

Leapfrog – team discipline

Players are in pairs or here as triples team and use all 4 bowls.

Place a visible disk a mat length (ML) from ditch in front of players as the ZONE.

The intention is for the team to draw 2 bowls (of 12) in the ZONE from the disk to the ditch.

To commence, place mat 4m from ditch for bowlers to deliver back to that closest ditch.

Once team has 2 bowls delivered within ZONE they can flip the mat back twice away from ditch and attempt 2 deliveries within ZONE.

Now repeat and continue placing mat further into the middle of the green as team succeeds getting 2 deliveries within ML ZONE. A program requiring team contribution and discipline.

