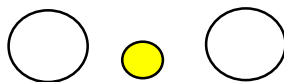


Drill 2
Rest Shot



Place a bowl 10cms either side of the Jack

Draw to rest a wood situated to the right of the Jack, then draw to a wood across the head, using the forehand then when completed repeat using the backhand.

Draw 10 bowls to rest the outside bowl then (obtain 10 points) 10 bowls to rest the bowl across the head (10 Points) Total 20 points

3 points to rest the target bowl

2 points to rest the Jack

1 point to stop with 15 cms (6") of the target 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.