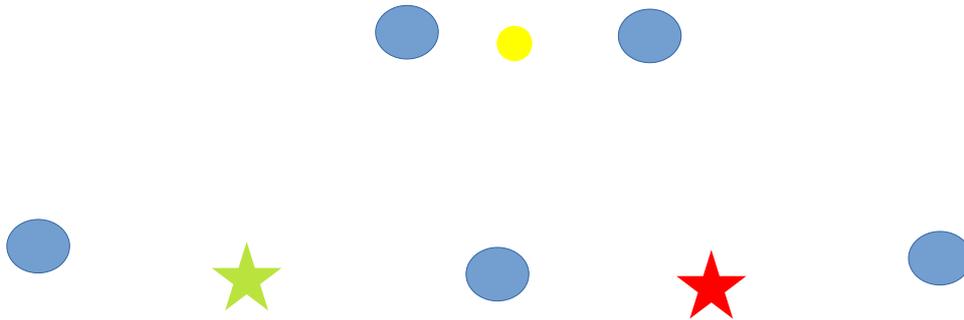


Drill 4
Blocking Shot



Set the markers 2 m from the Jack on the drawing line

On the forehand, draw to stop a wood, at the marker  on the offside of the rink, then on the forehand, draw across the head to the opposite marker  repeat (using opposite colours) on the backhand

Draw 20 bowls on each of the forehand and back hand

Draw 10 bowls to stop at the offside marker then (obtain 10 points) 10 bowls to stop at the marker across the head (10 Points) Total 20 points

3 points to stop within 15cms of the marker
2 points to stop within 30cms of the marker
1 point to stop within 45cms of the marker

Set up at what ever length that tests your ability. Set a target of 20 points and each time you are successful increase your target points the next time you complete the exercise.

Complete the target on both the forehand and backhand.