

DRIVE TARGET GATES

#6

Shot Focus: Drive Accuracy

Position Focus: Thirds & Skips

Game Application: Disturbing the head, kill an end, ditch the jack

1

Equipment:

- 1 Matt
- 2-4 Bowls
- 5 Target (Jack, Cone, TBA Target)

2

How To:

- 1) Set up a centre target, inner gates then outer gates
- 2) Deliver bowls with controlled driving weight
- 3) Bowl must hit or pass through gate
- 4) Bowl must finish in the ditch

3

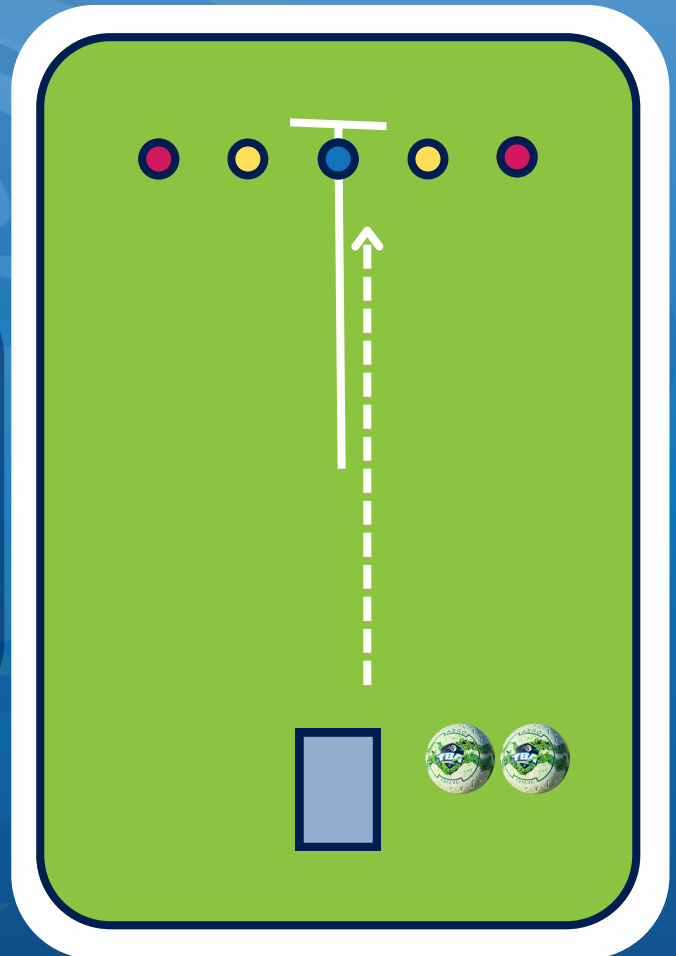
Scoring Options:

- 3 Points = Centre target hit
- 2 Points = Bowl passes through inner gate
- 1 Point = Bowl passes through outer gate

4

Progression/Variations:

- Move gates closer together or further apart
- Change target position (centre / offset)



Coaching Focus

“Accuracy before power”