

Lead Training

Practical Program

THEME: Working toward performing your role as lead in a 4's TEAM

PRACTICAL on green session

Warm up as lead

- Deliveries into nearest ditch X 8
- Caterpillar, Up and back
- Jack deliveries: 10 minimum, 10 medium, 10 maximum

Leads - you are YELLOW bowls

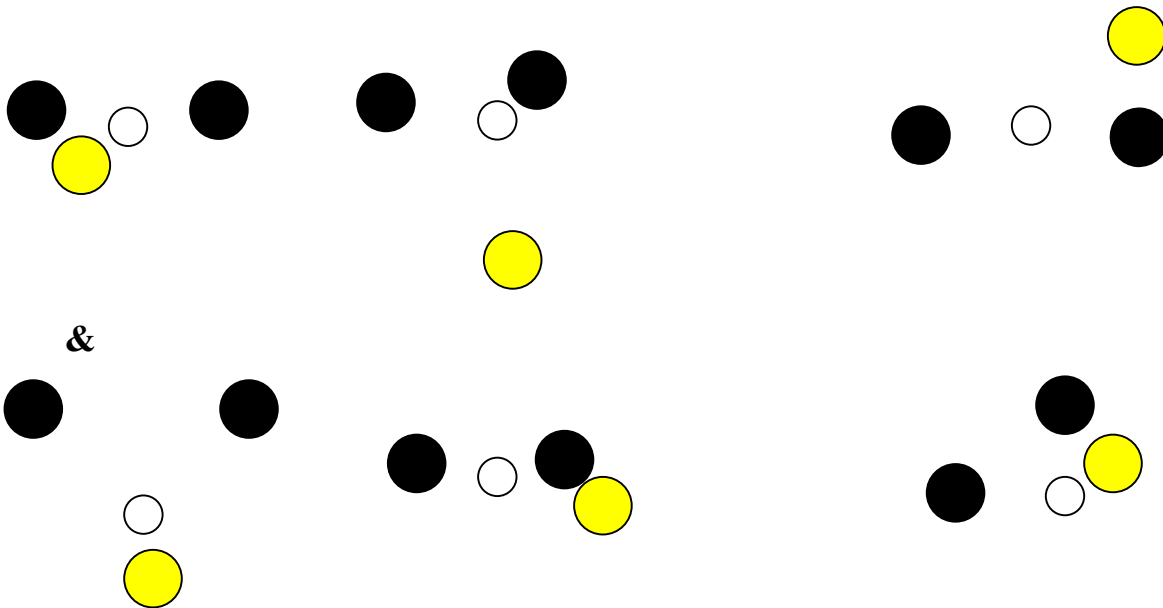
With a coach / partner, attempt to achieve the call on each diagram with four deliveries each, call then move to next rink.

Requested calls for six diagrams could be:

Add to shot

Draw second shot

Resting toucher



Lachlan Tighe, 2019