



**Skippers** can complete this practice together or on their own. Skippers need all the skills of the previous positions. Draw as well as the Lead, play position bowls like a Second, convert like the Third and play accurate well considered drives. Skippers also need leadership skills, composure and control.

1. Skipper plays 2 bowls Forehand aiming to use the opposition bowl as shown to finish <math>< \frac{1}{2}</math> mat from the jack. Play ~ 1m over weight. Practice this for 5 ends.
2. Repeat above practice on the other hand.
3. Draw then Drive - Forehand. Draw close to the jack then Drive at jack with next bowl. Practice this for 5 ends.
4. Repeat above practice on the other hand.
5. First bowl Draw around an opposition as shown to add to score. This is a disciplined shot that requires an accurate aiming line and careful weight control. Often the head is cluttered and many draw shots to the head by the Skipper have to go just around or under a bowl. Play the second bowl with controlled weight under the opposition bowl looking to move the jack. Play with ~ 3m of weight. This is a most important shot that can get the team out of trouble when the Draw shot is not the best choice and the team is well positioned in the head or behind the head. Repeat 5 ends
6. Repeat on the other hand, 5 ends
7. Play 2 bowl singles with the other Skips. Score shots, first to 10 shots wins.

