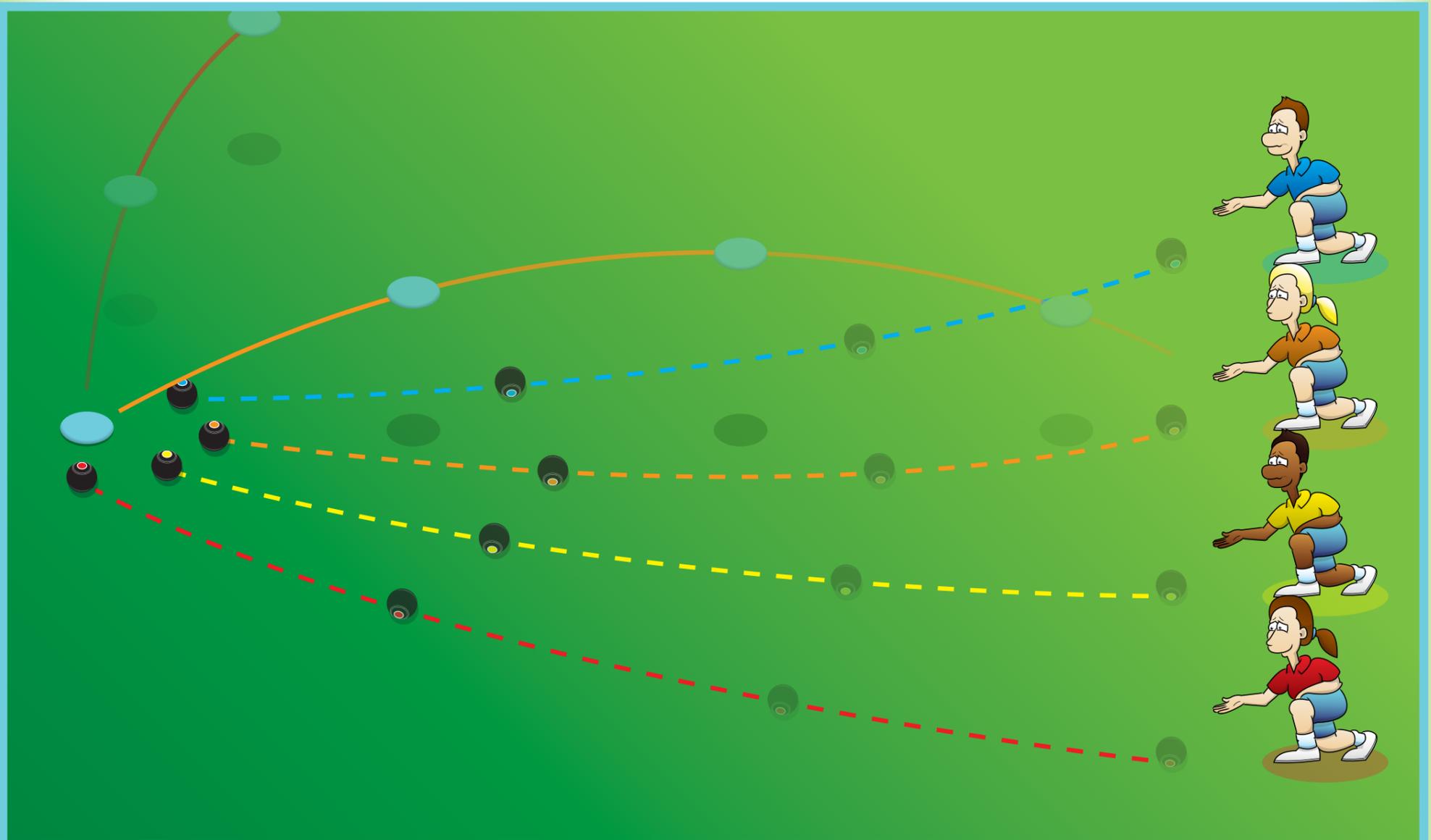


Bowls is for  
**EVERYONE**

# Bowls frisbee



[www.bowlsvic.org.au](http://www.bowlsvic.org.au)



- Each player has 1 bowl/ball
- Bowlers line up around the frisbee thrower
- Each player tries to get their bowl closest to the frisbee
- All players bowl together
- The closest to the frisbee throws it another direction

## Learning outcome:

- Controlling line and length over different distances
- Planning ahead
- Tactics
- Deciding the shot
- Identifying strengths and weaknesses
- Visualisation
- Playing to your strength

## Equipment:

- Bowls with or without bias
- Frisbees

## Tips:

- Ensure game area is large enough not to hinder other games and can cater to the number of participants (from 4 to 20 is ideal)
- Increase the number of frisbees and/or break into smaller groups