



Bowls Ireland
Regional
Academies

Tier 5
Sessions

BREAKDOWN OF SESSIONS

Area	Time	Session 1	Time	Session 2	Time
Drills	40	Short Bowls	40	Weight Control	40
Match Play	40	Game with Short Bowls removed from lead	40	Game with Short Bowls removed from lead	40
Discussion	25	The Scoring Zone Prepared for the Game – Getting it right on the day	25	Weight Control When the going gets tough 'Psychological Resilience'	25
Finale	15	Combined Relay Race	15	Combined Relay Race	15

Area	Session 3	Time	Session 4	Time	Session 5	Time	Session 6
Drills	Weight Shots	40	Specialist Shots	10	Self - Analysis	105	Drills
Match Play	Game with Short Bowls removed from lead	40	Game with Short Bowls removed from lead	75	Match Play Do not remove short bowls		
Discussion	Weight Shots Going for Gold - Winning at major championships'	25	Specialist Shots Call the Shot - Tactical Resilience'	20	Talk about Self Analysis		
Finale	Combined Relay Race	15	Combined Relay Race	15	Combined Relay Race	15	Combined Relay Race

SESSION 1

SHORT BOWLS



Performance

Drill 1 - Short Bowls

Place a Jack at the respective lengths shown below. Place a 2m stick 2.5 feet behind the jack and ensure that each bowl is delivered between the jack and the stick. One Point to be awarded for each successful bowl.

Name -

Academy -

End	Hand Played	Jack Position	1st Bowl	2nd Bowl	Total Score
1	Forehand	Long			0
2	Forehand	Short			0
3	Backhand	Long			0
4	Backhand	Short			0
5	Forehand	Short			0
6	Forehand	Long			0
7	Backhand	Short			0
8	Backhand	Long			0
9	Forehand	Mat up			0
10	Backhand	Mat up			0
Successful Bowls			0	0	0 20
Percentage			0.0%	0.0%	0.0%

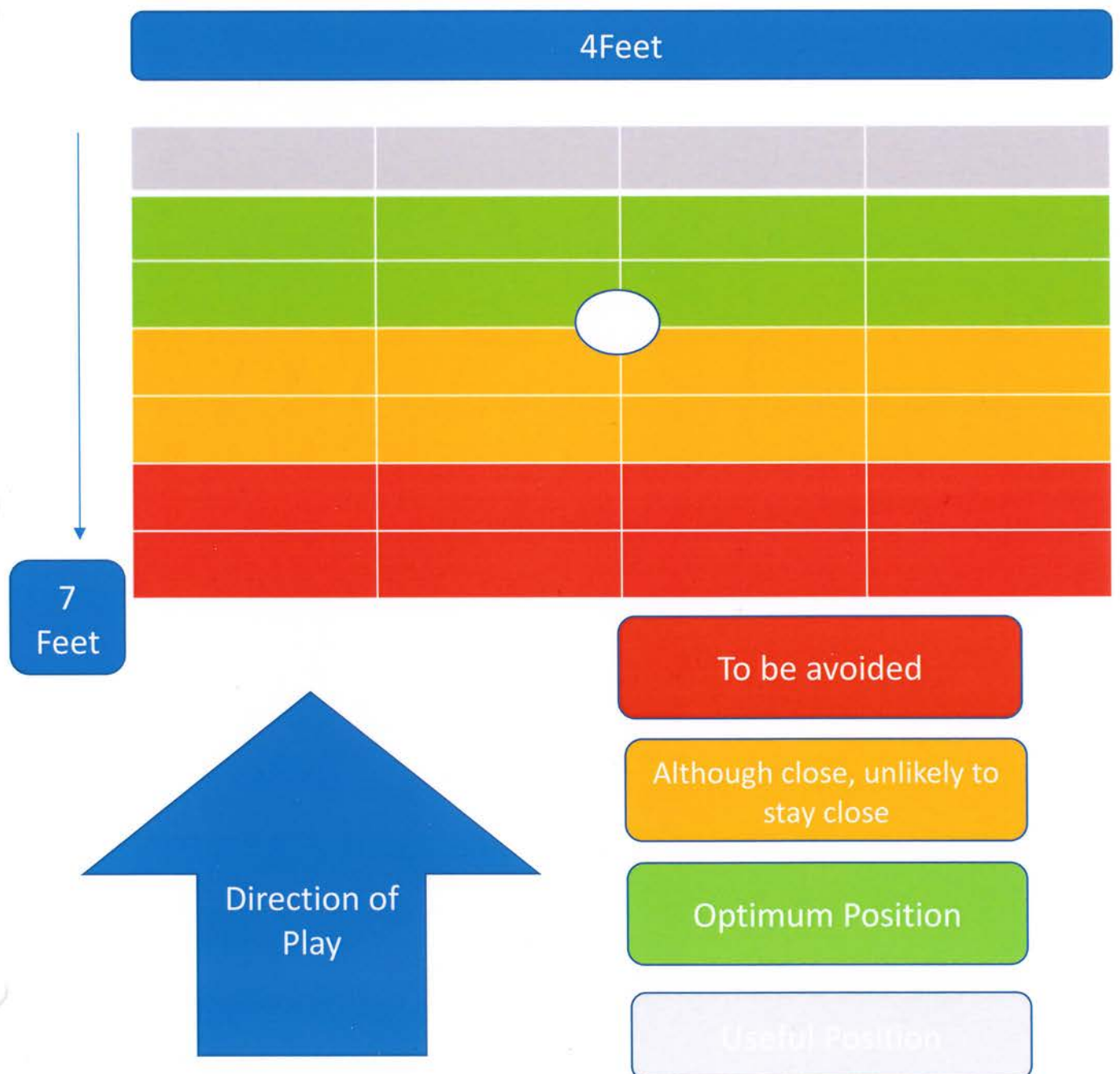
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Practice

For front ends try to get your first 2 bowls in the Green and Grey Sections.

The Scoring Zone

The following scoring zone shows the optimum position for a Lead to deliver his bowls. It is highly unlikely at a World Class level that bowls Jack High or Short will contribute at the completion of any end. Any bowl past the jack has a much greater possibility of doing so.





PERFECT

3 Key Learning Points

- Most games are won and lost, not by the number of '*Great bowls*', but by the reduction of '*Ineffective Bowls*'
- Reduce the number of short bowls at the front end to 10% of the total number of bowls thrown to vastly increase chances of winning.
- For skips this should be one of the key priorities for the front end – so emphasise it!!!



PERFECT

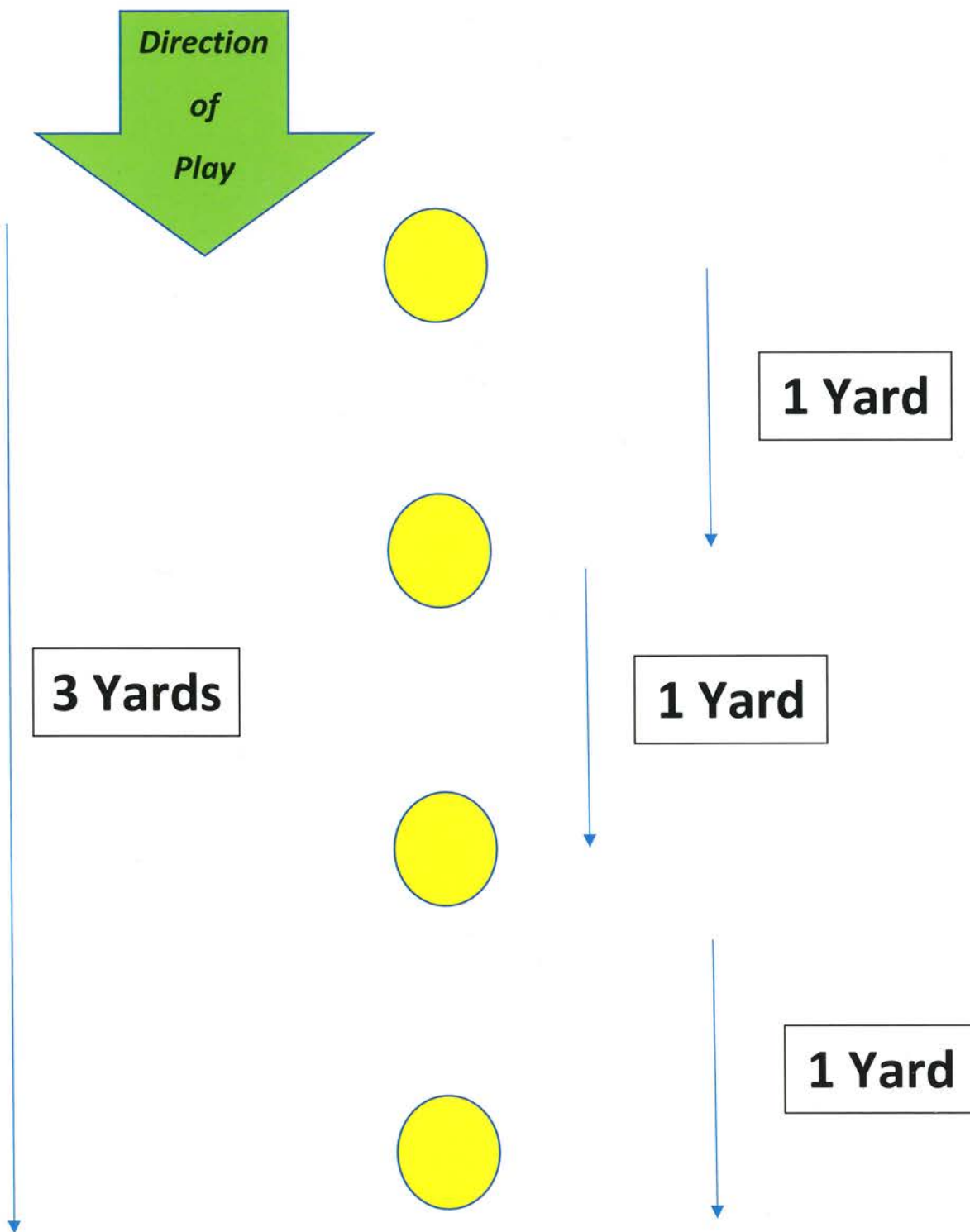
SESSION 2

Weight Control



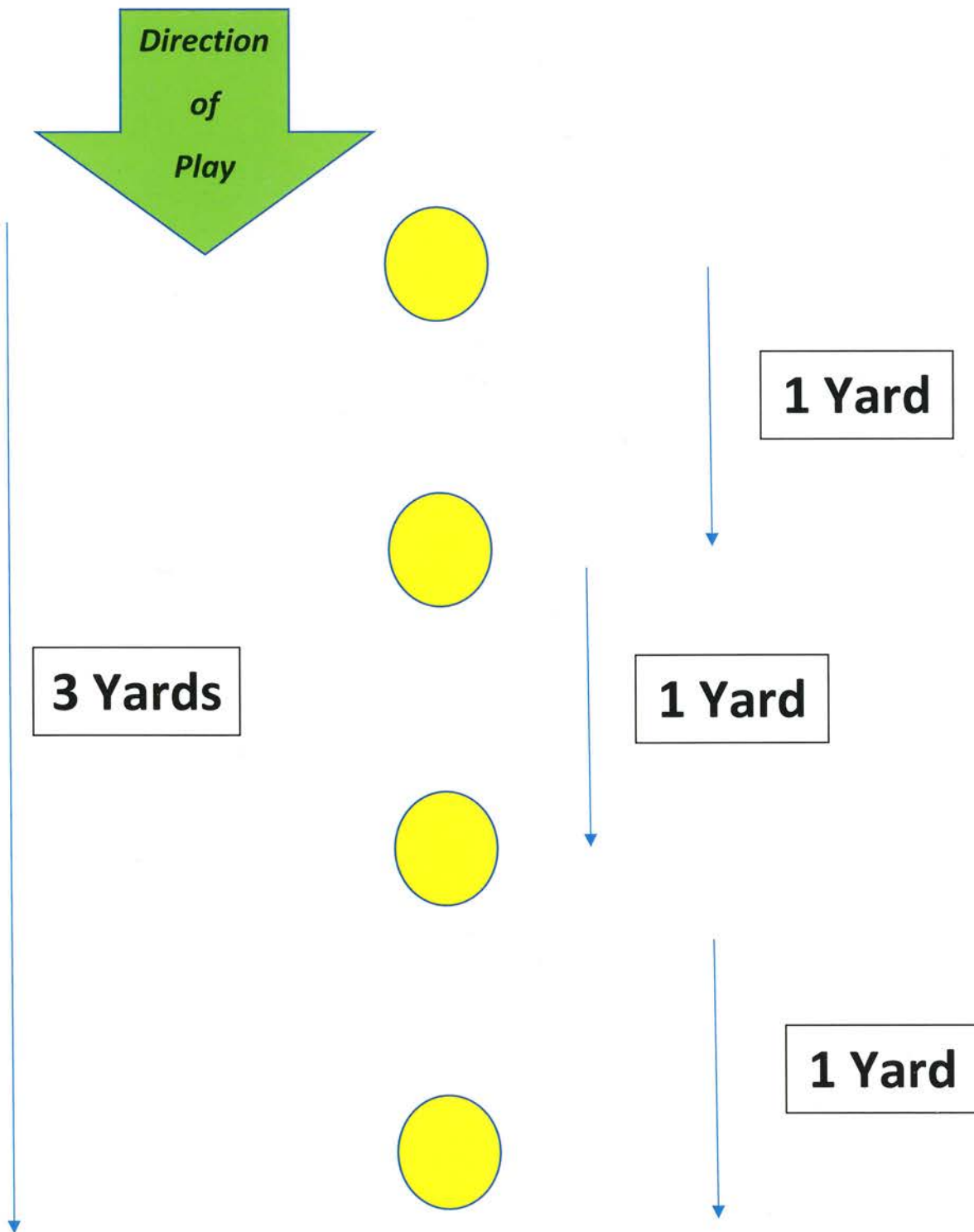
Practice

Alternate deliveries between each of the 4 jacks
adding and taking off 1 yard each time.



Practice

Alternate deliveries between each of the 4 jacks
adding and taking off 1 yard each time.





PERFECT

3 Key Learning Points

- Most games are won and lost, not by the number of '*Great bowls*', but by the reduction of '*Ineffective Bowls*'
- Give definite instructions if skipping or ask for definite instructions and play shots accordingly.
- If you have practiced adding and taking off a yard hundreds of times it will be a lot easier to achieve it in 'Match Time'



PERFECT

SESSION 3

Weight Shots



Performance

Drill 3 - Weight Drill

Set up a target of a bowling cloth (1-foot-wide) and attempt to hit the target using the specified weight. 1 point awarded for each successful attempt.

Upcoming Weight: 1 point awarded for each successful attempt.								
End	Hand Played	Weight Used	Jack Position	1st Bowl	2nd Bowl	3rd Bowl	4th Bowl	Total Score
1	F/H	Yard on	Short					0
	B/H		Short					0
2	F/H	Yard on	Medium					0
	B/H		Medium					0
3	F/H	Yard on	Long					0
	B/H		Long					0
4	F/H	Runner	Short					0
	B/H		Short					0
5	F/H	Runner	Medium					0
	B/H		Medium					0
6	F/H	Runner	Long					0
	B/H		Long					0
7	F/H	Drive	Short					0
	B/H		Short					0
8	F/H	Drive	Medium					0
	B/H		Medium					0
9	F/H	Drive	Long					0
	B/H		Long					0
Totals				0	0	0	0	0
Percentage				0.00%	0.00%	0.00%	0.00%	0.00%

0.00%

Practice

Direction
Of
Play

Treat each weight shot
as a different type of
shot and practice
playing all three.

A Yard on
should be
played in
such a way
that if you
miss you will
not lose
your bowl

Yard On

When playing a'
runner' it should be
made clear, whether
you want to keep your
bowl on the green if
you miss

Runner

A Drive
means if you
miss the
target you
should lose
your bowl

Drive

Ditch



PERFECT

3 Key Learning Points

- Most games are won and lost, not by the number of '*Great bowls*', but by the reduction of '*Ineffective Bowls*'
- Practice the various types of weight and ensure you have a specific set up for each of the 3 weight shots – Yard on, Runner and Drive. Treat them as 3 different and unique shots.
- Have a 'go to' shot and a 'go to' hand when you are under most pressure. Having practiced it many times you should be able to execute it when required. Practicing weight shots is every bit as important as practicing draw shots.



PERFECT

SESSION 4

SPECIALIST SHOTS



Performance

Drill 4 - Specialist Shots Drill

(1) Draw to T - 1 Point for getting within 2 Feet, (2) Positional Draw - Put down 4 random targets and draw within 2 feet to score a point (3) Blocker - Put down a Jack and Four different targets at various lengths. Get within 2 feet of target and 1 foot width to score a point (4) Draw within 2 Feet of ditch to score 1 point

End	Type of Shot	Jack Length	1st Bowl	2nd Bowl	3rd Bowl	4th Bowl	Total
1	Draw to T	Short					0
2	Draw to T	Medium					0
3	Draw to T	Long					0
4	Positional Draw	Short					0
5	Positional Draw	Medium					0
6	Positional Draw	Long					0
7	Blocker	Short					0
8	Blocker	Medium					0
9	Blocker	Long					0
10	Draw to Ditch	Short					0
11	Draw to Ditch	Medium					0
12	Draw to Ditch	Long					0
Totals			0	0	0	0	0 / 48
			0.00%	0.00%	0.00%	0.00%	0.00%
Percentage							

0.00%

Practice

Blockers

Practice drawing blockers to various lengths



Drawing to Spots

Draw to Short then the T, Medium then the T and Long and then the T

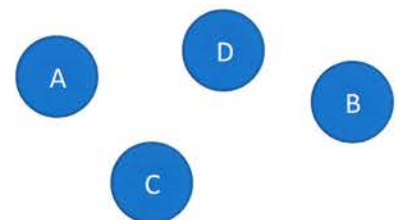


Penalty Kicks

During game play, identify when you are drawing with the last bowl with more than 2 yards to add a shot. Step back reset your concentration and guarantee that you make the shot. These can make the difference.

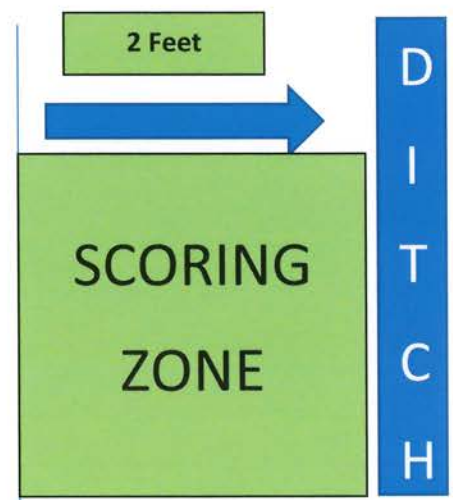
Positional Bowls

Pick 4 spots on the green. Put a cloth down and practice drawing to them. Develop a mental routine and set obstacles in your way so you learn to negotiate bowls on the green.



Drawing to the Ditch

Bowls in the Ditch won't count so it is important to ensure as many as possible fall into the potential scoring area.





PERFECT

3 Key Learning Points

- Most games are won and lost, not by the number of '*Great bowls*', but by the reduction of '*Ineffective Bowls*'
- Reset your mind when you play a specialist shot and go through your practice routine to make it easier. Have a mental process for each shot.
- Spend an appropriate amount of time on all the various types of specialist shots. They are as important as every other shot



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SESSION 5

Self-Analysis



Practice & Performance

- Play a game and record the outcomes.
- What did you learn from it – talk about it

Record what you do and act on it!!!!

Type of Shot	Happy	Unhappy	Ok
Draw - Forehand			
Draw Backhand			
Yard On			
Runner			
Drive			
Positional			
Draw to T			
Blocker			
Draw to Ditch			



PERFECT

3 Key Learning Points

- Most games are won and lost, not by the number of '*Great bowls*', but by the reduction of '*Ineffective Bowls*'
- It's important to know what you are doing well and what you need to practice.
- Record information from every game you play and evaluate what you need to improve on. Then train in that specific area and revisit Sessions 1 - 4



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SESSION 6

Drill Tests



Performance

Drill 1 - Short Bowls

Place a Jack at the respective lengths shown below. Place a 2m stick 2.5 feet behind the jack and ensure that each bowl is delivered between the jack and the stick. One Point to be awarded for each successful bowl.

Name -

Academy -

End	Hand Played	Jack Position	1st Bowl	2nd Bowl	Total Score	
1	Forehand	Long			0	
2	Forehand	Short			0	
3	Backhand	Long			0	
4	Backhand	Short			0	
5	Forehand	Short			0	
6	Forehand	Long			0	
7	Backhand	Short			0	
8	Backhand	Long			0	
9	Forehand	Mat up			0	
10	Backhand	Mat up			0	
Successful Bowls			0	0	0	20
Percentage			0.0%	0.0%	0.0%	

0.00%

Performance

Drill 2 - Weight Control Drill

Play your first bowl to the length required. Increase or decrease each bowl so that on a perfect end your 4 bowls, by increasing or decreasing each bowl, finish inside 3 metres from the first bowl. You only count bowls which increase or decrease in length. Once you fail to increase or decrease on the previous bowls you forfeit the other bowls. If you succeed with your first 2 bowls you will score 2, if you fail with your second bowl it will only be possible to score 1. If hitting a bowl stops you succeeding in passing a previous bowl, it is deemed as a failed attempt.

Name -

Academy -

End	Hand Played	Jack Position	2nd Bowl	3rd Bowl	4th Bowl	Total Score	
1	Forehand	Short to Long				0	
2	Backhand	Long to Short				0	
3	Forehand	Short to Long				0	
4	Backhand	Long to Short				0	
5	Forehand	Long to Short				0	
6	Backhand	Short to Long				0	
7	Forehand	Long to Short				0	
8	Backhand	Short to Long				0	
Totals			0	0	0	0	/ 24
Percentage			0.00%	0.00%	0.00%	0.00%	

0.00%

Performance

Drill 3 - Weight Drill

Set up a target of a bowling cloth (1-foot-wide) and attempt to hit the target using the specified weight. 1 point awarded for each successful attempt.

End	Hand Played	Weight Used	Jack Position	1st Bowl	2nd Bowl	3rd Bowl	4th Bowl	Total Score
1	F/H	Yard on	Short					0
	B/H		Short					0
2	F/H	Yard on	Medium					0
	B/H		Medium					0
3	F/H	Yard on	Long					0
	B/H		Long					0
4	F/H	Runner	Short					0
	B/H		Short					0
5	F/H	Runner	Medium					0
	B/H		Medium					0
6	F/H	Runner	Long					0
	B/H		Long					0
7	F/H	Drive	Short					0
	B/H		Short					0
8	F/H	Drive	Medium					0
	B/H		Medium					0
9	F/H	Drive	Long					0
	B/H		Long					0
Totals				0	0	0	0	0
Percentage				0.00%	0.00%	0.00%	0.00%	0.00%

0.00%

Performance

Drill 4 - Specialist Shots Drill

(1) Draw to T - 1 Point for getting within 2 Feet, (2) Positional Draw - Put down 4 random targets and draw within 2 feet to score a point (3) Blocker - Put down a Jack and Four different targets at various lengths. Get within 2 feet of target and 1 foot width to score a point (4) Draw within 2 Feet of ditch to score 1 point

End	Type of Shot	Jack Length	1st Bowl	2nd Bowl	3rd Bowl	4th Bowl	Total
1	Draw to T	Short					0
2	Draw to T	Medium					0
3	Draw to T	Long					0
4	Positional Draw	Short					0
5	Positional Draw	Medium					0
6	Positional Draw	Long					0
7	Blocker	Short					0
8	Blocker	Medium					0
9	Blocker	Long					0
10	Draw to Ditch	Short					0
11	Draw to Ditch	Medium					0
12	Draw to Ditch	Long					0
Totals Percentage			0	0	0	0	0 / 48
			0.00%	0.00%	0.00%	0.00%	0.00%

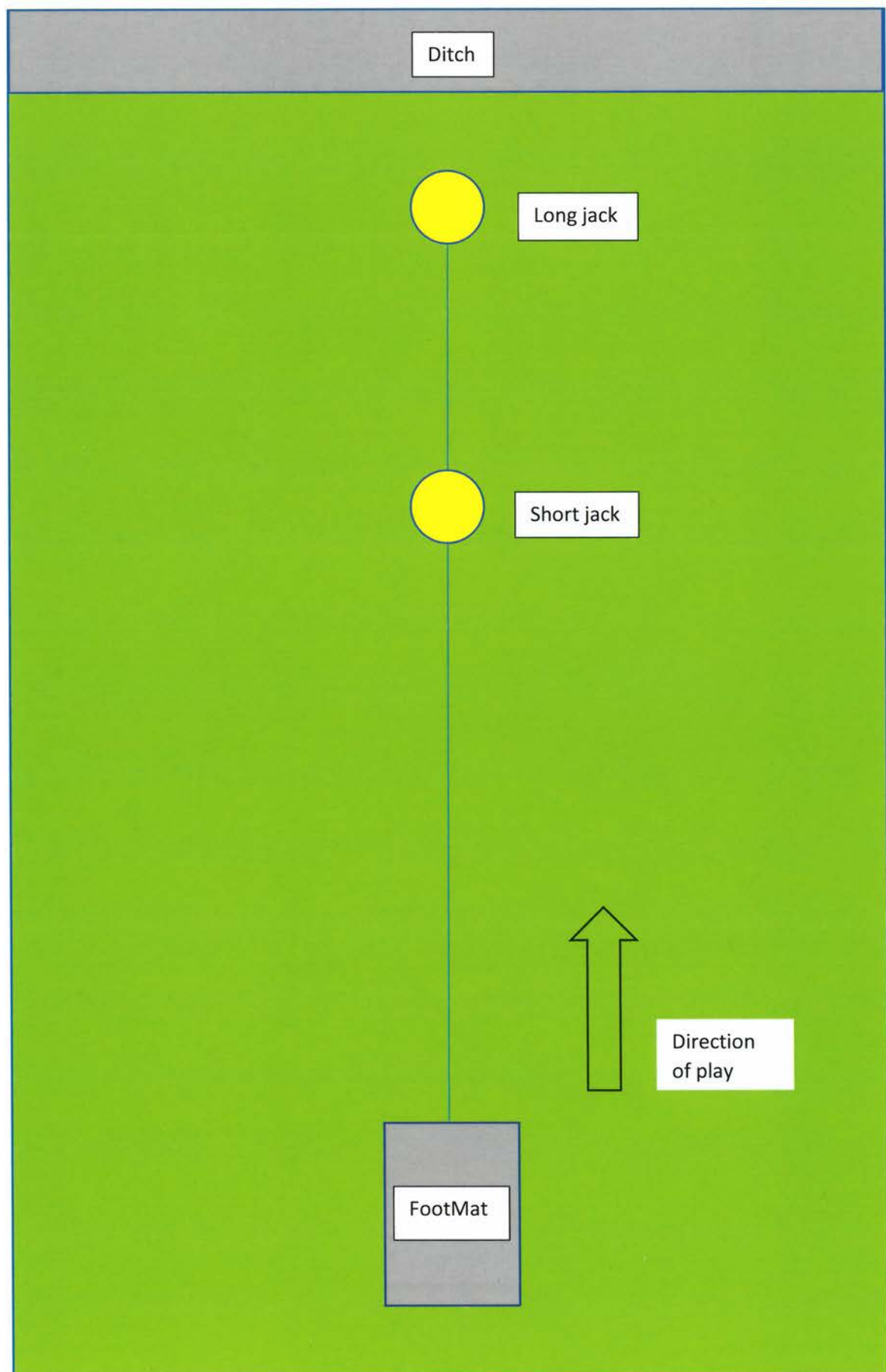
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Tier 6

Tier 6 – Drill 1 – Drawing Ability



Name:					
Date:					
Exercise:	Drill 1 - Drawing ability				
	Short end		Long end		
	Bowl 1	Bowl 2	Bowl 3	Bowl 4	End total
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					

Draw 2 bowls to a short jack & then 2 bowls to a long jack. Play all 4 bowls on forehand first then back on backhand.

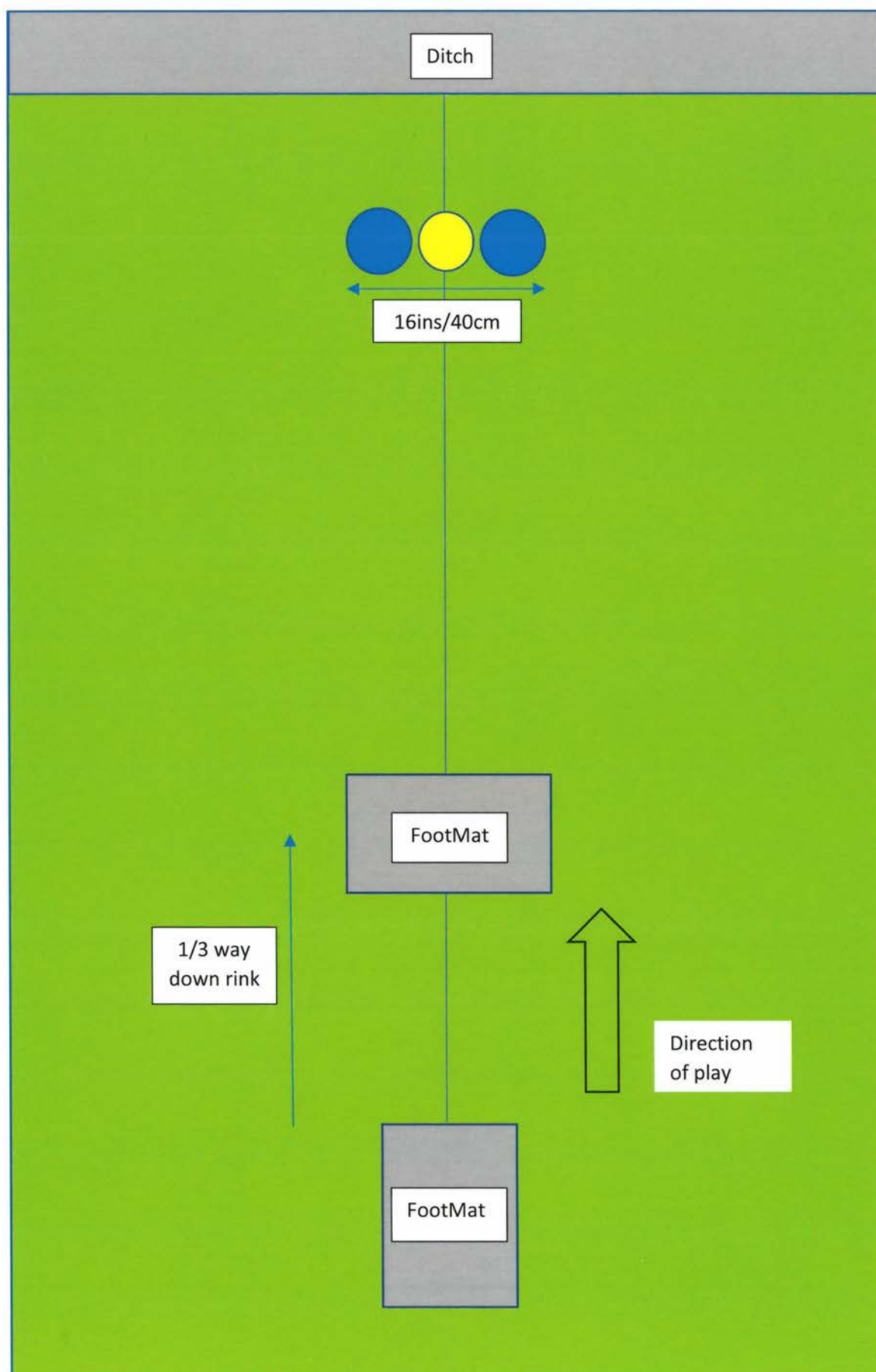
SCORING

5 points - draw within 1 mat width of the jack

3 points - draw within 1 mat length of the jack

1 point - draw within 2 mat lengths of the jack
(for this must be jack-high or past)

Tier 6 – Drill 2 – Controlled weight



Name:					
Date:					
Exercise:	Drill 2 - Controlled weight				
	Bowl 1	Bowl 2	Bowl 3	Bowl 4	End total
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					

The aim is to play firm weight to run the jack into the ditch. Play 4 bowls on forehand first and then 4 bowls on backhand. Play in same direction with 1 mat approx. 1/3 of way down across the centre of the rink.

Use rebound discs - one jack and a bowl either side - total width of target area approx. 16ins/40 cm (to make this drill easier add more bowls to increase width of target)

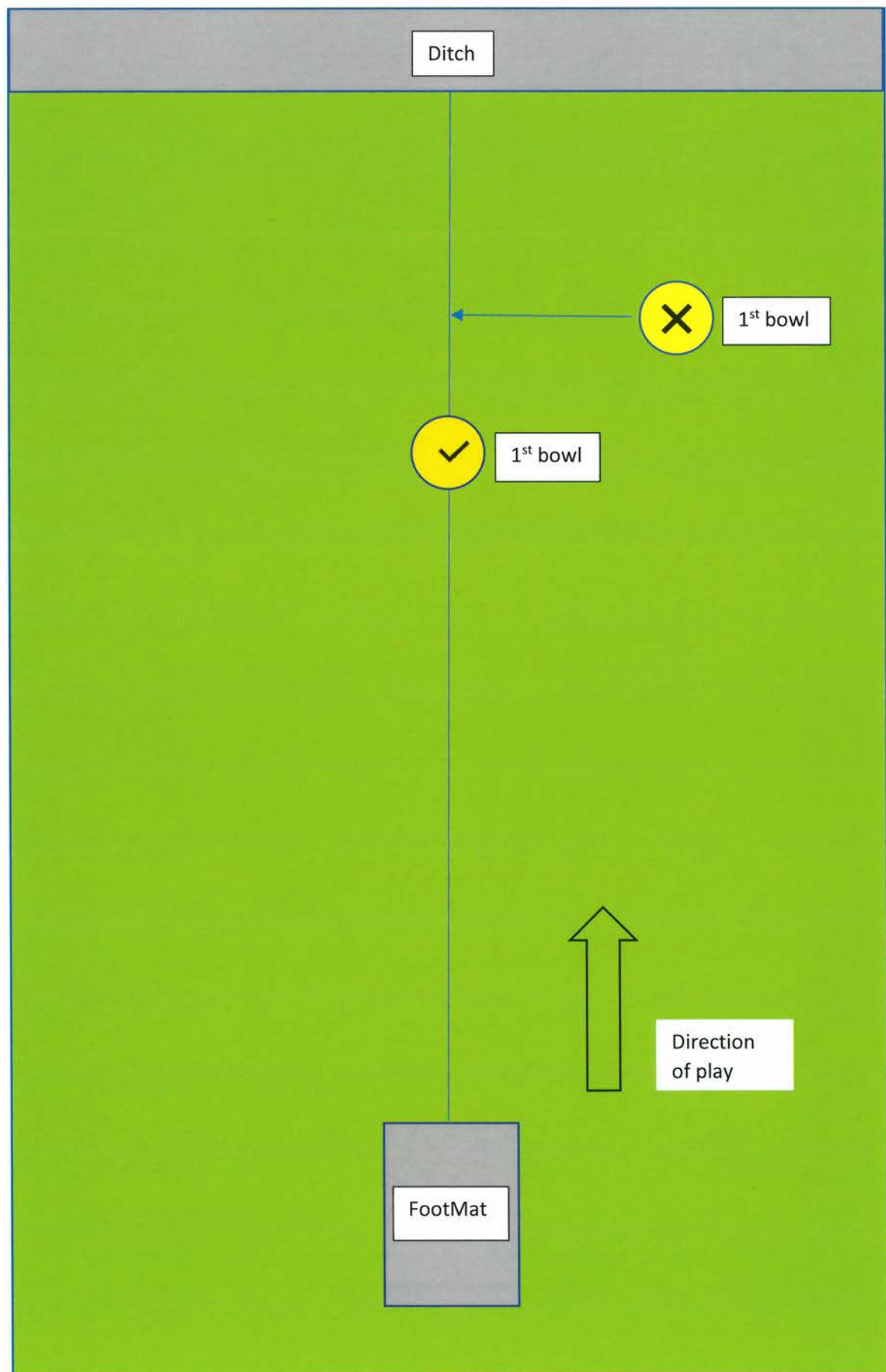
SCORING

5 points - contact jack only

3 points - contact any bowl

All points deducted if the bowl doesn't finish in the ditch

Tier 6 – Drill 3 – Drawing - grouping



Name:					
Date:					
Exercise:	Drill 3 - Drawing - grouping				
	Bowl 1	Bowl 2	Bowl 3	Bowl 4	End total
f/h	X				
b/h	X				
f/h	X				
b/h	X				
f/h	X				
b/h	X				
f/h	X				
b/h	X				

Play 1st bowl to any legal length (no jack), then play remaining bowls on same hand to that bowl adjusting line if required to finish centre rink. Play all 4 bowls on forehand first and then back on backhand.

SCORING

5 points - draw within 1 mat width of 1st bowl

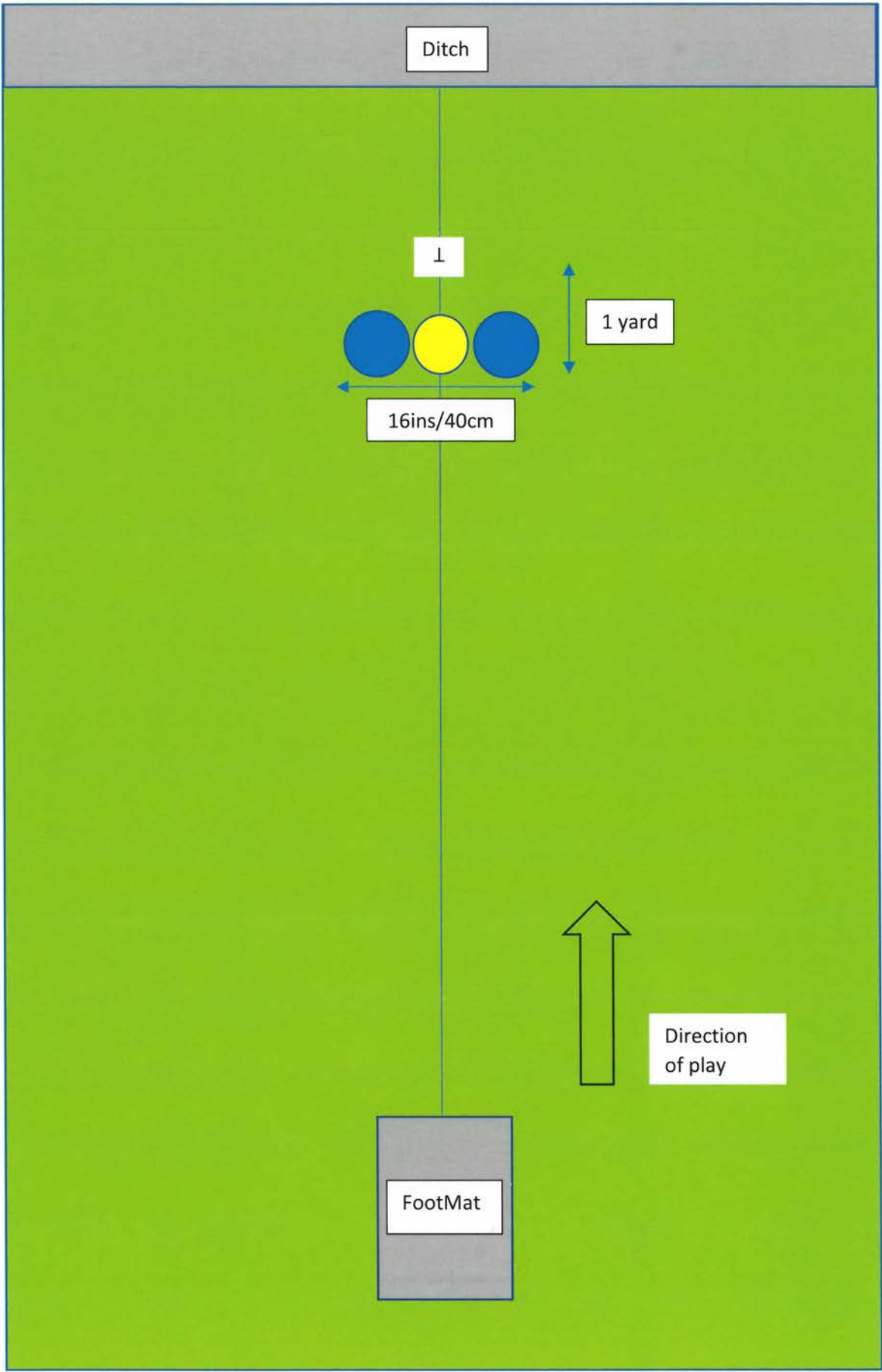
(allowing for adjustment for centre rink)

3 points - draw within 1 mat length of 1st bowl (adjustment as above)

1 point - draw within 2 mat lengths of 1st bowl

(for this must be jack-high or past - adjustment as above)

Tier 6 – Drill 4 – Conversion



Name:					
Date:					
Exercise:	Drill 4 - Conversion				
	Bowl 1	Bowl 2	Bowl 3	Bowl 4	End total
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					

The aim is to play a conversion shot by trailing the jack approximately 2 yards with the bowl finishing between the 'T' and the ditch. Play all 4 bowls on the forehand first and then on the backhand.

Use rebound discs - one jack and a bowl either side - total width of target area approx. 16ins/40 cm - positioned about 1 yard short of the 'T' (to make this drill easier add more bowls to increase width of target)

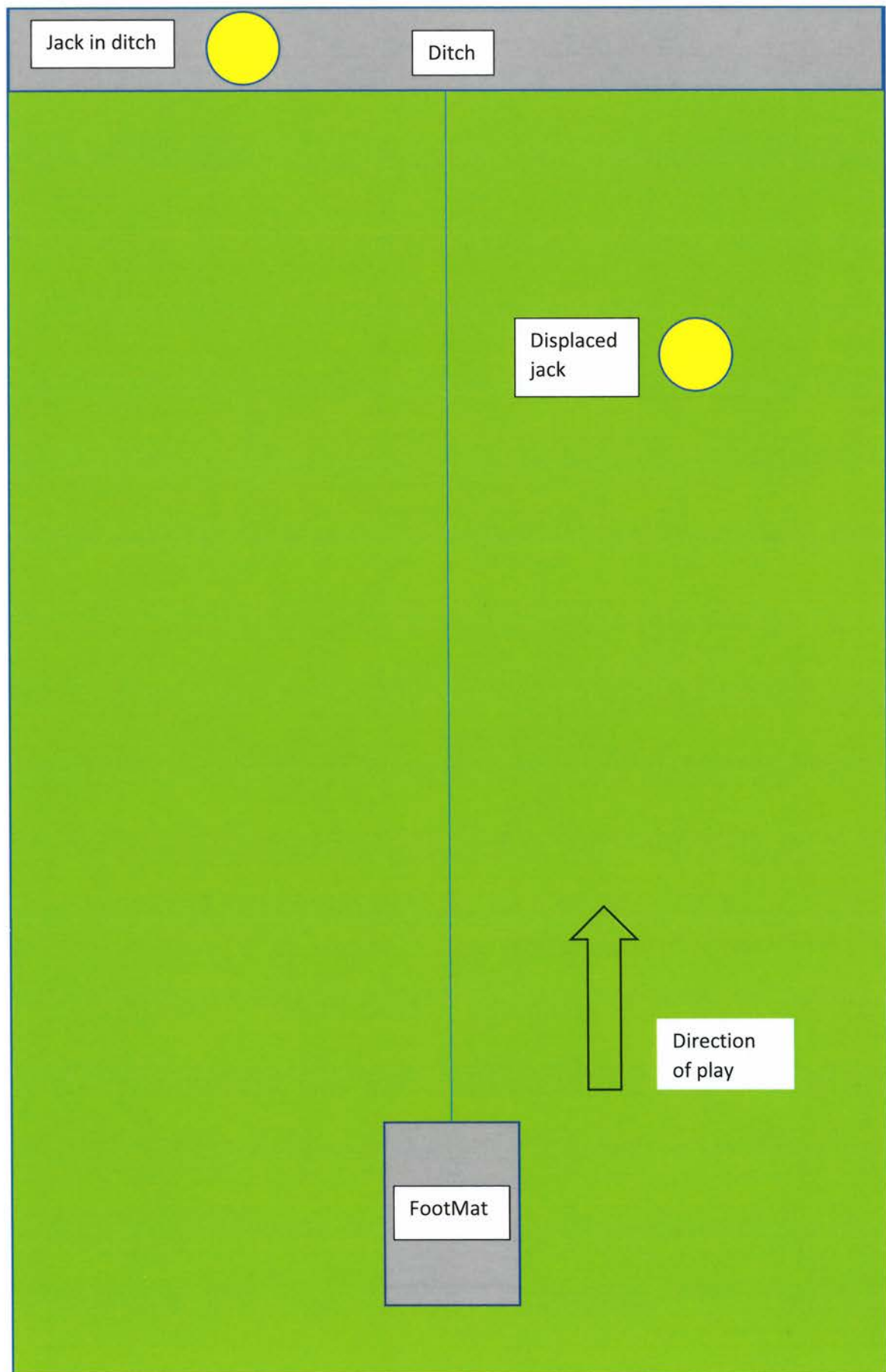
SCORING

5 points - contact jack only

3 points - contact any bowl

All points deducted if bowl finishes in the ditch or does not pass the 'T'.
(for this must be jack-high or past - adjustment as above)

Tier 6 – Drill 5 – Drawing to ditch/displaced jack



Name:					
Date:					
Exercise:	Drill 5 - Drawing - ditch/displaced jack				
	Ditch		Displaced Jack		End total
	Bowl 1	Bowl 2	Bowl 3	Bowl 4	
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					

Draw 2 bowls to jack in ditch then 2 bowls to displaced jack, play all 4 bowls on forehand first & then backhand.

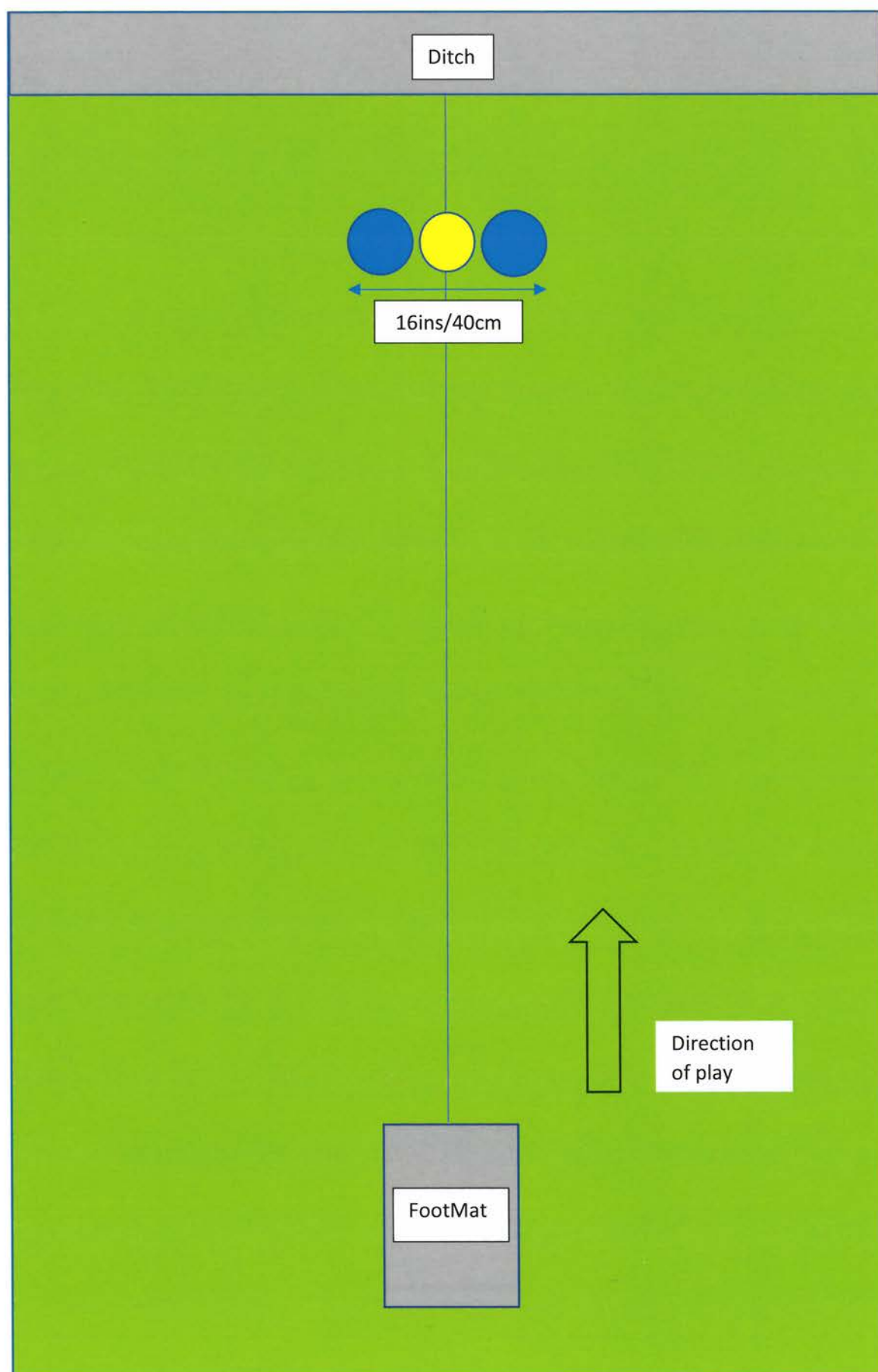
SCORING - DITCH

- 5 points - draw within 1 mat length of jack
- 3 points - draw within 2 mat lengths of jack
- 1 point - draw within 3 mat lengths of jack

SCORING - DISPLACED JACK

- 5 points - draw within 1 mat width of jack
- 3 points - draw within 1 mat length of jack
- 1 point - draw within 2 mat lengths of jack
(for this must be jack-high or past)

Tier 6 – Drill 6 – Heavy Runner/Drive



Name:					
Date:					
Exercise:	Drill 6 - Heavy Runner/Drive				
	Bowl 1	Bowl 2	Bowl 3	Bowl 4	End total
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					

The aim is to play a heavily weighted bowl or a full drive to drive the jack into the ditch or remove bowls. Play all 4 bowls on the forehand first & then backhand.

Use rebound discs - one jack and a bowl either side - total width of target area approx. 16ins/40 cm (to make this drill easier add more bowls to increase width of target)

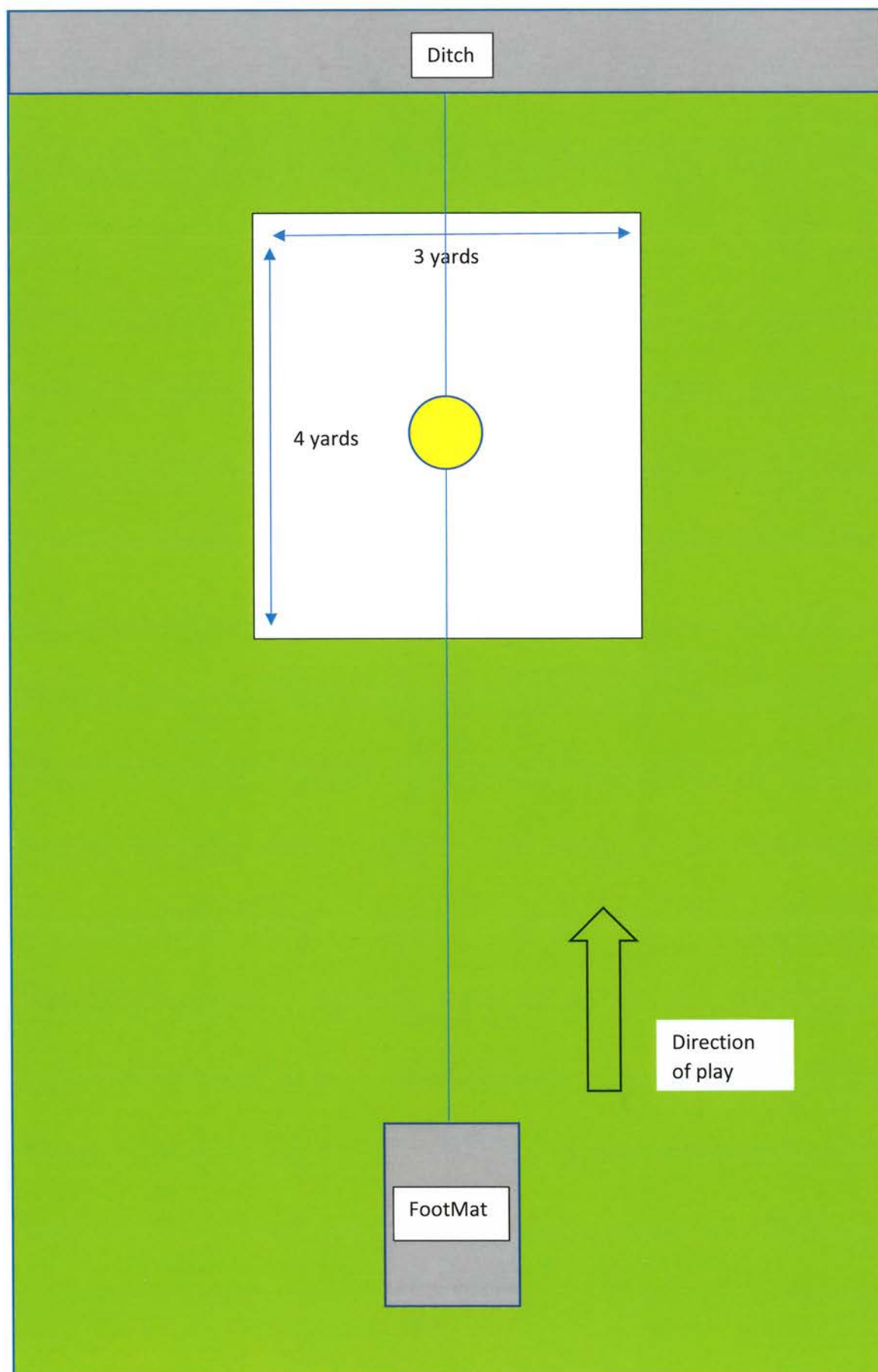
SCORING

5 points - contact jack only

3 points - contact any bowl

All points deducted if bowl doesn't finish in the ditch

Tier 6 – Drill 7 – Drawing within an area



Name:					
Date:					
Exercise:	Drill 7 - Drawing within an area				
	Bowl 1	Bowl 2	Bowl 3	Bowl 4	End total
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					
f/h					
b/h					

Draw 4 bowls within the area marked out with a jack in the centre of the area. Play all 4 bowls on forehand first then on backhand

The aim is to get all 4 bowls within the target area - Area should be approx 3 yards wide x 4 yards long (can increase or decrease the size of the area according to ability)

SCORING

5 points - draw within 1 mat length of the jack

3 points - draw within 2 mat lengths of the jack

1 point - draw within the area



Bowls Ireland
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Tier 7



Aims

To provide a fun introduction to bowls.

To provide an outline of exciting and lasting enjoyment for each academies Tier 7 boys and girls

Format

This pack contains a number of games, drills and exercises that can be used at any of the sessions. The number used will depend on numbers, levels of ability and experience.

It is hoped that these will be used for the Tier 7 on Finals Day

Important Safety Information

Try to encourage participants not to carry conventional bowls or Junior Bowls around in their hands. Best to position four bowls at each game and ensure participants do not lift bowls in their hands until it is their turn.



Introductory Wedge play

Required – minimum 2 wedges or preferably more and a mat

Aim – introduction to the sport of bowls and learn some bowling basics

Format – place a mat 2 to 4 metres in front of a wedge. (2 wedges may be used at once)

Objectives

- team games - to a target score with participants alternating
- teams can occasionally all go at one time
- Emphasis is on fun.

Variations

- mat distance can be varied to increase/ decrease difficulty
- teams can play to get the highest score



Bowls Knock out

Required – minimum 6 jacks and a mat

Aim - introduction to accurate weight shots. This exercise would normally occur towards the end of a session.

Format – Place 6 jacks in a line in the centre of the rink not more than a bowls width from each other. Place a mat 2 to 6 metres away (depending on age range and ability)

Objective

- All participants have a go and if they miss the target they sit out
- Take away a jack - target is reduced until the winner/s are found
- Emphasis is on fun

Variations – can also be played in teams



Mat 2 to 6 metres from jacks





The Square

Required – a mat and four markers or jacks

Aim - To develop delivery, delivery lines and weight control

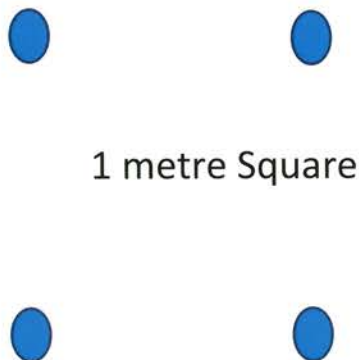
Format – Place the four markers in a one metre square with a mat 2 to 6 metres centrally from the front edge

Objective

- Deliver a bowl to come to rest with in the square

Variations

- Deliver a number of bowls to come to rest in the square
- Move the mat backwards to increase difficulty
- Move the mat in line with the edge of the square and repeat
- Put mats at either side of the square and play teams against each other





The Squares

Required – a mat with 10 markers of jacks

Aim - To develop delivery, delivery lines and weight control and to develop the need to move on the mat and change lines

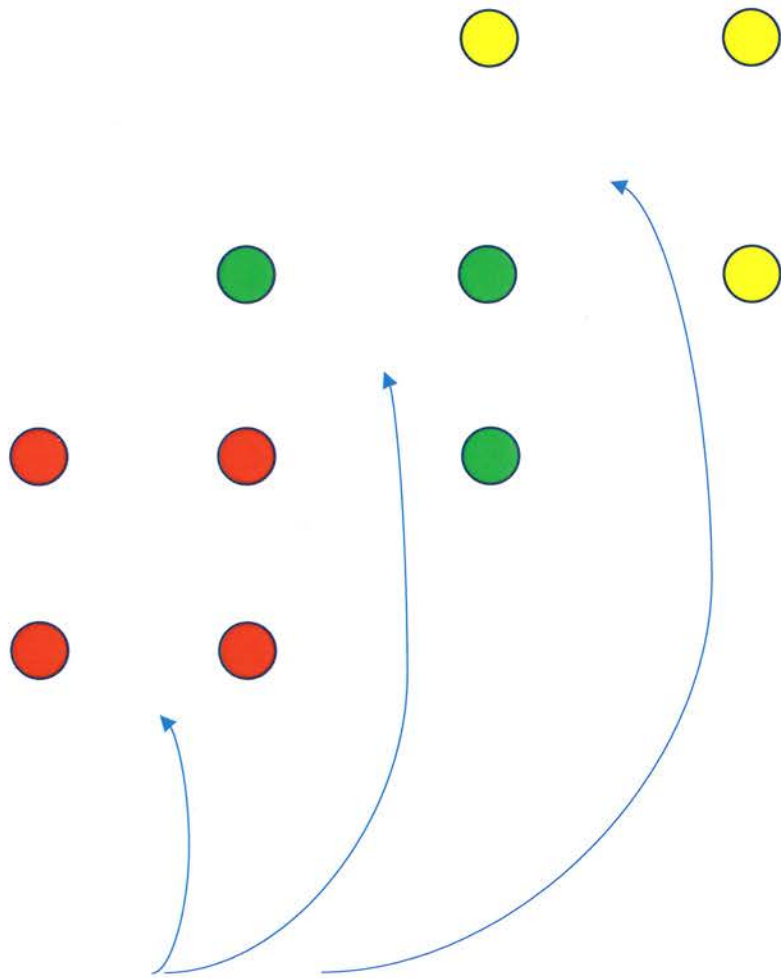
Format – Place the four markers in a one metre square with a mat 2 to 6 metres centrally from the front edge. Then make the furthest away right or left-hand marker the first marker of another square (below) until you have 3 squares

Objective

- Deliver a bowl to come to rest with in each square

Variations

- Deliver a number of bowls to come to rest in each square
- Move the mat backwards to increase difficulty



MAT



The Stick or “Hit Me”

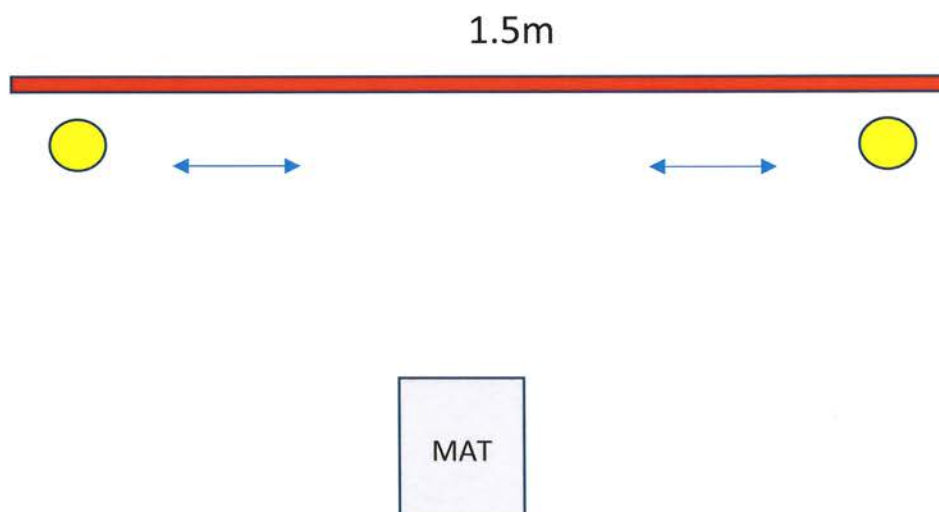
Required – brush shaft or 1.5m length of 1-2” high stick, a mat and 2 markers

Aim – To develop delivery, delivery lines and weight control and to develop playing shots with controlled weight

Format – place the stick 2 to 6 metres in front of the mat with a marker at each end.

Objective – to hit the stick with the bowl between the markers but not with enough weight that the bowl goes over the stick

Variations - Markers may be used and moved closer together or wider apart to increase or decrease difficulty with bowl coming to rest at the stick between set markers.





“Well Knock me Down”

Required – a mat and four empty 500ml bottles that been filled with some water

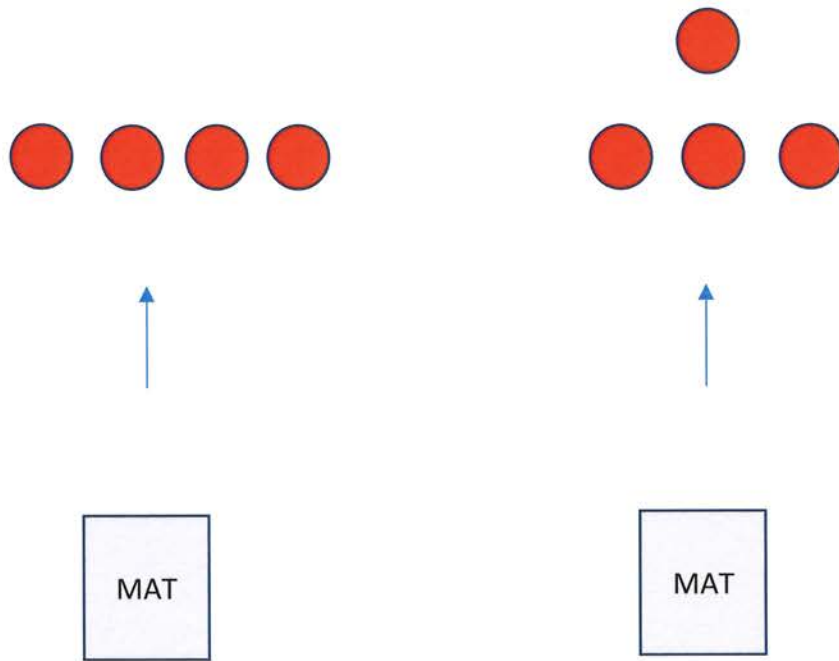
Aim – To develop running shots

Format – Place the four bottles 2 to 6 metres in front of the mat

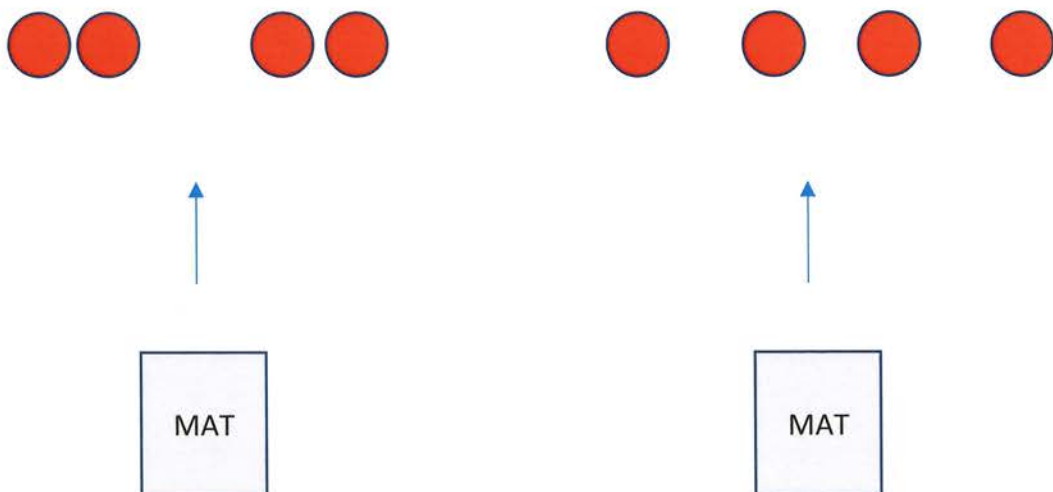
Objective – to knock over one of the bottles. All participants can have a go but sit out if they miss

Variations

- Start with the four bottles close together.
- Increase difficulty by moving the mat
- Change to 3 targets / 2 sets of 2 targets / four single targets



Jacks or discs can also be used. But the bottle requires a certain amount of force to be knocked over and with jacks they roll away to easy.





“Feed the £\$%^&”

Required – a mat and a number of old empty plastic buckets and a poster with your academy’s logo on
(if you don’t have a bucket use a couple of bowls bags)

Aim – a fun game to develop weight control and delivery lines

Format – place 2 of the buckets or bags in the ditch approx. 1 metre apart with your logo stuck to the back of the ditch. Place the mat 4 to 10 metres from the ditch.

Objective – to feed the £\$%^& (your academy’s logo) i.e. get all your bowls in the ditch between the buckets or bags in the shortest amount of time as possible

Variations

- spilt into 2 teams and race against each other in a timed event
- spilt into 2 teams and race against each other in a timed event with inaccurate bowls requiring a 10 sec penalty
- race as one team and try to better your time and accuracy week on week
- move the mat backwards and place another bucket or bag in the centre so that participants must draw around to feed the £\$%^&