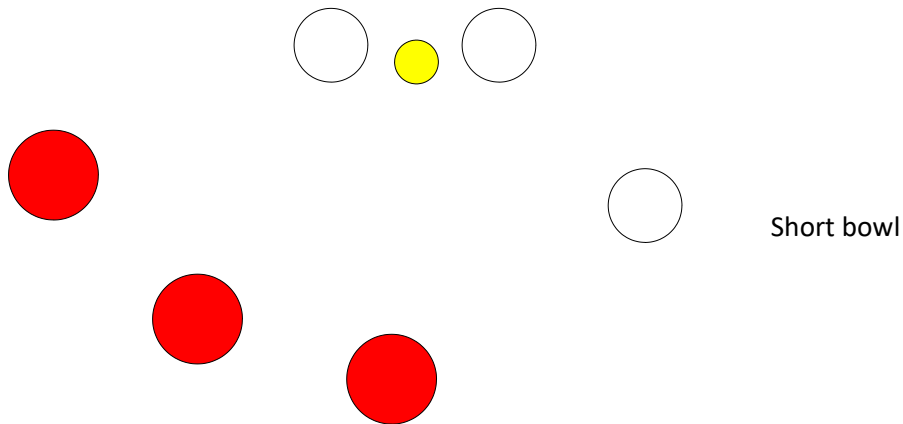


Drill 6
Whick Shot



Red is three shots down and it is red to play. Play with 1 extra metre of weight and Whick off the short blue bowl to gain shot
Play 20 bowls on the forehand, then reset head for the backhand and repeat.

Score

- 3 points to whick off bowl and gain shot
- 2 points to whick of bowl and gain second shot
- 1 point to whick off bowl and disturb head

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.