

CENTRELINE MISS AREA

#7

Shot Focus: Good Positioning

Position Focus: Leads & Seconds

Game Application: keeping bowls in play, avoiding short bowls restricting the head

1

Equipment:

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

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How To:

- 1) Set up the target on the centre line
- 2) Mark 2 positive scoring zones behind the main target
- 3) Mark a negative / danger zone short of the main target
- 4) Deliver all bowls on the same hand before switching
- 5) Focus on finishing bowls past the target, even when missing the target

3

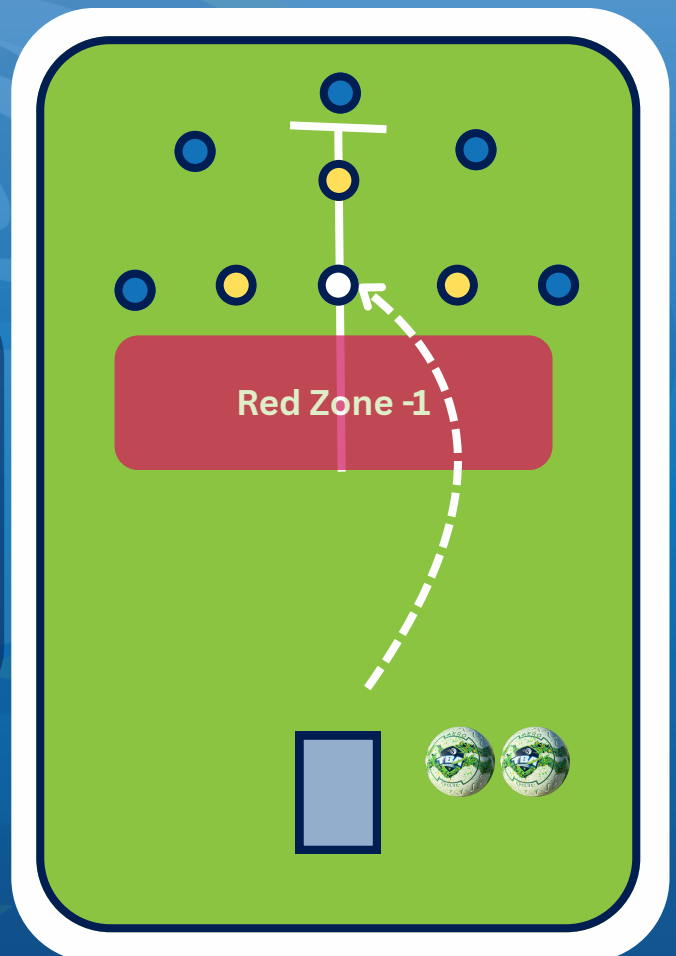
Scoring Options:

- 3 Points = Main target toucher
- 2 Points = Bowl finishes in inner scoring zone
- 1 Point = Bowl finishes in outer scoring zone
- 1 Point = Bowl finishes short of target in red zone

4

Progression/Variations:

- Extend the positive zone further behind the jack
- Reduce the size of the positive zone
- Widen the danger zone to increase consequence



Coaching Focus

“Miss long, not short”
“Bowls past the target stays alive in the end”