# Individual Practice Routine

1. 5 min of stretching
2. 15 min of getting warmed up with throwing shots(not trying to strike) burning up an area
3. (10) 7 pins and (10) 10 pins
4. (5) 3-6-10 and (5) 2-4-7
5. Targeting drill – (10) shots hitting ribbon at the arrows and hitting the pocket then (10) shots hitting ribbon at 40 feet and hitting the pocket.
6. Point Game – Number of frames to get to 20 pts
7. Keep the score sheet in the filing cabinet to show coaches your progress
8. Do this practice three times a week.