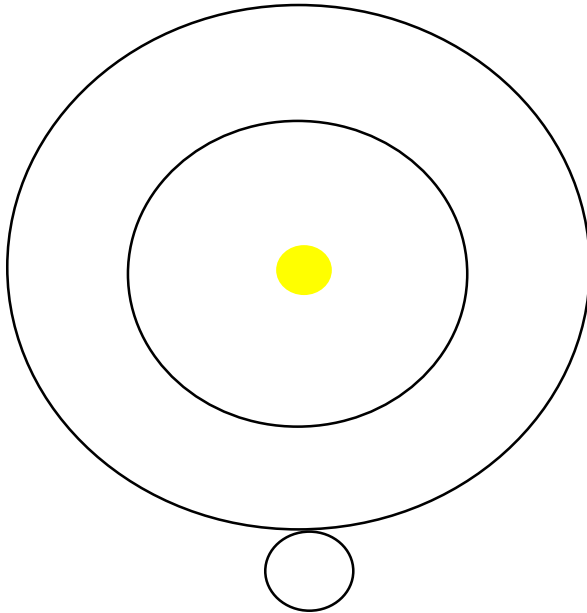


Drill 1.
Drawing exercise



Outer Circle 1 metre in diameter
Inner circle 1/2 metre in diameter
Jack Placed in the centre of the inner circle
Place shot bowl as shown

Draw 20 bowls on each of the forehand and back hand

Score

3 points to beat the shot bowl and stop in the inner circle
2 points to beat the shot bowl and stop in the outer circle
1 point to stop outside the circle but within 30cms of the shot bowl

Set up at what ever length that tests your ability. Set a target of 20 points and each time you are successful increase your target points the next time you complete the exercise.

Complete the target on both the forehand and backhand.