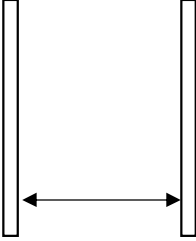

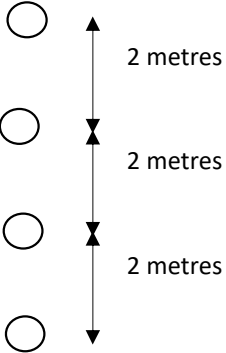

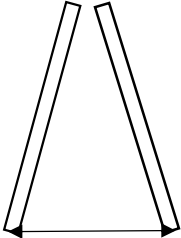

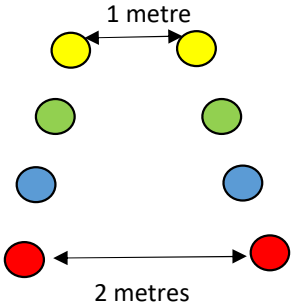

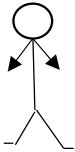






JACK ROLLING EXERCISES

<p>Roll Jack between sticks</p>  <p>Gap width according to ability</p> <p>Set sticks as shown at approx 25 metre mark</p> <p>With four Jacks earn a target score</p> <p>When achieved stop. Move mat or sticks to different length use same target score.</p> <p>Stop within stick length 3 points</p> <p>Stop outside stick length 2 points</p> <p>Stop 1 m through or short 1 point</p> 	<p>Roll Jack to varying lengths</p>  <p>2 metres</p> <p>2 metres</p> <p>2 metres</p> <p>This should assist with putting weight on/taking weight off</p> 	<p>Draw Jack(s) into triangle</p>  <p>Gap according to ability</p> <p>Set sticks as shown Draw Jacks into triangle without going over the top of the sticks.</p> <p>Set Targets ie a number out of 10 jacks.</p> <p>Move mat and sticks at varying lengths</p> <p>Jacks going through do not count</p> 	<p>Roll Jack to each cone length</p>  <p>1 metre</p> <p>2 metres</p> <p>Sets out cones as shown each set 1 metre from the next</p> <p>Draw jack in line with each set of cones without touching any of the cones</p> <p>Notice that the cones gradually decrease in width.</p> <p>Stop within 30cms/1foot of the Target Cones 3 Points</p> <p>Stop within 60cms/2 feet of the Target Cones 2 Points</p> <p>Stop within 90cms/3 feet of the Target Cones 1 point</p> 	<p>Roll Jack to Coaches feet</p>  <p>Coach stands at chosen length Player rolls jack to Coaches feet</p> 	<p>Roll Jack over target</p>  <p>Player at either end. Roll Jack across target in the middle to each other. When proficient turn target from sideways to longways.</p> <p>Set target. ie number of jacks out of 10 going over target</p>  
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When setting targets:- **1.** Judge the experience of the player. **2.** Don't set too high a target that a player will struggle to achieve **3.** Once achieved stop. **Example** Roll Jack between sticks. Set a target of four points. When achieved stop. If the player achieved quickly turn the sticks over so that it becomes a longer target and a new exercise. Set the target at four points again. Stop when achieved. At the next session the target points can be set at five. **REMEMBER** it is about the progressive progress of the pupil.