

Weighted Shot Drills not to scale

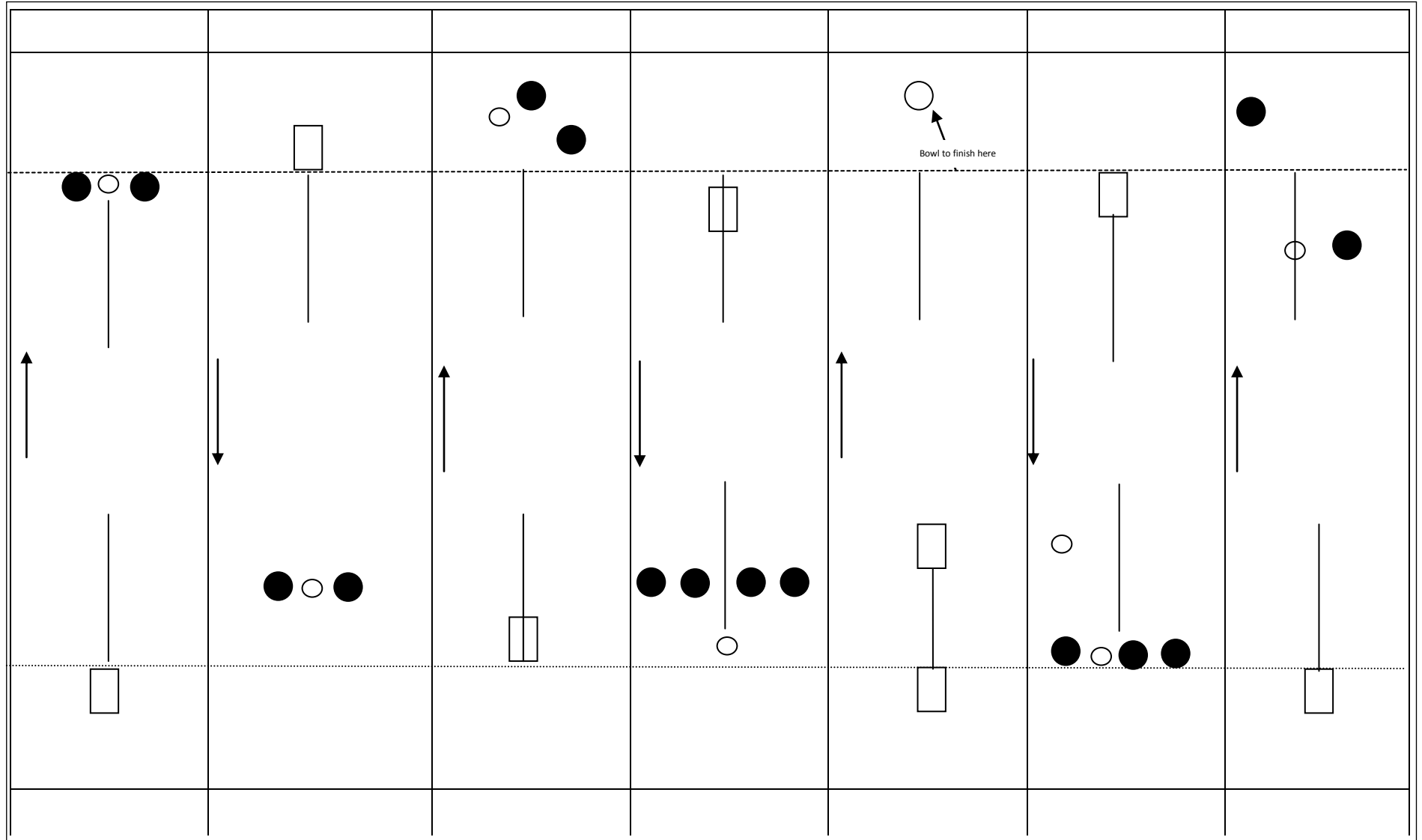
4 Bowls needed for all drills. Bowl 2 Forehand (F/H) and 2 Backhand (B/H) for each

Trail the Jack without finishing in the ditch

Carry the Jack into the ditch

Draw to end zone. 2 shots from each mat length

Trail Jack to the back Bowl without finishing in ditch



Resting shot. Replace a bowl without running on

Punch out bowl. Follow through to the Jack

Drive back Jack into ditch.