

WEIGHT CONTROL DRILL			
End	Hand	Short to Long Long to short	Bowls in 3 meters Score 1 to 3
1	F/H	Short to Long	/score out of 3
2	B/H	Long to Short	/score out of 3
3	F/H	Short to Long	/score out of 3
4	B/H	Long to Short	/score out of 3
5	F/H	Long to Short	/score out of 3
6	B/H	Short to Long	/score out of 3
7	F/H	Long to Short	/score out of 3
8	B/H	Short to Long	/score out of 3
9	F/H	Long to Short	/score out of 3
10	B/H	Short to Long	/score out of 3
Total Bowls Scored		=	/30
Bowls inside 3 meters Short to Long =			/15
Bowls inside 3 meters Long to Short =			/15
Bowls inside 3 meters on Forehand =			/15
Bowls inside 3 meters on Backhand =			/15
Use 4 bowls per end.			
OBJECTIVE			
<p>The drill is to improve Weight Control.</p> <p>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 meters from the first bowl.</p>			
<p>You only count bowls which increase or decrease in length. Once you fail to increase or decrease on the previous bowl, you forfeit the other bowls and only count the ones delivered.</p>			

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