



Thirds complete this practice together or on their own.

Thirds need to;

- Draw under pressure
 - Play effective weighted shots
 - Always be up to the head when down.
 - Play no narrow bowls when holding shot..
 - Be able to play a "hit & sit" shot without losing their bowl.
1. Each Third plays 2 bowls Forehand aiming to finish in the target area. Do not cross the centre line. Practice this for 5 ends.
 2. Repeat above practice on the other hand.
 3. Set up two jack high bowls and play 2 Forehand running shots at the bowls. Aim to hit both bowls out or if a miss hit the jack. Practice this for 5 ends.
 4. Repeat above practice on the other hand.
 5. Practice the Hit & Sit shot. Aim to move the shot bowl out and take it's place. Repeat on the other hand,
 6. Play 2 bowl singles with the other Thirds. Score shots, first to 10 shots wins.

