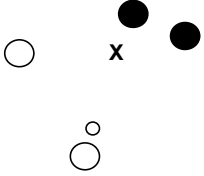
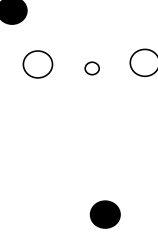
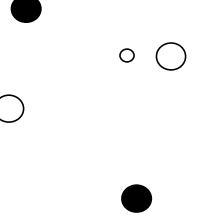
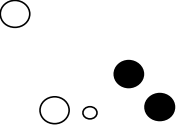
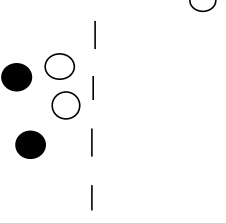
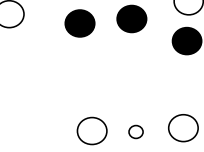

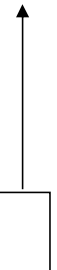
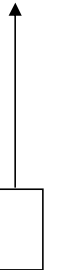
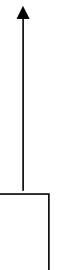
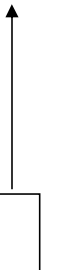



<p>Positional Draw</p> 	<p>Draw round short black bowl for shot</p> 	<p>Draw to rest the shot bowl</p> 	<p>Push and stay</p> 	<p>Draw to wide jack</p> 	<p>Trail the jack</p> 
<p>Draw to an area in front of the black bowls to protect the shot bowl. In the area of X</p>	<p>Set short bowl 1.5m from length and just off the centre line Set white shot bowl on a length 15cms from the jack</p>	<p>Set up the head as previous exercise. Draw under the head to rest the shot wood for shot</p>	<p>Set white bowl as shot on a length. Play with sufficient weight to push out the shot wood and stay for three shots</p>	<p>Place the jack 1m in from the side and 1m past the four woods Draw for shot</p>	<p>Set two woods on a length 10 cms from the jack. Place woods 0.5metres behind the head. Trail jack to black woods</p>
<p>Marks</p> <p>3 points bowling to x 2 points within 15 cms 1 point within 30 cms</p>	<p>Marks</p> <p>3 points draw the shot 2 points rest the shot bowl 1 point draw around the green short bowl.</p>	<p>Marks</p> <p>3 points rest the bowl for shot 2 points rest the bowl 1 draw within 30 cms</p>	<p>Marks</p> <p>3 points push and stay for three shots 2 points push and stay for two shots 1 points miss but stay within 1m past the jack</p>	<p>Marks</p> <p>3 points shot within 15 cms 2 points shot within 30 cms 1 point shot within 45 cms</p>	<p>Marks</p> <p>3 points get four shots 2 points get 3 shots 1 point trail the jack but no result</p>
					

Exercise 1

Exercise 2

Exercise 3

Exercise 4

Exercise 5

Exercise 6