

Drill: #2A Draw to the Ditch Advanced Exercise

Instructions:

This is an advanced drill, building on drill #2 Draw to the Ditch.

No jack necessary.

Move the mat, by 2 meters, in four separate steps up to the hog line.

Teaches you weight control.

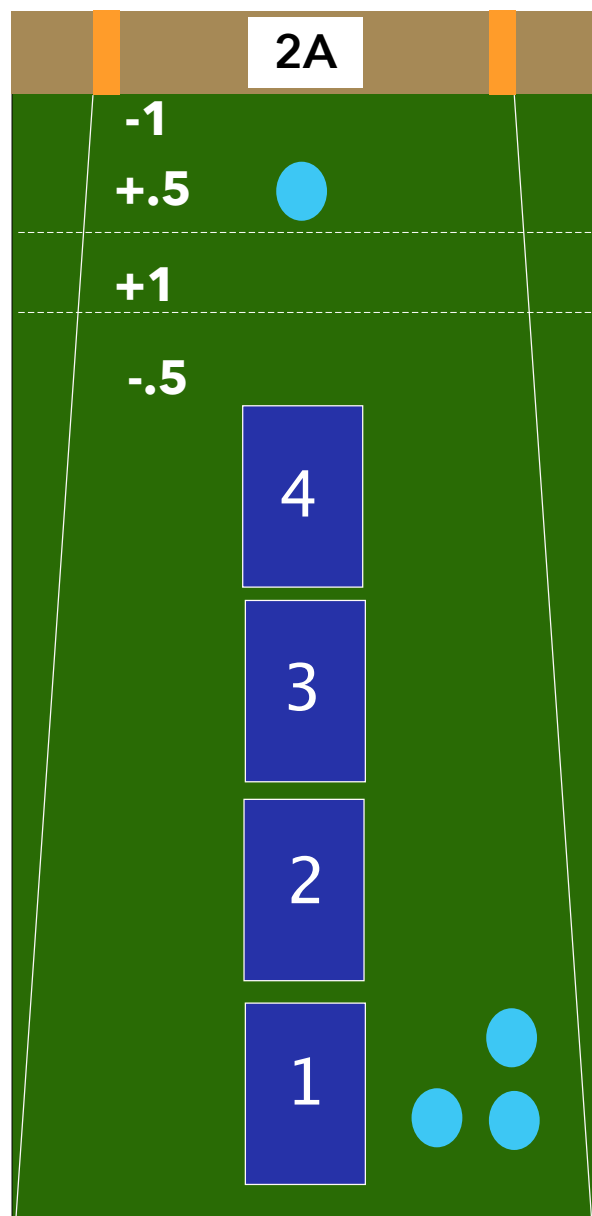
Keep your bowl from falling into the ditch.

Scoring:

| | |
|-----|-----------------------------|
| +1 | Less than 1 yard the ditch |
| +.5 | 1 to 2 yards from the ditch |
| -1 | In the ditch |
| -.5 | Short |

| | 1 | 2 | 3 | 4 |
|--------|---|---|---|---|
| End 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| 16 | | | | |
| 17 | | | | |
| 18 | | | | |
| 19 | | | | |
| 20 | | | | |
| 21 | | | | |
| 22 | | | | |
| 23 | | | | |
| 24 | | | | |
| 25 | | | | |
| Totals | | | | |

$$\frac{\boxed{}}{\text{Total}} \div \frac{\boxed{}}{\text{Ends}} = \boxed{} \%$$



1. Place the mat 2 yards from the ditch
2. Place the mat 4 yards from the ditch
3. Place the mat 6 yards from the hog line
4. Place the mat at the front hog line

Notes
