

## DRILL L     Jack Delivery

This drill emphasises weight/speed of jack delivery.

Your goal is to deliver the jack to within a mat length of four targets in sequence.

Place mat on 2 metre mark

Place targets on the centre line at 2 metre intervals.

Roll one jack to each target in turn until all four are within a mat length.

To return, roll the four jacks back to the 2 metre mark mat.

Repeat the exercise in reverse target order.

If necessary, to achieve a straight line in jack rolling, place two mats about three metres down the centre line, about 10cm each side of centre and roll jacks between those mats to your target.

N.B. Right handed players should stand on left side of mat.

### What's Needed

3 x Mats

4 x Jacks

4 x Target discs

Time: 10 min / player

