

DRILL H Wrest Out

This practice simulates the situation where you are faced with an opponent's bowl very close to the jack.

Your goal is to hit the shot bowl with sufficient speed/weight (e.g. 40cm over) to push it past the jack with your bowl remaining alongside the jack.

Place jack on 2m mark with spare bowl on RHS. Mat at minimum length

Play 8 shots on F/H.

Play 8 shots on B/H with spare bowl on LHS,.

Repeat at maximum length.

Total number of bowls per player: 32

Score 1 point if conversion is achieved and your bowl is within a mat width of jack.

Drill G	Forehand	Backhand	TOTAL
Min	/8	/8	/16
Max	/8	/8	/16
TOTAL	/16	/16	/32

What's Needed

1 x Mat
1 x Jack
1 x Spare bowl
Time: 20 min / player



