. to cover a group of opposition bowls at rear or side of head

- Back bowl - maintain the original line and increase bowl speed
- On the head - wide of the centre line the player will need to change the line by altering the fixed point and thus the position of the feet, and establishing whether or not more bowl speed is required
- Skip shows team member exactly where bowl is to rest

b) The block

Objective: Played deliberately to be short and in the way of the opponent

- Must be not less than 14 metres from the leading edge to remain alive
- Used to get in the way of the oppositions intention to draw or drive

c) Drawing to a spilled jack

When the jack has been moved by a bowl off the centre line

- Adjust line from the original reference mark on the bank allowing for slightly less draw due to unused surface (going through new territory)
- Line up anchor foot to new delivery line
- Calculate bowl speed required - remember to increase bowl speed if the bowl needs to travel over unused surface
- Draw bowl as usual to new target

2. Controlled Forcing Shot (1 metre through shot, trail)

Objective: To bowl through target area to finish approximately 1 metre past the target.

- To create movement of the jack or opposition bowls for own advantage
- To wrest an opponents bowl - moving the bowl just enough to allow your own bowl to replace it
- To disturb a cluster of shots to turn own bowl into a counting shot or reduce the count against
- Disturb a cluster to open an opportunity for a greater variety of shot options
- To promote a bowl or "split and follow through"
- To set the head for the next team member

Success factors

- Bowl speed control - the common fault is to play the shot too fast. If the bowl misses the jack or bowl it should remain "in the head"
- The readjustment of line from the original mark - visualise the desired finishing point 1 metre beyond the target and draw to that point
- Practice - the trail can be practised using training discs or flap jacks, but replacing or promoting bowls needs to be practiced with bowls as the bowl speed required will vary according to the lie of the bowl

3. Firm forcing shot

Objective: Increase bowl speed and deliver to target area

- To displace the opponents bowl(s) out of the head to improve your count
- To displace the opponents counting cluster of bowls
- To kill the head
- To run the jack into the ditch

Success factors:

- Line - playing down a channel identifying the line between 30 - 50cms wide of target
- Bowl speed - important to develop a mind set for the required speed

The bowl speed is less than the drive, this means that there is greater control during the delivery and this minimises the margin of error created by excessive body movement.