

20/20 - Exercise 1

Scorer	
Date	
Speed	
Mat-line	7m - furthest line

Circuit	Rinks 5 & 6
Play	Rink 5 RIGHT Rink 6 LEFT
Length	26m
Scoring	2 points inner circle
	1 point outer circle

Player	
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Player	
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	L	Side	R
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Total L & R			
TOTAL			

20/20 - Exercise 2

Scorer	
Date	
Speed	
Mat-line	7m - furthest line

Circuit	Rinks 5 & 6
Play	Rink 5 RIGHT Rink 6 LEF
Length	26m
Scoring	2 points inner circle
	1 point outer circle

Player	
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Player	
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	L	Side	R
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Total L & R			
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20/20 - Exercise 3			
Scorer			Circuit Rinks 5 & 6
Date			Play Rink 5 RIGHT Rink 6 LEF
Speed			Length 26m
Mat-line	7m - furthest line		Scoring 2 points inner circle
			1 point outer circle

Player	
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	L	Side	R
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Total L & R			
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Player	
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Total L & R			
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Target - Exercise 4

Scorer	
Date	
Speed	
Mat-line	5m - <i>middle line</i>

Circuit	Rinks 5 & 6
Play	2 long then 2 short any side
Length	24m
Scoring	2 points inner circle
	1 point outer circle

Player	
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Player	
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Total L & S		
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Total L & S		
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Target - Exercise 5

Scorer	
Date	
Speed	
Mat-line	5m - middle line

Circuit	Rinks 5 & 6
Play	2 long then 2 short any side
Length	24m
Scoring	2 points inner circle
	1 point outer circle

Player	
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Player	
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Total L & S		
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Target - Exercise 6			
Scorer			Circuit Rinks 5 & 6
Date			Play 2 long then 2 short any side
Speed			Length 24m
Mat-line	5m - middle line		Scoring 2 points inner circle
			1 point outer circle

Player	
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	Long	Short
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Player	
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Control - Exercise 7			
Scorer			Circuit Rinks 5 & 6
Date			Play Rink 5 to LEFT Rink 6 to RIGHT
Speed			Control
Mat-line	4m - <i>closest line</i>		Scoring 1 point over target-mat between 2m line & ditch

Player	
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Player	
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Total L & R			
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	L	Side	R
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Total L & R			
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Play as follows:

Ends 1 & 2 - 2 trial bowls then 2 scoring bowls

Ends 3 to 6 - 4 scoring bowls

Control - Exercise 8			
Scorer			Circuit Rinks 5 & 6
Date			Play Rink 5 to LEFT Rink 6 to RIGHT
Speed			Control
Mat-line	4m - <i>closest line</i>		Scoring 1 point over target-mat between 2m line & ditch

Player	
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Player	
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	L	Side	R
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Total L & R			
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	L	Side	R
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Total L & R			
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Play as follows:

Ends 1 & 2 - 2 trial bowls then 2 scoring bowls

Ends 3 to 6 - 4 scoring bowls

Control - Exercise 9			
Scorer			Circuit Rinks 5 & 6
Date			Play Rink 5 to LEFT Rink 6 to RIGHT
Speed			Control
Mat-line	4m - <i>closest line</i>		Scoring 1 point over target-mat between 2m line & ditch

Player	
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Player	
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	L	Side	R
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Total L & R			
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	L	Side	R
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Total L & R			
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Play as follows:

Ends 1 & 2 - 2 trial bowls then 2 scoring bowls

Ends 3 to 6 - 4 scoring bowls