

HARROGATE BOWLING CLUB



Improvers Coaching

Week 10: The Six Station Challenge

Six Station Challenge

- ▶ The 6 rinks are set up beforehand with a variety of bowling challenges.
- ▶ **Rink 1: Gordons' Challenge.** 4 woods, 1 pt for each within 1m, bonus points available. Max: 6 Points
- ▶ **Rink 2: Weight Practice.** Two jacks 4m apart, each wood must be between last wood and a jack, in ascending or descending sequence.
- ▶ **Rink 3: Through the gap.** Two gaps created with Rebound disks 0.5m apart , one on each hand. Encourages players to get the right line. Max: 6 Points
- ▶ **Rink 4: Smack the Jack.** 1 pt for hitting the Jack, 2 pts for driving the jack into the ditch, 3 pts if the wood follows and stays within 1m. Max: 12 Points
- ▶ **Rink 5: Displaced Jacks.** 2 Jacks, each 1m from the side of the rink. Draw to the Jacks, 2 bowls at each. Can bowl either hand. Max: 6pts
- ▶ **Rink 6: “Bloomin’ Short Woods”.** Mat up 6m, with Jack 3m from front ditch. All woods short of the Jack or in the ditch do not count. Good for length control. 2pts per successful delivery; Max: 8pts