

Games are FUN, training session

Connect the Jack

Two to four players as a team using from 4-8 bowls each to suit the attendees. The process is for each player alternately to deliver their next bowl telling the team their intention with this delivery to connect the jack. **Objective** one is to see / record how many times the team of players connect onto the jack, with any weight from a toucher, trail or drive shot. **Objective** two is tactical skill - tactically sometimes player has to choose to deliver into a head as below to enable the next teammate access to 'connect' the jack with subsequent deliveries.

Objective three is team spirit as they work together and also experience what choice the player on the mat makes on their behalf. **Objective** four is mental skill, in this case self-talk the delivery, rehearse the delivery, visualization, confidence in calls and execution.

