**INDIVIDUAL PRACTICE**

**Among bowlers opinions vary about individual practice. Here are the reasons why you should put down many more bowls in practice than you do in competition.**

 When you practise by yourself you put down 100 bowls per hour, and this is the only bowling activity which has prospects of improving your physical fitness! One hour of solo practice is worth more to most bowlers than three hours in a game

 If you are a lead or a second almost all of your bowls are draw bowls and the more bowls you put down the better.

 For thirds and skippers 90% of bowls are draw bowls because the only time you do not bowl a draw bowl is when you aim to finish in the ditch.

 As a third or a skipper very often you do not see where your bowl would have finished because it hits other bowls. If you play regularly in those positions and do not make the time for individual practise the quality of your draw bowling may decline.

 When practising a skill (eg yard on shots) by yourself you can keep repeating the same shot until you get it right.

 Such specific shot practice is the only time when you should bowl more than 2 bowls at the same target. For example if you have practised yard on shots enough eventually when called on to play them in a game your brain tells you how much to narrow your green and increase your weight

Many players practise by rolling up with a few mates, putting a jack at each end and bowling four bowls in turn. Some when practising by themselves set out a jack at each end and bowl four bowls without varying length and side and mat position. These types of practice are not very useful.

In almost every game of bowls you get only two bowls at the same target, which are delivered with only one bowl in between. Your practise must reflect this and you should usually never play more than two bowls at the same target (change hand, length and mat position), always trying to improve with your second bowl. You only deliver more than two bowls at the same target when trying to master a specific