

**Website 2021**  
**Training Sessions: consistent draw bowling**

**TRAINING SESSIONS: consistency in draw bowling**

## **WARM-UP**

Even before you start a training session do this warm-up: stretching, walking, hamstrings.

Deliver into the nearest ditch from five meters away. Do 20 effective deliveries.

Ensure your pre-delivery routine setup, even for this warm-up exercise, is a constant.

Feel all parts of your body contributing to every delivery in warm-up.

## **PURPOSE of the sessions**

A few coaches have shared the most commonly asked questions from bowlers and these two were tops: How can I achieve consistency (draw bowling)? How do I get weight control?

Before describing practical drill sessions that respond to these two common questions, (consistency, and in another website column, weight control) might I remind you bowlers of this set of ideas:

Performing better is an outcome of better practice, not solely more practice.

Better practice is repetitive better practice skills.

Play less, practice (better) more.

Practising better requires discipline, persistence with the exercises.

Performance has to be measured. Mat length (ML) equates to a par in golf. Nearly ML is like just missing a putt; close but not on the scorecard. ML is ML, not nearly ML.

Always take two sets of bowls out on the training track, the first tool, mindset, to use for repetition.

For all these drills / exercises you would do maybe one on your FH this time. Next time on your BH and don't forget you can do these drills / exercises at each of the three lengths over a season.

This website column is about CONSISTENT DRAW BOWLING.

## **CONSISTENCY**

Consistency comes from repetition of same delivery.

Consistency assumes your pre-delivery routine, feet placement, delivery action is competent, because if the fundamentals (delivery) are flawed, your capacity for performance consistency is limited.

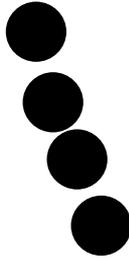
Use your training to get to know what your good delivery feels like. Sense that weight transfer, from beginning to the end of follow through; that rhythm, the bend in your back leg, the direction of your arm, so you know what to do, to use, to repeat the consistent delivery.

Consistency means adjusting (easily) to the pace of any green.

**Website 2021**  
**Training Sessions: consistent draw bowling**

**Practical skill drills**

**Start off with caterpillar: diagram**



The caterpillar exercise is the ultimate exercise in draw weight consistency, no jack required.

Set yourself to get each delivery to land on the previous one, which means you would have a conga line of draw weight bowls, as illustrated.

Once a bowl is successful, it stays there to form the conga line.

Attempt this for 10 minutes at each of the three common lengths, minimum, medium and maximum.

If any one delivery is wayward, go up now, retrieve it and deliver a successful caterpillar.

After the 30 minutes, move onto other drills.

Don't be surprised if you are doing a lot of walking to get the standard for a caterpillar.

**Consistency drill/ exercises**

**Exercise #1**

Deliver 10 bowls FH at minimum length and measure how many get within ML. If you get 5/10 that is reasonable and if you get 7/10 you can be gauged a truly consistent bowler. Now BH same length, same expectation.

**Exercise #2**

Deliver 10 bowls FH at medium length and measure how many get within ML. If you get 5/10 again ok and if you get 7/10 you can be gauged a truly consistent bowler. Now now BH same length, same expectation.

**Exercise #3**

Deliver 10 bowls FH at maximum length and measure how many get within ML. Get 5/10 and I regard that as quite reasonable and really good if you get 7/10 to be a truly consistent bowler. Now BH same length, same expectation.

**Website 2021**  
**Training Sessions: consistent draw bowling**

**Exercise #4**

Experiment at each of the three playing lengths.

Set up CD/CM (coloured mats) at an angle as below and jacks to suit playing length being practised.

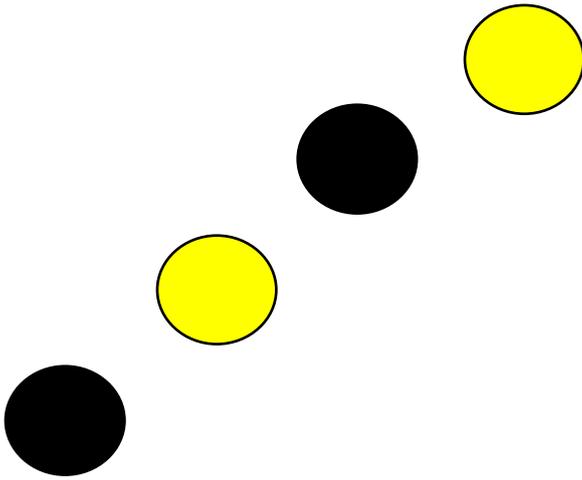
Deliver all your bowls FH over one disc at a time.

Return from the other end on your BH using all your bowls per one CD/CM.

Now with your bowls, deliver a FH bowl over left black disc then yellow disc, then black disc and finally yellow disc on right and repeat with other four bowls.

Return end and revert to BH for offline draw bowling.

Now FH attempt weight deliveries through each colour disc.



Do some of these consistency in draw bowling exercises before you attempt the weighted exercises that follow, so you know you are delivering well in each training session.

**Lachlan Tighe, July 2021.**