

**Come along on a Tuesday evening at 6:00 pm on the following days
and try some Purposeful Practice sessions.**

These sessions are aimed at helping you to achieve set objectives covering a wide range of different types of shot and skills that you will need to be a consistent and confident bowler. Coaches will be in attendance to give you help and advice on each of the evenings.

Date	Practice Sessions			General
07-May	Markers at the shoulder	Drawing to mats	Jacks at full & 3/4 length	Etiquette
14-May	Jacks close to the rinks edge	4 jacks close to the ditch	Bowls - 4 in line	Delivering the Jack
21-May	Hidden jack	Bowl behind	Wing bowl - jack high	Positions & their duties
28-May	Wrest out for shot	Bowl in the line of the draw	Intimidating bowl	Marking & measuring
04-Jun	Running split	Trail the jack for shot	Toucher in the ditch	
11-Jun	Draw into the head	Clear a blocked head	Position shot	
18-Jun	Draw inside / outside front bowls	Kill the end	Jack delivery to feet	
25-Jun	Estimating distances	Dislodge touching shot	Conditioned singles	