

CPD Workshop Plan: Creating Effective Practice Sessions

Berkshire Bowls Coaching Scheme — Level 2 CPD Module

Duration: 2 hours (option for condensed 90-minute session)

Target Audience: Level 2 and above coaches

Workshop Overview

This CPD workshop helps coaches design structured, purposeful, and measurable practice sessions. It teaches how to balance technical, tactical, and mental elements in training, use progressive drills, and apply metrics such as MAE or grouping to evidence improvement. The session combines theory, planning activities, and on-rink application to enhance practice effectiveness.

Learning Outcomes

- Plan and deliver purposeful practice sessions with measurable outcomes.
- Balance technical, tactical, and mental development within training sessions.
- Design progressive drills that transfer effectively into match play.
- Use metrics (MAE, grouping, scoring) to evidence improvement.
- Adapt sessions for different abilities, roles, and team formats.

Session Plan (2 Hours)

Segment	Duration	Focus	Format
1. Welcome & Aims	5 min	Introduce the session purpose: the difference between random and structured practice.	Classroom
2. Principles of Effective Practice	20 min	Discuss how to balance technical, tactical, and psychological focus; blocked vs variable practice.	Theory / Discussion
3. Designing a Session	15 min	Demonstrate how to set objectives, plan progression, and define measurable success.	Workshop / Whiteboard
4. Reviewing Session Templates	10 min	Review sample 60-min, 90-min, and team session plans.	Group Discussion
5. Practical Block 1 – Technical Drill Design	20 min	Run Landing Spot or Grouping Test to demonstrate measurable improvement.	On Rink
6. Practical Block 2 – Variable & Scenario Practice	25 min	Run Scenario Play and Pressure Challenge to simulate match play.	On Rink
7. Practical Block 3 – Feedback & Reflection	15 min	Coach players through questioning and reflective review post-drill.	On Rink
8. Review & Discussion	10 min	Discuss key takeaways from designing and delivering	Group Discussion

Website: <https://lawnbowlscoaching.uk>

© 2025 Lawn Bowls Coaching. All rights reserved.



		structured practice.	
9. Homework & Wrap-Up	5 min	Assign task: design and run a practice session using these methods.	Classroom

Condensed 90-Minute Format

Rink-based version maintaining all key outcomes in less time:

- Introduction & Aims: 10 min
- Theory: Effective Practice Design: 10 min
- Practical 1 – Technical Drill (Landing Spot / Grouping Test): 25 min
- Practical 2 – Scenario or Pressure Challenge: 25 min
- Practical 3 – Feedback & Review: 15 min
- Reflection & Homework: 5 min

Equipment & Setup

- Bowls, jacks, and markers (cones/discs) for drill setups.
- Stopwatch or phone timer for timed or pressure challenges.
- Scoreboard or whiteboard for tracking grouping or MAE results.
- Practice plans or worksheets for coaches to record objectives.
- Clipboards for feedback and reflection notes.

Practical Drill Sequence (65–70 min on-rink)

- Warm-Up – Roll-ups or target circles with stretching and short accuracy bowls.
- Landing Spot Drill – Technical focus; record MAE or grouping score.
- Variable Practice – Alternate hands and jack lengths to simulate game variability.
- Scenario Play – Tactical end simulation: e.g., defend lead or chase shots.
- Pressure Challenge – Countdown or scoring drill to increase focus.
- Reflective Review – Debrief performance and set personal improvement goals.

Reflection Prompts (Coach Review)

- Was the session balanced across technical, tactical, and mental components?
- Did players have a clear objective for each drill?
- Was progress measured effectively (grouping, MAE, score)?
- How did players respond to blocked vs variable practice?
- What types of feedback improved understanding or performance?

Player Homework

Encourage players to:

- Identify one area of improvement to focus on during the next practice.
- Record their grouping or MAE scores weekly to track progress.
- Reflect on which drill best replicated match conditions.
- Plan a short 45–60 minute personal practice using today's structure.

