

**Games are FUN, training session**

**Restricted delivery choice games**

Play any 4-end format of singles where one player has to deliver with these restrictions for the games described.

Game one:

3 of the 4 deliveries must be backhand.

Game two:

3 of the 4 deliveries must be forehand.

Game three:

1 of the 4 deliveries must be a drive.

Game four:

1 of the 4 deliveries must be a 2-3m over weighted delivery.

