

REBOUND DISC PRACTICE SYSTEMS

The "Rebound Disc" is a flexible Rebound Jack in the form of a disc, and it is a flexible rebound bowl in the form of a disc. The discs are the same dimensions, the same colour, and look like a jack and bowl when you're standing on the mat; but without the same time wasting result when you succeed with your draw, up-shot or drive because they simply rebound back into place!

Repetition is the key to success; practice your weakness and continue to develop your strengths. Draw / Trail / Up-shot / Run / Drive with as many bowls as you like without moving off the mat. Hit the "Rebound Disc" and it simply springs back up!

<u>AVAILABLE IN</u>			
SET OF 6	- 4 Rebound Bowls & 2 Rebound Jacks	- \$ 85	<input type="checkbox"/>
SET OF 8	- 6 Rebound Bowls & 2 Rebound Jacks	- \$100	<input type="checkbox"/>
SET OF 10	- 8 Rebound Bowls & 2 Rebound Jacks	- \$115	<input type="checkbox"/>
SET OF 12	- 8 Rebound Bowls & 4 Rebound Jacks	- \$130	<input type="checkbox"/>
For Carpet Green Application (add for Velcro)		- \$ 10	<input type="checkbox"/>
Postage & Handling		- \$ 15	<input checked="" type="checkbox"/>
All Prices GST Inclusive		TOTAL	

Each set also contains

The Practice System Booklet
and
is housed in its own purpose built container

From everyone at Rebound Disc Practice Systems, we welcome **TAYLOR BOWLS** as our world-wide distribution partner of the Rebound Disc Practice System.

www.rebounddisc.com.au

Email: admin@rebounddisc.com.au

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Rebound Disc Practice Systems



KELVIN KERKOW

Australia's Commonwealth Games Gold Medallist
uses and endorses the Rebound Disc Practice System



**Improving your bowling enjoyment
and performance!**



THE PROFESSIONAL LAWN BOWLS PRACTICE SYSTEM

THE CLUB

At long last the Bowling Club can provide a formalised Lawn Bowls practice tool in the form of the “**REBOUND DISC**” for its members.

New bowlers can be educated with Club designed and formulated practice techniques using the “**Rebound Disc Practice System**”; thus improving and standardising the early and ongoing development of their Club bowlers.

Bowlers can set up a head that will allow them to maximise their valuable practice time to provide optimum results.

THE COACH

Every coach now has a professional coaching tool that will maximise the coach and the pupil's time; it will allow the coach to formalize specific practice exercises with a practical system that is both user friendly and simplistic.

The busy coach who sets up a specific head for design coaching, will achieve much more in a given time because there will be no need to continually return to the head to repair and replace moved bowls.

As a coach, you will be much more effective; you will be able to stand shoulder to shoulder with your pupil to explain method and result. Through this more efficient coaching, you get value for your time, and your pupil will be fast tracked on the road to improvement.

THE BOWLER

In your busy schedule you allocate an hour to practice your bowling; you set up a head, bowl to it, and frustratingly waste 30% of your allocated time, walking up and down the green to repair the head.

Enter the “**Rebound Disc Practice System**”, and all of a sudden you have the freedom to bowl for that entire hour; you maximise your practice time and importantly, you achieve what you have set out to do....**Practice**.

“Rebound Disc Practice System”

- Easy to set up
- User friendly
- Allows for high quality practice for the novice bowler
 - And the experienced bowler
- Perfect for specific practice exercises
- Aids the rapid development in all bowlers
- Maximises a coach / pupil practice session
- The big one is that it's **TIME EFFICIENT**

The “**Rebound Disc Practice System**” is an essential addition to the serious Lawn Bowler's practice kit; quite simply, it will improve your bowls!

Ditch Weight Bowling

Exercises 16 – 17 and 18 should not be practiced (other than for a bit of fun), until you have become proficient at draw bowling. The new bowler should practice exercises 1 through to 15 in order, and you will put in place the foundation for your lawn bowling future.

A physical restriction such as a bad back or arthritis etc. will have a bearing on your ability to be able to play the Power-Drive, and you should always practice and play within your own physical capabilities.

To be able to compete against the best bowlers, you will need to become proficient at exercises 16 – 17 and 18, because when you get in trouble at the head, you must have a weapon that will allow you to change the situation.

Exercises 16 – 17 and 18 will give you that weapon, and as you become more expert at implementing these shots, you will win more games than you will lose. A word of warning – Don't become Drive-Happy!

Exercise 16: Swinger, ditch weight:



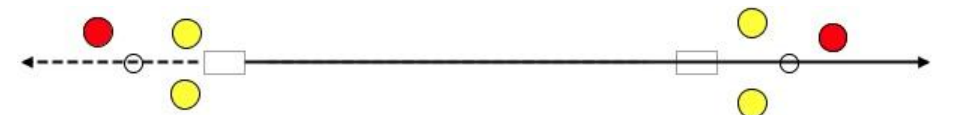
This is an important shot to master because in this exercise you can take out your opponents red Rebound Disc, and leave you holding 2 shots. Position your feet on the mat where you can give yourself the best line to the target Rebound Disc. Play the shot with enough pace to reach the ditch and allowing for a small amount of draw.

Exercise 17: ¾ pace drive to put Rebound Jack in the ditch:



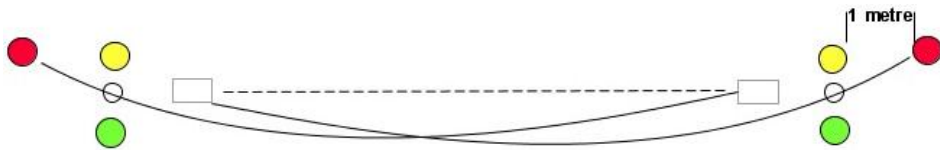
This is an aggressive shot which will be invaluable if you are in trouble at the head but you have bowls at the back. You bowl with ditch weight because when you take the Jack, your bowl is alive in the ditch. Practice your line and controlled pace to perfect this shot.

Exercise 18: Power-Drive at top pace to put Rebound Jack in the ditch:



Stand with your feet to the right of the centre of the mat (right hander), take your line of sight directly at the Rebound Jack and drive with power to put the Rebound Jack into the ditch. This is a “must have” shot for all top bowlers.

Exercise 12: Trail the Jack: Draw to finish at the Rebound Disc set behind head:



Trailing the Jack: Set the back Rebound Disc 1 metre behind the head and bowl through the Rebound Jack with the exact weight to finish resting on the back Rebound Disc. This exercise will develop your line and weight and it will mean that you will never lose your bowl in the ditch, even if you miss the Jack!

Exercise 13: 1 metre over-weight draw through target to Rebound Disc set behind head:



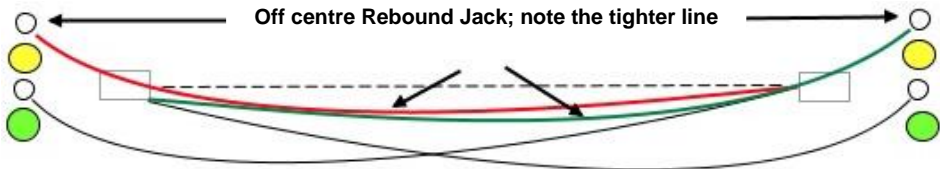
Set the back Rebound Disc 1 metre behind the head and bowl through the selected (target) Rebound Disc situated underneath the Rebound Jack. Bowl with the exact weight to carry through the (target) Rebound Disc and to finish resting on the Rebound Disc set up 1 metre behind the head. This exercise will give you line and weight.

Exercise 14: Run Through Shot:



Set a Rebound Disc, 2 metres behind the Rebound Jack and set 2 Rebound Discs ½ meter short of the Rebound Jack. This is an important exercise that will allow you to “Run Through” the short bowl; pushing it through the head, and allowing your bowl to run on and sit on the Jack. Your weight must be to the 2 meter back disc in practice.

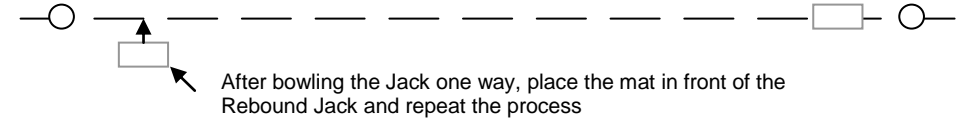
Exercise 15: Draw 2 bowls to Rebound Jack on centre line and off centre line:



Draw your first 2 bowls to the Rebound Jack on the centre line and your second 2 bowls to the Rebound Jack set wide of the centre line. You will need to really concentrate on the new line that will need to be taken when bowling to the off centre Rebound Jack!

REBOUND DISC PRACTICE SYSTEMS

Exercise 1 – Bowling the Jack:



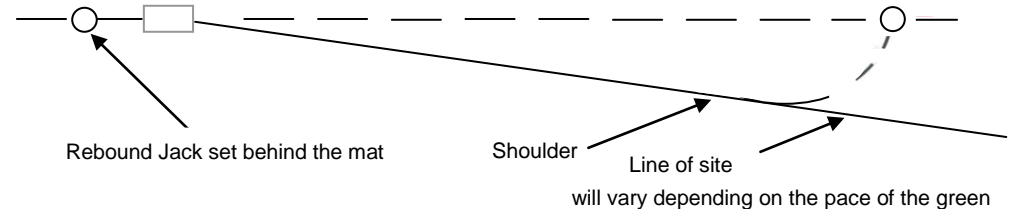
It is vitally important for all bowlers to be proficient at bowling the Jack. Set up a Rebound Jack at each end of the green & place your mat in front of the Rebound Jack. If you bowl right hand, you stand with the outside of your right foot parallel to and on the left hand side of the centre line of the mat.

Left hand bowlers stand with their left foot parallel to and on the left hand side of the centre line of the mat.

Focus on and bowl the Jack to the Rebound Jack, and within no time you will have line and length bowling the Jack; simply because you have a target to bowl to!

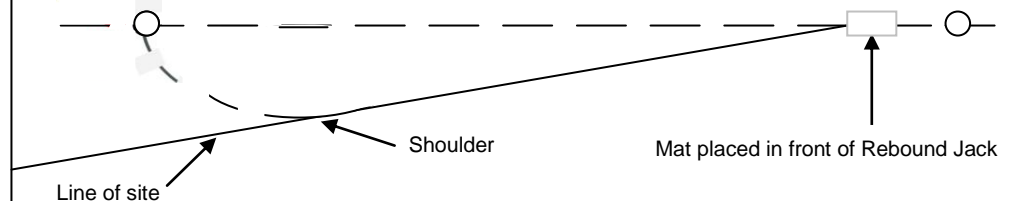
Exercise 2 – Draw to the Jack – (1):

Using the flexible Rebound Jack, the bowler can practice drawing to the Jack. For the new bowler a “line-of-sight-disc” (or boundary peg) should be placed on the bank and a “shoulder-guide-disc” can be used to establish targets for the new bowler too focus on!

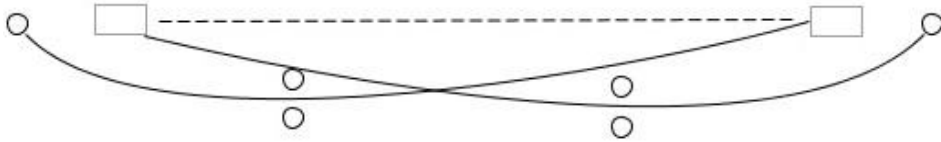


Exercise 3 – Draw to the Jack – (2):

Exercise 2 should be repeated with a very important and critical difference; the bowler will bowl back up the green to the Jack; **on the same side of the green that was bowled in exercise 2.** This method of practice will ensure that a bowler will be bowling both forehand and backhand when practicing. This is a critical exercise technique for the new bowler!

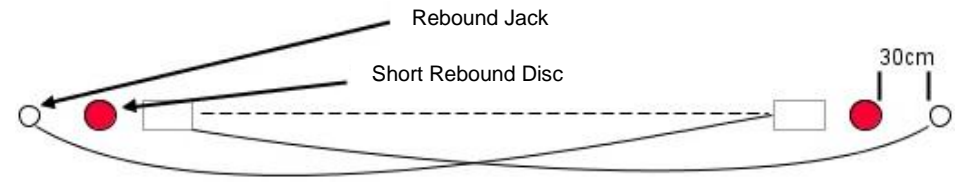


Exercise 4: Draw to Rebound Jack between Rebound Guides:



Set 2 Rebound Guides about 2/3rds distance from the mat to the Rebound Jack. This is a great exercise to make you focus on taking grass by drawing through the Rebound Guides to the Rebound Jack. Reduce the space between the guides as your accuracy improves.

Exercise 8: Draw to "blind" Rebound Jack:



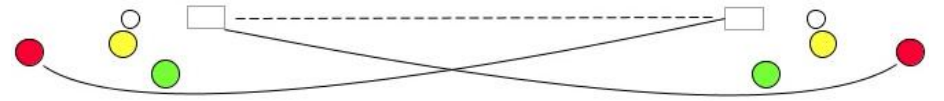
The short Rebound Disc completely blocks your view of the Rebound Jack so this is a fantastic draw bowl exercise. Take your normal line & draw to finish the required 30cm behind the short Rebound Disc.

Exercise 5: Draw to 2 Rebound Jacks – 2 bowls to each:



Set 2 Rebound Jacks, 2 metres apart, and bowl 2 bowls to the short Rebound Jack and your next 2 bowls to the long Rebound Jack. You should also practice the reverse, bowling to the long Rebound Jack first and then correcting to the short Rebound Jack.

Exercise 9: Draw behind the head for protection:



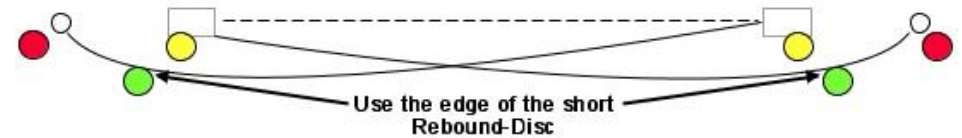
Set a Rebound Disc 1mtr behind the head and bowl around the short Rebound Disc with the exact weight to finish resting on the back Rebound Disc. This exercise will develop your line and weight to support your skipper when he needs protection behind the head.

Exercise 6: Draw to Rebound Jack around the short Rebound Disc:



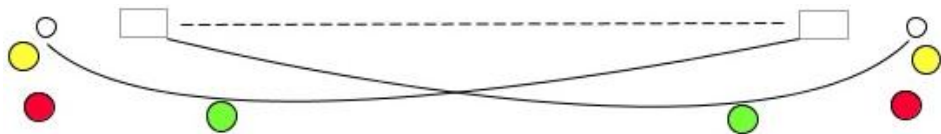
Draw around a short Rebound Disc to the Rebound Jack; to assist with line and length, set up 2 Rebound Discs on the way in, and use them as a guide to your draw!

Exercise 10: Draw using the edge of the front Rebound Disc:



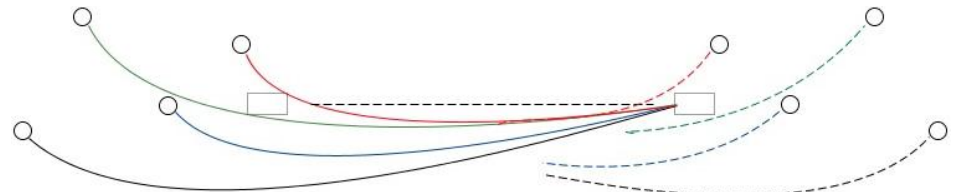
Bowl to use the inside edge of the short wide Rebound Disc. This will allow your bowl to be directed straight into the catching back Rebound Disc and the Rebound Jack. Be confident in playing this shot because you have bowls in position that can help your shot!

Exercise 7: Draw under short Rebound Disc:



Draw under a short Rebound Disc to the Rebound Jack. To succeed with this shot, you will need to position yourself differently on the mat. A right hander will stand to the right edge of the mat to draw on the forehand and to the left edge to draw on the backhand. Lefthanders do the opposite.

Exercise 11: Draw to each different line and length Rebound Jack (Disc) in turn:



Draw to each Rebound Jack or Rebound Disc in turn; starting with the Rebound Jack on the centre line. You should vary the sequence so that you get used to bowling to a different line and length after your previous bowl. Great exercise for concentration and confidence!