

Scenario: **WEIGHT - TRAIL THE JACK**

Objective:

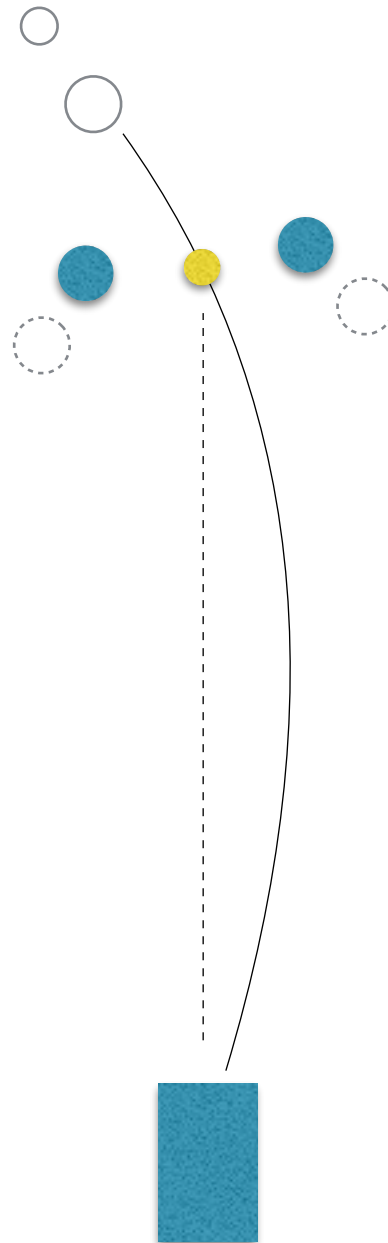
To trail the jack through and away from the shot bowl and stay for shot.

Scoring:

Five points for a miss and less than 1m behind jack.

Ten points for a successful movement of the jack.

Record last 8 bowls every length or hand.



Method:

Use a jack and two bowls (Easier target 4 bowls). Position jack at 3/4 length and set a bowl 20 - 30cm each side of the jack.

Deliver bowl with a 1/2 to 1 metre on weight to trail the jack through the gap. Use forehand and backhand and vary length.