

Scenario: **WEIGHT (LENGTH) CONTROL - increasing length**

Objective:

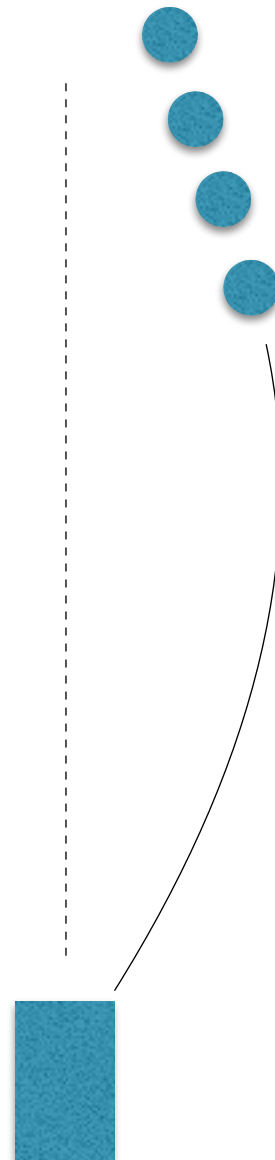
To progressively deliver bowls with increasing weight, thus developing a feel for increased weight so that you can, when required, play with a metre on

Scoring:

Five points for a bowl up-to 1/2m behind previous bowl.

Ten points for a bowl 1mm away from previous bowl.

Record last 8 bowls every length or hand.



Method:

Use four bowls. Deliver a 3/4 length bowl to any point on the rink without crossing the centre.

Draw the second bowl to a position 1/2m to 1m behind the first. Repeat for bowls 3 and 4 positioning each bowl behind the previous bowl.

Play both backhand and forehand at various lengths.