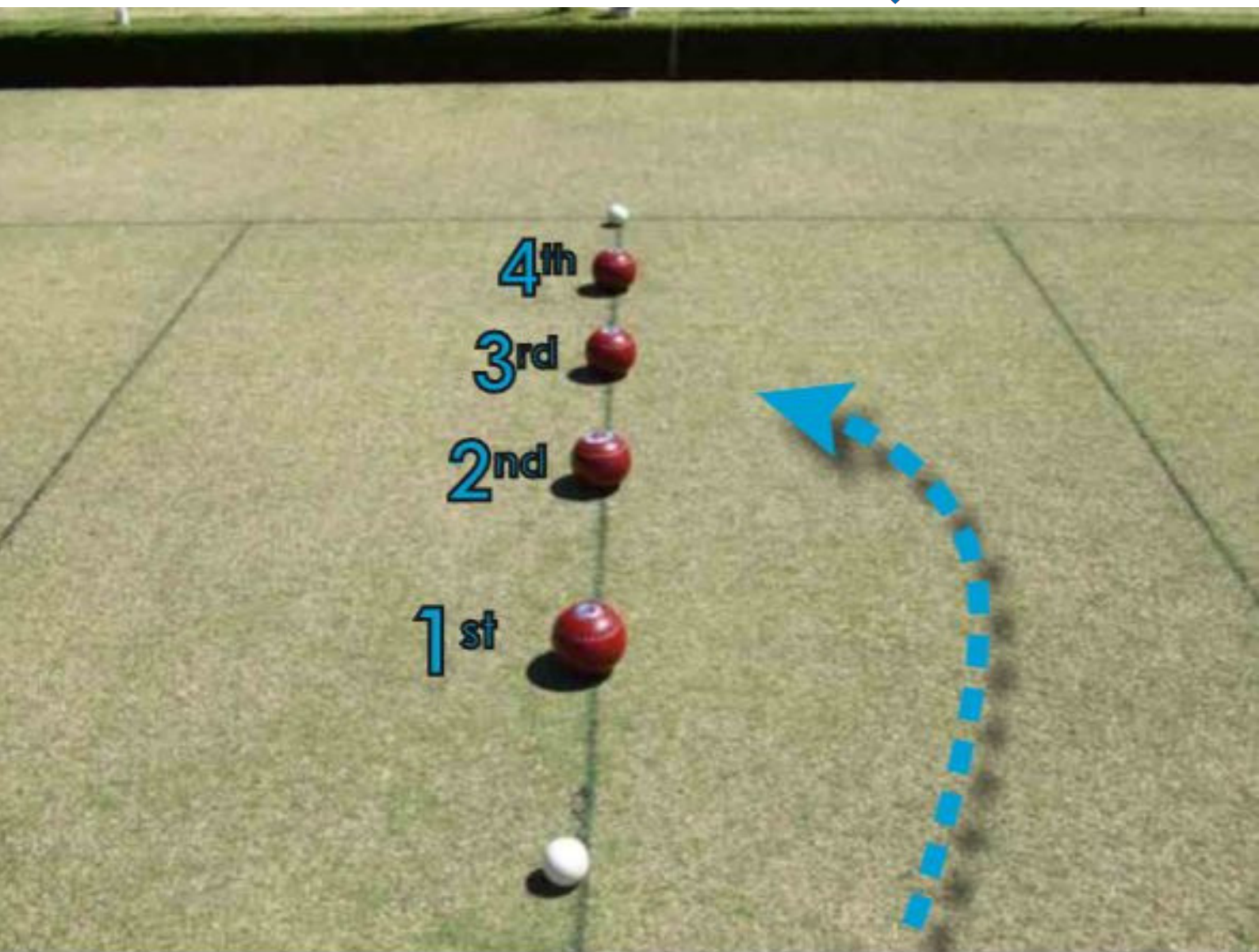


Draw Drill 2



BOWLS
SA



Draw four bowls between two weight indicators (the Jacks) spaced 4m apart. Pass the first indicator with the first bowl. Then pass the first bowl with your second bowl and so on... ...After all four bowls have been delivered it should look like the picture above.

Spare bowls or cones can also act as indicators.

Can also be done backhand.