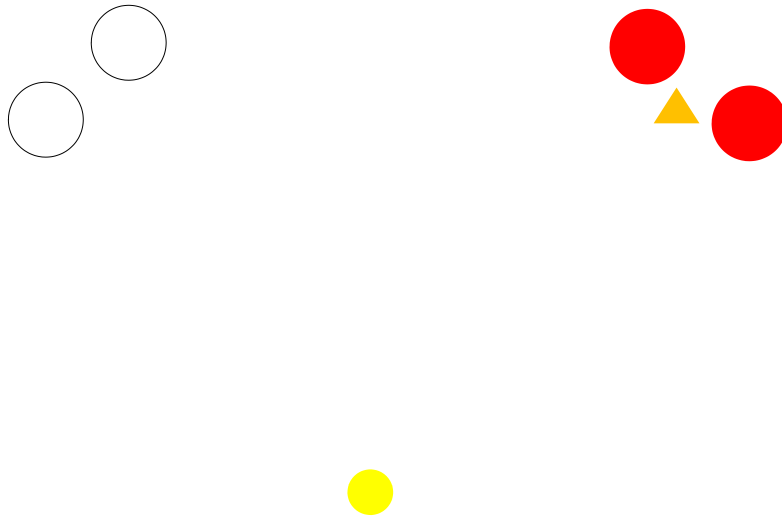


Drill 3
Positional Draw



Set up head as shown. The red wood on the left being 1metre wide of the jack and 1 metre length from the jack. Other woods to be placed similar to those shown.

Set up red bowls for Forehand set up white bowls for Backhand

Draw 20 bowls on each of the forehand and back hand

Draw a positional bowl to stop at mark shown ▲

Score 3 points to stop within 15cms of mark shown

Score 2 points to stop within 30cms of mark shown

Score 1 point to stop within 45cms of mark shown

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.