

## DRILL I Trail

It is better if you pair up with another player and alternate.  
Bowl in one direction only.

Your goal is to trail the jack to a receiver bowl 1 metre behind.

Set-up jack or disc on 2 metre "T" mark. Place a spare bowl 1 metre behind and off-centre and spare bowls about a mat width on either side of the jack.

Play 8 F/H drawshots to rear bowl with mat at minimum length

Swap spare rear bowl to other side of rink

Play 8 B/H drawshots to rear bowl with mat at minimum length.

Repeat at maximum length.

Total number of bowls per player: 32

Scoring: 2 points for mat width of rear bowl,  
1 point for within mat length of rear bowl

Drill H	Forehand	Backhand	TOTAL
Min	/16	/16	/32
Max	/16	/16	/32
TOTAL	/32	/32	/64

### What's Needed

1 x Mat  
1 x Jack  
3 x Spare bowls  
Time: 15 min / player

