

JACK DELIVERY

Objective:

To consistently deliver the jack to a nominated length.

The Game:

- Commence with the target on the Centre line and the mat on the 2m.
- Deliver 8 Jacks to finish within a mat length of the target.
- Complete each length five times and record the number of jacks that finish within a mat length.
- Vary the mat and target positions to establish the length.

Visual of the Game:

