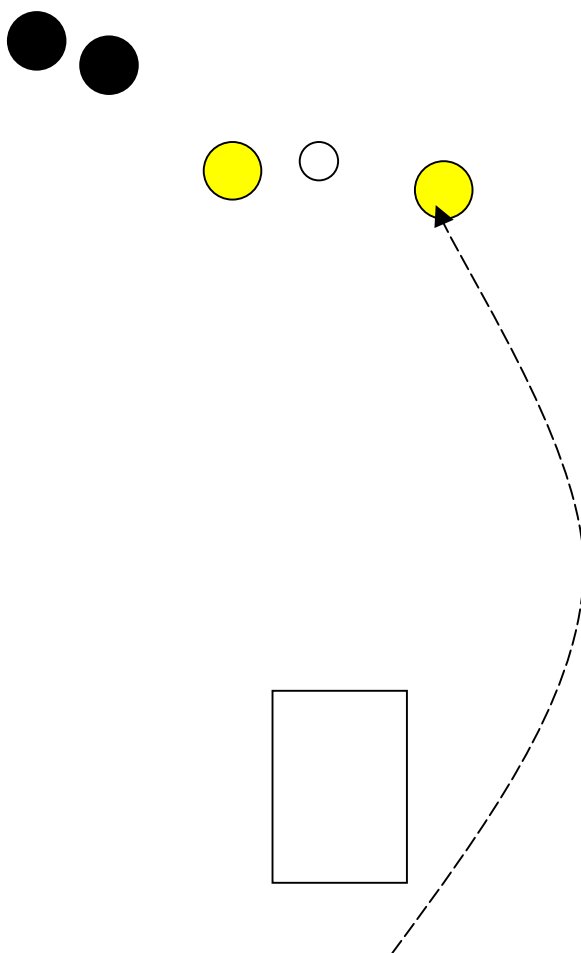


Premier Bowl Training

The Game between two players - each bowler has 4 deliveries, although I prefer they each had used 8 bowls, as a minimum every end.

Whenever a bowler gets their first bowl to finish within a mat width (MW is 35cm or less) of the jack, they can deliver their remaining bowls on any hand of their choice.

Both players have that opportunity with the first delivery. Where the bowler does not get delivery One to finish within a MW they must play all remaining deliveries on that original hand used for delivery one.



This (game) exercise intends to focus on the value of our first delivery making an impact on the game by being so close.

Lachlan Tighe, 2018