

Berkshire Bowls Coaching CPD – Level 2

Title: One-to-One Coaching Clinic (Including Video Diagnostic Integration)

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Version: 2025 Edition

Format: CPD Module for Qualified Level 2 Coaches

1. Overview

This CPD module focuses on delivering a structured, evidence-based One-to-One Coaching Clinic where the coach works directly with an individual player to diagnose, correct, and develop performance using purposeful practice and video-assisted diagnostics.

The one-to-one approach allows precision observation and player-centred learning, developing deeper understanding and performance ownership.

2. Aims of the CPD

- Conduct focused one-to-one sessions using systematic observation.
- Use video playback to enhance player awareness and feedback.
- Identify and correct technical and tactical performance issues.
- Develop personalised purposeful practices.
- Integrate questioning, feedback, and progression planning.

3. Learning Outcomes

- Plan and structure a one-to-one coaching session with clear outcomes.
- Record and review performance using ethical, simple video tools.
- Identify key movement patterns, strengths, and faults in delivery.
- Apply corrective strategies using purposeful practice and feedback.
- Reflect on coaching effectiveness and player response.

4. Rationale for Using Video

At Level 2, video analysis enhances both coach accuracy and player insight. It enables:

- Slow-motion review to observe delivery timing and release.
- Visual feedback for the player to understand cause and effect.
- Objective comparison between pre- and post-correction performance.

“When bowlers see what they’re doing, learning accelerates.”

Practical Video Tips

- Use a mobile device or tablet at waist height.
- Record from two angles: front and side.
- Use playback to pause, replay, and discuss one key point per clip.
- Obtain verbal consent and delete recordings after use.

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5. CPD Session Focus

Stage	Activity	Coach Actions	Outcome
1. Introduction	Welcome & set objectives	Establish comfort and trust	Clear goals for session
2. Observation	Record 6–10 bowls	Watch for line, rhythm, balance	Identify key issues
3. Playback	Review with player	Ask: “What do you notice?”	Awareness of delivery pattern
4. Correction	Apply one key change	Demonstrate and question	Physical improvement
5. Purposeful Practice	Introduce targeted drill	Reinforce new habit	Improved consistency
6. Review	Compare video before/after	Summarise progress	Reinforced learning

6. Ethical and Safety Guidance

- Always gain permission before filming.
- Avoid sharing video content outside the coaching context.
- Delete material after the review unless retained securely for coaching development.
- Ensure the environment is safe, well-lit, and free from obstructions.

7. Integration with Level 2 Assessment

- Coaching purposeful, personal practices.
- Diagnosing and correcting delivery faults.
- Demonstrating appropriate questioning and communication.
- Managing individual sessions responsibly.

8. Integration with Fault Diagnosis and Corrective Coaching

For detailed analysis of delivery faults, line and weight inconsistencies, and their corrective methods, coaches should refer to the companion document “**CPD Level 2 – Fault Diagnosis and Corrective Coaching (Comprehensive Reference).**”

This guide expands on the technical aspects of the one-to-one clinic, providing structured tables of **symptoms, likely causes, diagnostic checks, and progressive remedies**. It is designed to complement this CPD module and should be used during advanced clinics or follow-up sessions where deeper mechanical analysis is required.

Together, these two documents create a complete coaching workflow — from **planning and delivery** to **diagnosis, correction, and player development tracking**.



9. Summary

The one-to-one clinic forms a bridge between guided group learning and self-directed player development. It enables precision, builds confidence, and provides measurable results. When combined with short video playback, it transforms feedback into visual learning.

“Effective coaching is not about telling — it’s about helping the player see and feel their improvement.”

