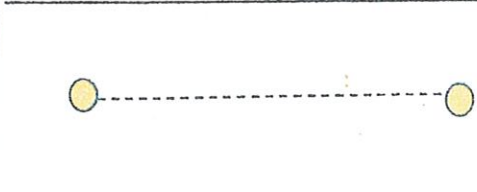
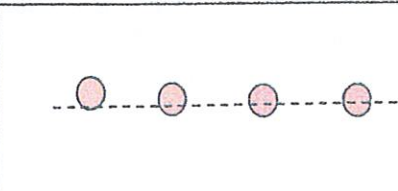
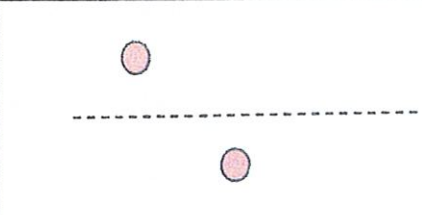
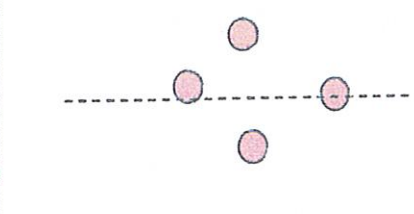
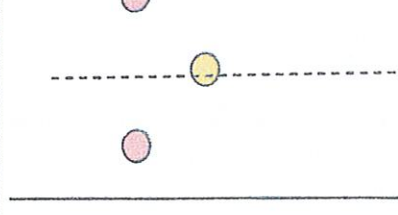
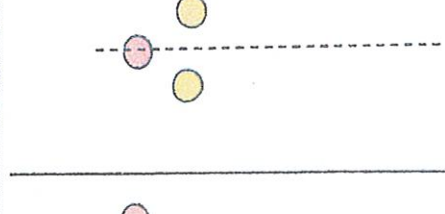
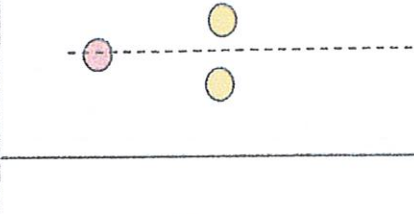
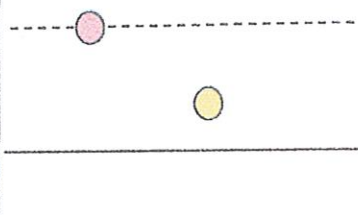


SUGGESTED "SHOT PLAY" EXERCISES Day 1

Vary "Distances and Target" destinations

							
Draw to Rink Centre	Draw to Each Disc	Draw Off Line	Draw 1 bowl to each Disc	Draw thru to each Rear Bowl	RUN shot Rear Bowl	Draw Around Short Bowls	Draw Under Short Bowls

 TARGETS  GUIDES to targets