

Games are FUN, training session

Goal kicking game

Set up 4 cones as goal and point posts about a metre or Mat Length apart.

Set 5 mats approximating minimum length at various angles representing positions for deliveries for goal scoring, or points scored too.

Each player delivers 4 bowls from each of the 5 mats for a total of 20 deliveries.

Number of players can vary as you can start groups from any of the mats as long as they do 4 deliveries at all mats.

Score like AFL footy (6 points for a goal, 1 point through off a cone) and record to see who scores most points.

