

**WEIGHT CONTROLLED ON SHOTS
1M THROUGH THE HEAD**

PURPOSE

- To wrest a bowl or bowls out of the head and stay or
- To trail the jack 1m through the head or
- To retain the delivered bowl close to the head if the shot misses the target
- To promote a short bowl.

METHOD

The bowl is delivered towards aiming point X on the aiming line 1 with enough weight so that if the target is missed the bowl will come to rest 1m past the objective.

