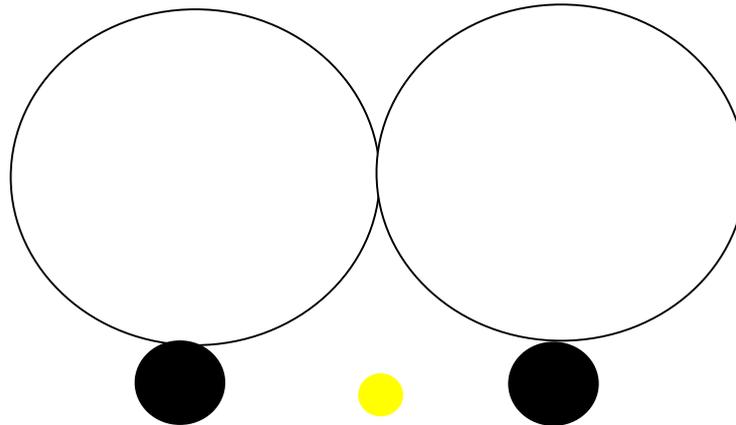


Drill 5
Trail the Jack



2 circles each 1 metre in diameter side by side.

A bowl placed at the base of each circle

Jack Placed on the centre line in a position Jack High with the two bowls

Draw 20 bowls on each of the forehand and back hand to trail the jack and bowl into the circle

Score

3 points to trail the jack and both the jack and bowl stop in the circle

2 points to trail the Jack and only the Jack stops in the circle

1 point to trail the Jack and only the bowl stops in the circle

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.