

There are different weight control training drills you can do, however all of them involve the correction to increase and decrease weight or distance the bowl travels.

One method is to begin by rolling a bowl to a short length as close to the centre line as possible, and then by increasing the length of each bowl thereafter. Walk up and replay any bowl which fails to pass the previous bowl.

In the other direction play the first bowl to a long length and then decrease the length of each bowl.

Another method is to place 2 CD's some 6 OR 8 meters apart. Start by playing the first bowl to just past the shortest or nearest CD and then play the other 3 bowls by increasing each bowls weight so that the 4 bowls all finish between the 2 x CD's. Any bowl which fails to pass the previous one, walk up and play it again.

This will keep you focused and concentrated as you will get tired of walking up to replay your bowl. As you improve your weight control, continue to close or shorten the distance between the two CD's.

Adding a single revolution of a bowl's distance or weight, is nearly impossible to achieve with the hand. A good exercise is to increase this weight by thinking it on, or by self-talk, let the brain add the extra weight. If you need to correct 500mm or a yard, try repeating to yourself silently "one more yard" etc. You will be surprised how this will work by practicing this procedure and thought process.

Your main objective is to get to a skill level where you can consistently reduce or increase weight in one meter increments or less

