

ADVANCED SHOTS PROGRAMME - (NO 4)

TRAIL JACK	POSITION DRAW	FOLLOW THRU'	PUT JACK IN DITCH	TAKE OUT A BOWL	DRAW TO JACK IN DITCH	DRIVE/DRAW ALTERNATELY
<p>1-2 metres)</p> <p style="text-align: center;">RINK 1</p>	<p style="text-align: center;">RINK 2</p> <p style="text-align: center;">RINK 1</p>	<p>(6 to 1 weight ratio)</p> <p style="text-align: center;">RINK 3</p>	<p style="text-align: center;">RINK 4</p> <p style="text-align: center;">RINK 1</p>	<p>(WITHOUT LOSING YOUR BOWL)</p> <p style="text-align: center;">RINK 5</p>	<p style="text-align: center;">RINK 6</p> <p style="text-align: center;">RINK 1</p>	<p style="text-align: center;">RINK 7</p>
	DITCH		DITCH		DITCH	