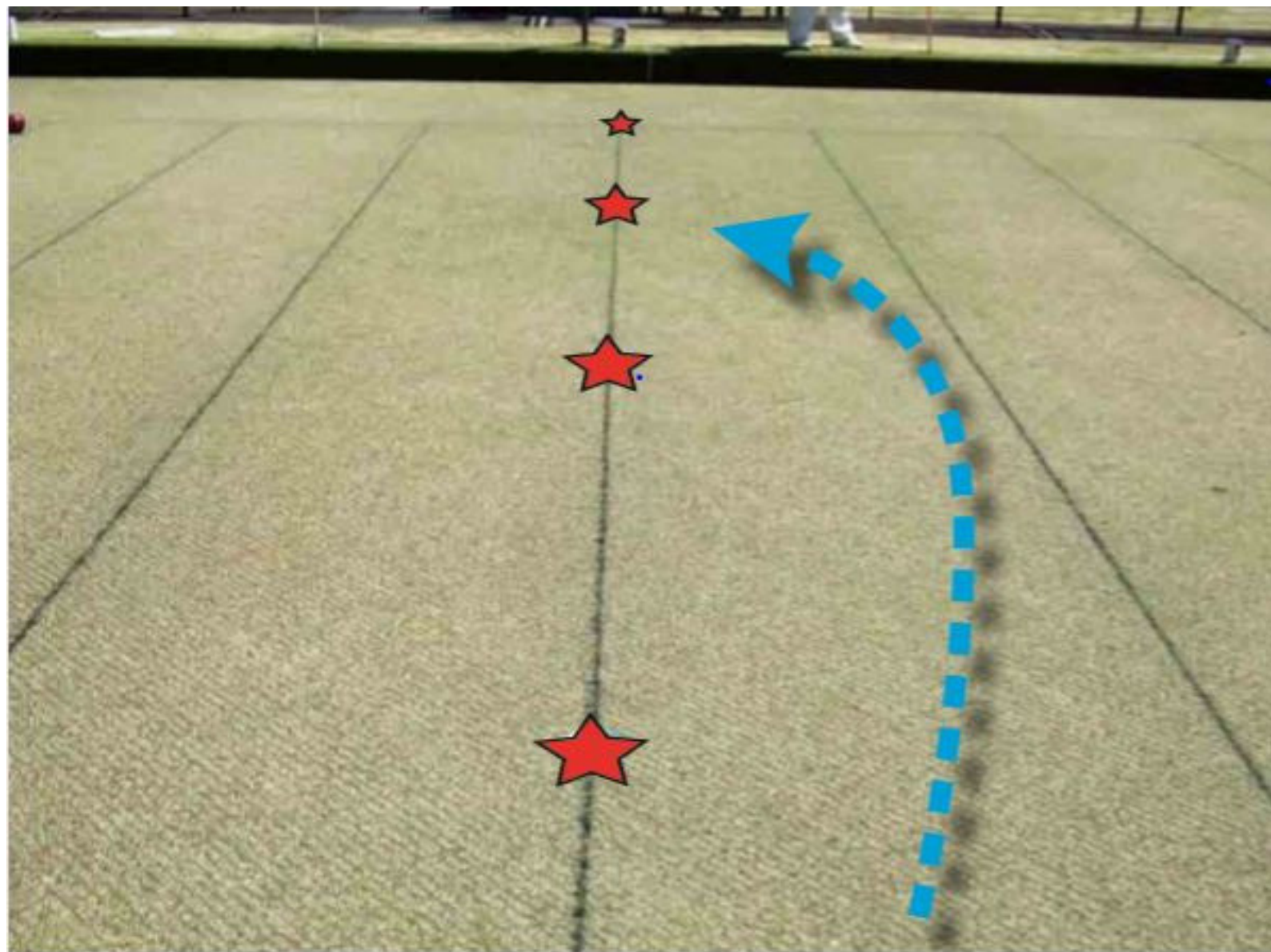


# Draw Drill 7



**BOWLS**  
SA



**Draw one bowl to each of the markers. Place markers at approximately 2m intervals.**

**Spare bowls or cones can also act as markers.**

**Do whole drill forehand, then again backhand.**