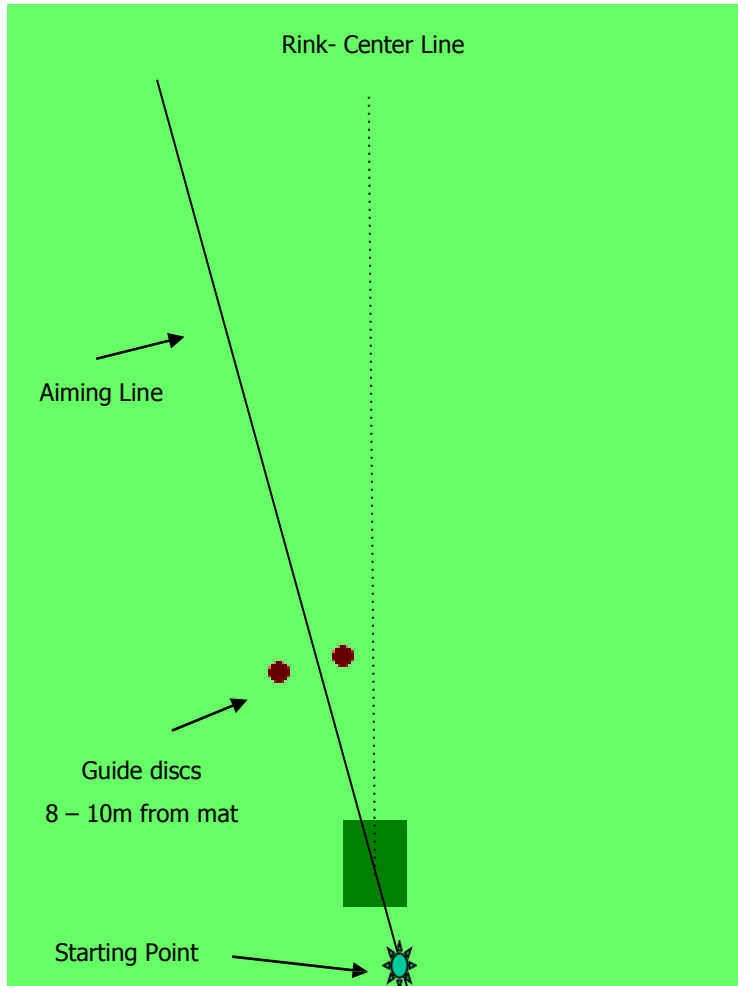


WARM UP DRILL



Place guide discs approximately a mat width apart 8-10m from mat

Players deliver their bowls **between the discs**
Make a game of it using both sides of the rink.

Progression

- Gradually close discs together for a smaller target.
- Place a third disc between and behind the two initial discs. Players now deliver their bowls between **front discs** and over the **rear** (focus) disc.
- Remove front discs and use smaller focus discs eg coins
- Players place a disc where they can hit the disc **and** finish on the centre line