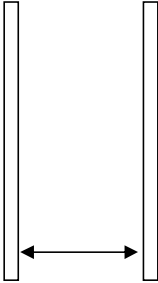

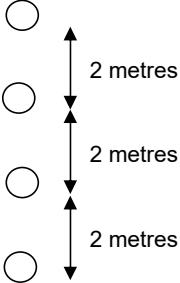
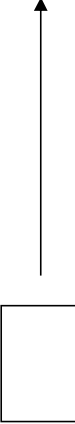
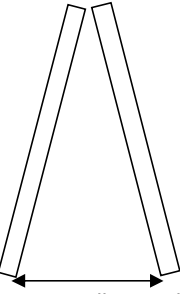

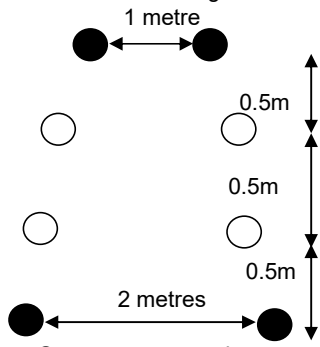

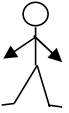

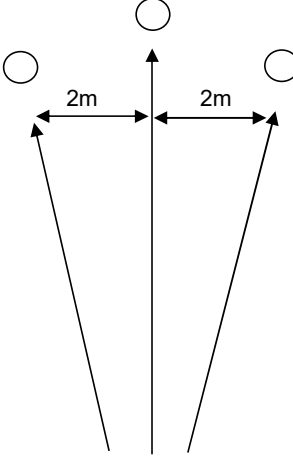



<p><b>Jack Rolling</b></p>  <p>Gap according to ability</p> <p>Set sticks and mat at varying lengths</p> <p>Marks 3 points inside the sticks 2 points at side of sticks 1 point 1 metre short/through</p> 	<p><b>Jack Rolling</b></p>  <p>Place bowls to side of rink and front bowl at the 23 metre mark</p> <p>Marks 3 points within 1/2m of bowl 2 points within 1m of bowl 1 point within 1 1/2m of bowl</p> 	<p><b>Jack Rolling</b></p>  <p>Gap according to ability</p> <p>Set sticks and mat at varying lengths</p> <p>Marks 3 points within sticks 2 points at side of sticks 1 point 1 metre short/through</p> 	<p><b>Jack Rolling</b></p>  <p>Set cones out as shown Angle the white cones to gradually decrease the width Rear black cones 1m apart Roll jack between cones to reach the rear black cones</p> <p>Marks 3 points within 1/2m of cone 2 points within 1m of cone 1 point within 1 1/2m of cone</p> 	<p><b>Jack Rolling</b></p>  <p>Coach stands at a chosen length Place mat at varying lengths</p> <p>Marks 3 points within 1/2m of feet 2 points within 1m of feet 1 point within 1 1/2m of feet</p> 	<p><b>Jack rolling</b></p>  <p>Practise line by rolling the Jack at various angles</p> <p>Marks 3 points within 1/2m of cone 2 points within 1m of cone 1 point within 1 1/2m of cone</p> 
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Exercise 1

Exercise 2

Exercise 3

Exercise 4

Exercise 5

Exercise 6