

HIDDEN TARGET

#5

Shot Focus: Line Commitment

Position Focus: Seconds, Thirds & Skips

Game Application: Drawing to a covered jack, committing to line without visual reference

1

Equipment:

- 1 Matt
- 2-4 Bowls
- 1 Target (Jack, Cone, TBA Target)
- 1 Bowls Bag (To Cover Target)

2

How To:

- 1) Set up the target on the centre line or slight offset
- 2) Cover the target so it is not visible from the mat
- 3) Visualise the target location before delivery
- 4) Deliver all bowls on the same hand before switching

3

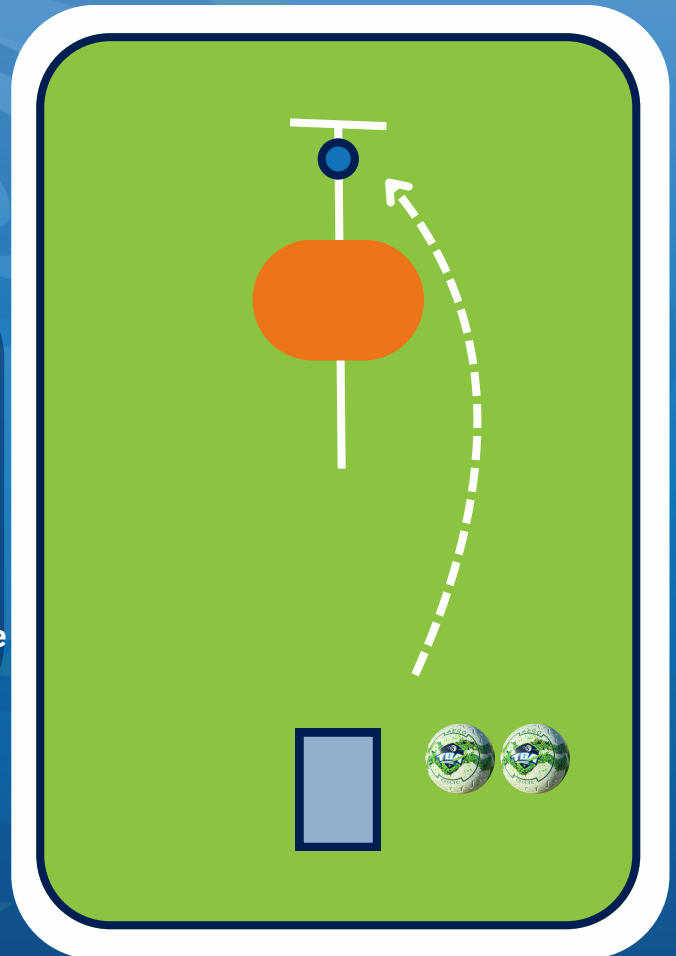
Scoring Options:

- 3 Points = Target toucher
- 2 Points = Bowl within matt width of correct target
- 1 Point = Bowl within matt length of correct target

4

Progression/Variations:

- Move the target off the centre line
- Increase the distance of the target
- Narrow scoring zones



Coaching Focus

"Pick the line, then trust it"