

Practising Bowls at Home – Player’s Workbook

Even without access to a bowls green, you can make real progress in your game from home. This guide blends practical routines, mental training, and simple drills to help you keep improving. Think of it as your personal bowls gym – right in your living room or garden.

Why Home Practice Helps

The best way to improve bowls is consistent practice. But if you can’t get to the club every day, you can still build consistency, confidence, and tactical awareness at home. The key is focusing on repeatable skills, mental routines, and balance work.

Types of At-Home Practice

Practice Type	What To Do	Why It Helps
Pre-mat routine	Step onto the towel as a mat, align, phantom delivery	Consistency & confidence
Soft ball drills	Roll a tennis ball or a dog toy on the carpet to small targets	Trains alignment & targeting
Visualisation	Imagine successful shots & game scenarios	Boosts focus & mental rehearsal
Balance & strength	Lunges, single-leg stance, core work	Improves stability & repeatability
Garden roll-ups	Slow, controlled delivery outdoors	Reinforces rhythm & groove
Head reading	Watch recorded matches, pause & predict shots	Develops tactical awareness

Safety Reminder

- Never use actual bowls indoors.
- Only use phantom deliveries or soft balls (tennis ball, dog toy, plastic ball).
- Clear the space of pets, children, and fragile items before drills.

Practice Drills

Drill 1: Hitting the Aiming Point

Place a piece of paper 2 metres away. Take a stance, feet pointing at the target, and roll a soft

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ball. Repeat until you can hit the target most of the time. Advance: place two targets 1 metre apart and alternate deliveries.

Drill 2: Improve Release Point

Make a U-shape from a card the width of your fingers. Place it upside down on the floor one step in front. Perform phantom deliveries, aiming to pick it up cleanly with your hand at the release point – this stops your arm swinging across the body and gets you close to the ground for a smoother release

Drill 3: Develop a Backswing

Stand one step in front of a towel draped over a chair. Practice phantom deliveries, increasing your backswing until your hand brushes the towel. This helps build a smooth pendulum swing.

☒ Weekly At-Home Practice Checklist

- Pre-mat routine – 5 minutes daily
- Visualisation – 2–3 minutes before bed
- Soft ball target rolls – 10 reps, 3x per week
- Balance/core exercises – twice per week
- Garden roll-up session – once per week
- Watch & analyse one recorded match – weekly

Key Takeaways

- Consistency comes from routines – practice them at home.
- Mental training is as valuable as physical practice.
- Small drills build muscle memory without needing a green.
- Use home practice to prepare, so club sessions can focus on execution.

