



Seconds complete this practice together or on their own. Seconds must play careful position bowls to improve the situation at the head every end. This does not always mean getting the shot. If the Lead fails to get close then that is the first task for the Second.

Seconds should play greater than jack high weight if their team is down on the head or their Lead has played a short bowl.

1. Each Second plays 2 bowls forehand, aiming to finish in target area A. Do not cross the centre line. Practice this for 5 ends.
2. Repeat above practice on the other hand to target area B.
3. Repeat practice on any hand to target area C.
4. Plays 2 bowls forehand, aiming to finish in target area D. Do not cross the centre line. Practice this for 5 ends.
5. Repeat above practice on the other hand to target area E.
6. Finish by playing 2 bowl singles with the other Seconds. Score shots, first to 10 shots wins.

