



Draw Shot Consistency Test

10 x forehand then 10 x backhand.

After each bowl measure the distance from the jack to the bowl in centimeters. Replace jack if it is moved.

Record your results on the table below.

Ask a coach to help complete this practice or work with a partner.

1. Compare your results for forehand and backhand.
2. Work out your average result for each hand by adding the 10 measurements and divide by 10. This score is your draw shot consistency.



10 F/H
 then
 10 B/H

Practice Set Up

Ends/Bowls	10 bowls each hand
Mat	2 metre mark
Jack	Centre line
Length	Medium
Delivery sequence	10 x F/H then 10 x B/H
Evaluation	Measure distance (in cm.) each bowl finishes from jack.

Bowl	1	2	3	4	5	6	7	8	9	10	Total dist. cm	Average
F/H												
B/H												

Results

Total