

Coaching Programme for New Bowlers

Equipment:

Mats, jacks, selection of different size bowls.

Session One

Objectives - to get bowlers able to deliver a bowl cleanly and to understand how to achieve line on the forehand and backhand.

- 1) Introduction of self/helpers. Any experience/knowledge new bowlers (NB) may have.
- 2) Housekeeping/health and safety.
- 3) NB's to pick up jack and stand on mat. Are they comfortable when they pick up the jack? Demonstrate Jack Grip - jack rests on the closed finger tips with the thumb near its crown and applying enough gentle pressure to keep the jack secure.
- 4) NB's to roll jack straight up the green towards a target.
- 5) NB's to roll jack to a target left and right of the centre line. Ask NB what they had to do with their feet/body to enable them to do this.
- 6) Ask NB's to choose a bowl which should be easy for them to use a comfortable grip.
- 7) Coach to place the bowl in the NB hand and get them to bowl it up the centre towards a target. Ask the NB's why the bowl moved as it did. Coach places another bowl in their hand with the bias on the other side. Again, bowler to explain what happened to the path of the bowl.

Look for any hindrances to a good delivery. Only suggest corrections one at a time.
 - a) before each bowl, observe whether bias and grip are OK and then the delivery and follow through.
 - b) holding the bowl - wobbles are a good indication of incorrect grip.
 - c) feet too close together - loss of balance may suggest this
 - d) bouncing the bowl - lower delivery with bent knees to allow smooth delivery.
 - e) a narrow delivery - a simple pendulum action with a straight arm will be
- 8) NB's to deliver all 4 bowls, on the forehand with the objective of getting the bowl to come back to the centre line.
- 9) Once comfortable on the forehand, switch NB's to backhand.
- 10) Finish session with a simple challenge, such as how close they can get to the centre line.

Session Two

Objectives - to get bowlers to know how to deliver a bowl to different lengths whilst achieving the right line.

- 1) Recap on the learning from Session 1, getting bowlers to deliver four bowls on each hand.

- 2) Introduce the need to control weight, asking bowlers to suggest how their experience so far might help, e.g. speed of hand, difference in backswing and follow through, bigger or smaller step - all add or reduce weight.

- 3) NB to bowl three bowls all of varying weight to see the effect for themselves. Ensure basic delivery is not lost.

- 4) NB to bowl two bowls on each hand using a target based on a short jack length. Mark desired length with markers, with the aim to stop in between the marks.

- 5) Once NB masters the range bring markers closer together.

- 6) Change length of the target on a full length jack.

- 7) Finish session by bowling to a large target.

- 8) Recap the session by asking the bowlers what the key things are in both line and length. Aiming points, shoulders, delivery actions including, stance, grip, bias, pendulum action, backswing and length of forward step.

- 9) Let NB continue to practice if they wish to - without coaching intervention.

Session Three

Objectives - to enable bowlers to put the basic skills they have learnt into a game situation.

- 1) Recap key points from Session 2 and let NB play two ends of four bowls to regain their competence, using a large target such as a football for the jack.
- 2) Using cones get the NB to practice drawing within the square of cones to improve their control of line and weight.
- 3) Introduce the typical pairs/triples/fours game and the role of each bowler depending on how many participants.
- 4) Reintroduce the jack, explaining its significance in the game and its delivered position.
- 5) Play an adapted game of four ends to include delivery of jack. Use a yard stick for scoring.
- 6) If time permits add a few more ends.
- 7) Review the session, focussing on participation in the game.

Session Four

Objectives - to provide bowlers with the knowledge of the basic laws of the sport as they impact on new bowlers to enable them to play a full game of bowls with coaching support.

- 1) Recap the first three sessions using open questions.
- 2) Line vs Length discussion on aiming point
- 3) Introduce basic laws on mat placement, foot positioning and minimum/maximum jack lengths.
- 4) Divide bowlers into two teams letting them decide what positions to play, using the required number of bowls for the format. Coach will only intervene to measure, score and record the result.
- 5) Review session identifying issues over etiquette, measuring and scoring.

SESSION FIVE

Objectives - Laws and etiquette.

- 1) Review the various formats of the game and duties of each position.
- 2) Recap etiquette, measuring and scoring issues.
- 3) Introduce law on possession of the mat and its implications on etiquette.
- 4) Provide examples of measuring situations and give practical advice on techniques for measuring before letting the bowlers have a go to measure the bowls and record the result on a score card.
- 5) Set a mat at two metres short of the twenty five metre mark, explaining the jack needs to be at full length. Play a few ends on this length. Get the threes to measure and record result. Talk about the advantages of a toucher and the concept of a dead bowl.
- 6) Continue to play more ends varying the position played by each bowler and the length of jack.
- 7) Review the session

SESSION SIX

Objectives - to consolidate the practical skills learnt within a real game and to play with the fellow club players. The outcome should be bowlers having sufficient confidence to play in a friendly club game.

To join Monday evening roll up games.