

## COACHES CORNER

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### SHOOTING THE JACK.

Players: 2 or 4. 2 players play singles- 4 players play pairs.

Equipment: 7 jacks- 1 mat - 2 or 4 bowls each.

Aim: To hit the bare jacks in order and playing 1 bowl F/Hand and 1 bowl B/Hand leaving the centre jack to be the last.

Set Up: Place your mat on the "T" on one end and set up the jacks on the other end, space the jacks evenly apart across the rink using the boundary pegs inward till you have one jack on the centre line.

Process: Pick the side of the rink you want to play, changing sides after you have completed that one. Players must then on alternative turns and B/ or F/Hand try to hit each jack, working from the boundary peg to the centre line. It might be that you are both shooting at the centre jack at the same time, the first team to hit all your jacks in sequence is the winner. Set the rink up again and continue to how many ends you have set yourself to play.

### SINGLES PRACTICE

Equipment: 1 mat- 4 jacks- 4 bowls each.

Aim: To concentrate entirely on the bowl in hand.

Set Up: Place your mat on the "T", with one jack placed at minimum length, one at maximum, with the other two jacks space them evenly between on the centre line. To challenge yourself more you can place the four jacks up on any spot you like on the rink.

Process: Play one bowl F/Hand and one bowl B/Hand to each of the jacks in turn on the rink.

Scoring: One point for each bowl inside a mats length or a distance you can feel comfortable with. (your choice)

I wish you well and hope you challenge yourself to best level that you can achieve.

GOOD BOWLING.