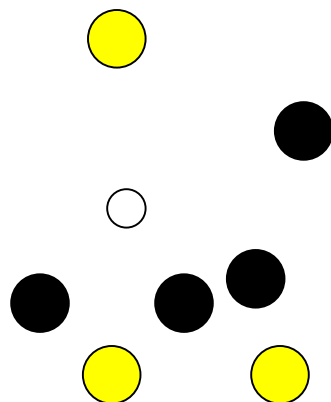


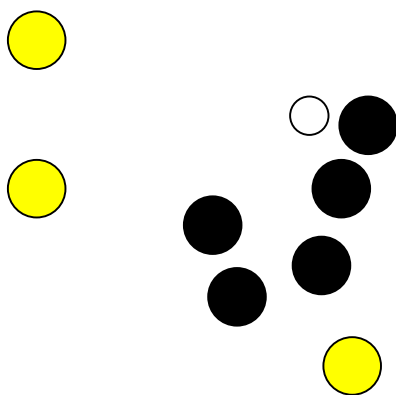
Elbows

Pressure– training to cope Changing the head

Skip and Third together have series of eight attempts at each option of the right **forehand** at minimum, where all black bowls are approximately mat length from jack, then swap. Option- drive to push closest yellow bowl into the jack and continue onto the ditch bowl. Option- up shot to push between yellow bowls into the black and our bowl near the jack. Swap, then when partner complete, eight **backhand** attempts at each option. Next: Option- up shot to push between yellow & black bowl onto the jack. Option- drive to push yellow bowl into the jack and over onto the ditch bowl. Over time, try these options at all lengths – min/ med/ maximum.



And same optional attempts for below diagram where we are yellow and already have lost a bowl in the ditch.



**Drawing to reduce, or, gain shot- two objectives.
Same two heads above, practice to draw both backhand and forehand to meet objectives.**