

# Skills Training Programme

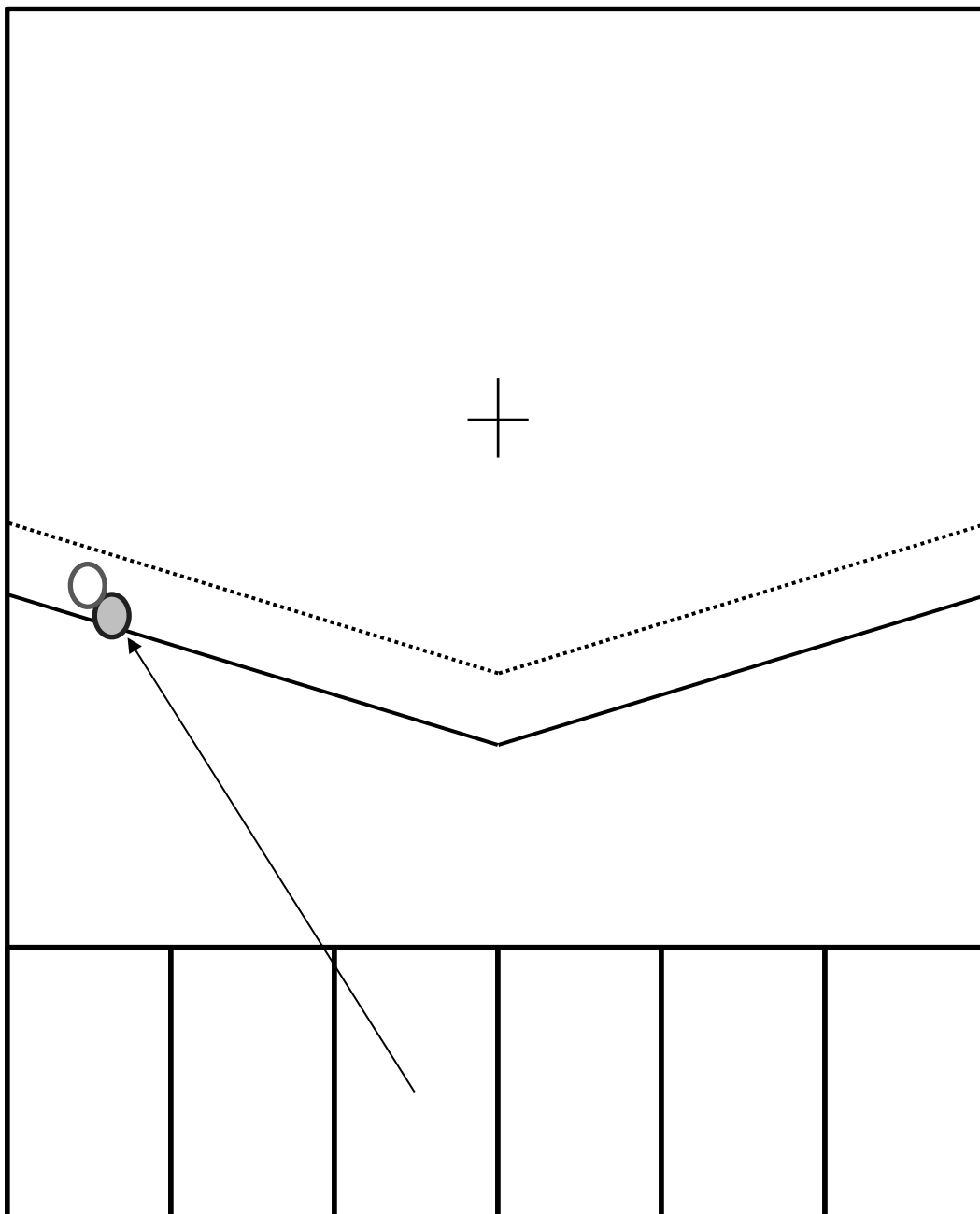
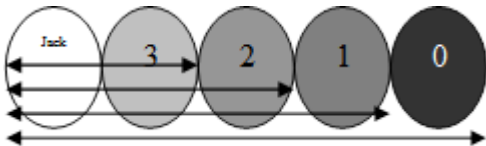
**Jack ball and first shot** “a short jack played on your side of the court makes it easier for you, and harder for your opponent, but make sure it counts by being able to draw accurately with your first ball”.

Jack ball is thrown into designated area (approximately 15cm from V-line)

Throws are either 1 = in; or 0 = out

Coloured ball is played aiming to get as close to the jack as possible.

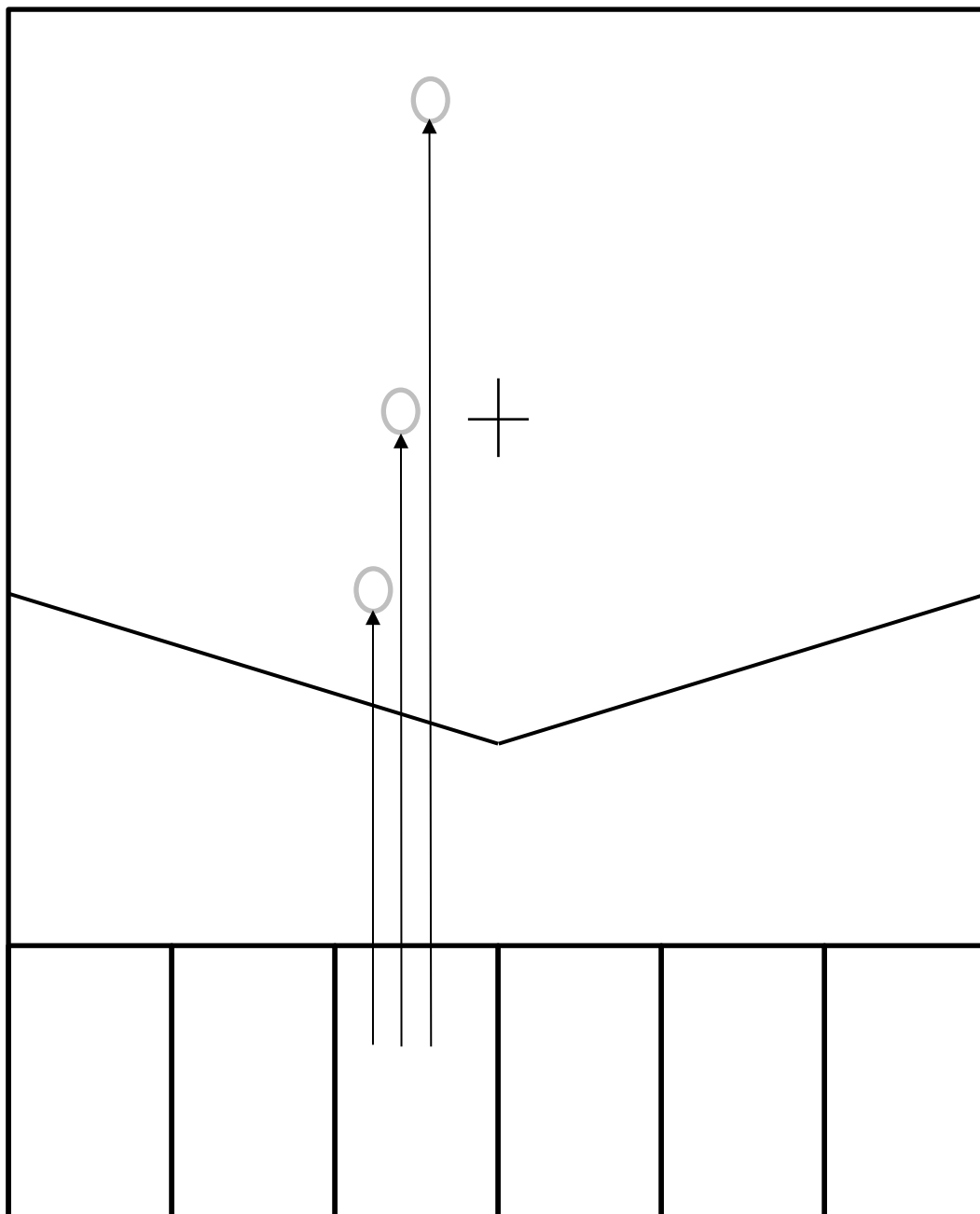
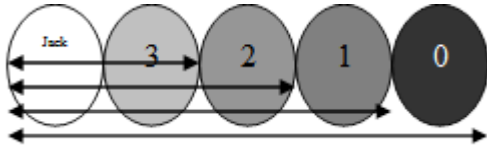
Scoring as follows:



**Drawing** “the more consistent you can play your balls closely to the jack, the more pressure it places on your opponent, which increases your likelihood of scoring points and winning the end”.

Jack ball is placed on a point directly in front of player at 3m; 5m and 9m (in any order)  
Thirty (30) balls are thrown aiming to get as close as possible to the jack.

Scoring as follows:

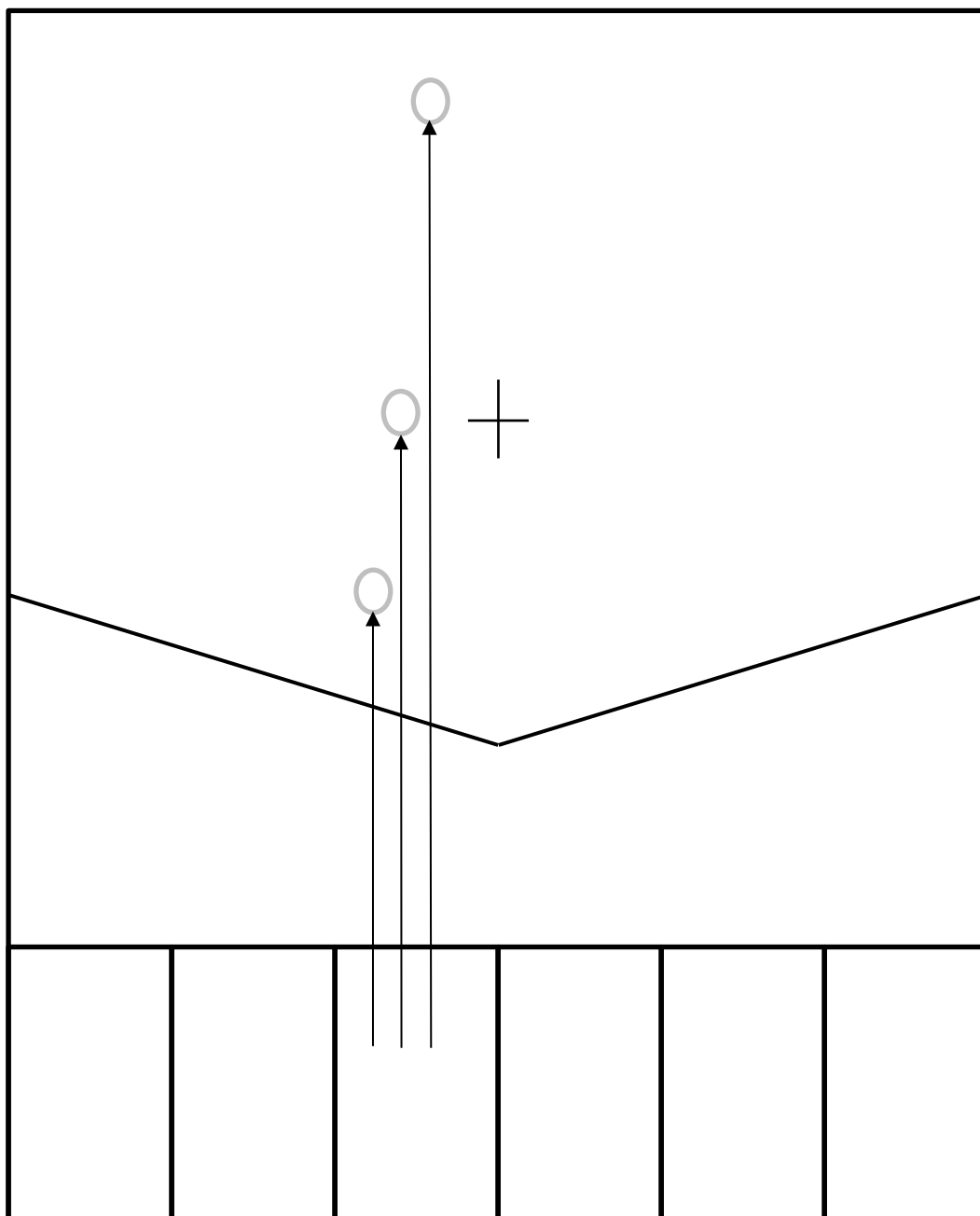
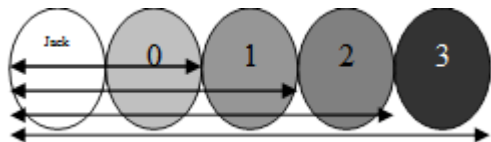


**Driving** “being able to adjust the positioning of your opponents balls reduces their number of scoring opportunities, whilst it increases your own - should you be accurate enough to move the right ball”.

Jack ball is placed on a point directly in front of player at 3m; 5m and 9m (in any order)

Thirty (30) balls are thrown aiming to get as move the jack as far as possible.

Scoring as follows:



# Skills Training Log sheet

<b>Name:</b>  <b>Grade:</b>  <b>Date:</b>						3m Drawing			5m Drawing			9m Drawing						
						<i>Total =</i>						<i>Total =</i>			<i>Total =</i>			
Jack		First shot				3m Driving			5m Driving			9m Driving						
<i>Total =</i>		<i>Total =</i>				<i>Total =</i>			<i>Total =</i>			<i>Total =</i>						