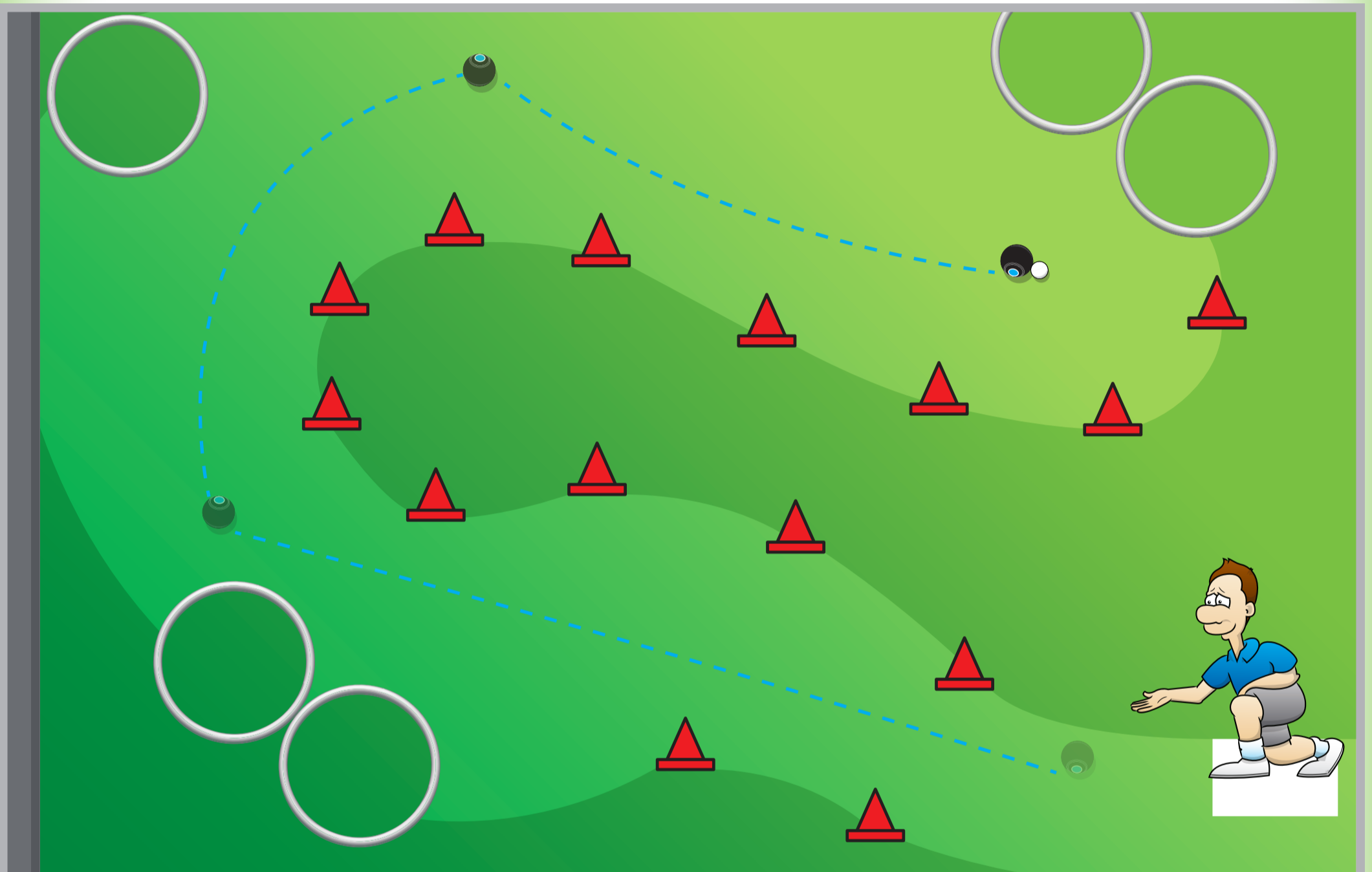


Bowls is for
EVERYONE

Bowls golf



www.bowlsvic.org.au



- Each player has 1 bowl and one jack
- Start from the mat (tee) and take it in turns to roll
- Try to roll your bowl towards your jack while avoiding the obstacles
- Wherever your bowl lands that is where you will next bowl from
- Count how many deliveries it takes to complete the hole

How to score:

40 points for 3 rolls to touch the jack

30 points for 4 or 5 rolls

20 points for 6 or 7 rolls

10 points for 8 or more

Learning outcome:

- Controlling accuracy and length over shorter distances
- Controlling line and length with both jack and bowl
- Visualisation
- Using the mat effectively for different shots
- Tactics and planning

Equipment:

- Mat (tee)
- Bowls (1 per participant)
- Cones (trees), hoops (sand bunkers)
- Flap jack

Tips:

- Get players to design their own Bowls golf holes and use the whole green to create a multi-hole course
- To increase difficulty change each hole after it has been played once
- Add more equipment such as hurdles and pool noodles
- Design holes close to ditches to make out-of-bounds areas