

CPD Level 2 – Lesson 6: Advanced Shot-Making

Learning Objectives (for the Coach)

By the end of this session, the coach should be able to:

- Coach trailing, weighted, and positional shots with precision and purpose.
- Analyse common technical and tactical errors in advanced shot execution.
- Design and deliver progressive drills to improve advanced shot accuracy and decision-making under pressure.

Background

At intermediate and advanced levels, players must evolve beyond line and length mastery. The ability to play and select the right shot—trail, yard-on, firm draw, or positional—is critical in determining match outcomes.

Advanced shot-making demands:

- Technical precision – understanding arm speed, stance stability, and controlled release.
- Tactical awareness – selecting the right shot for the situation.
- Mental control – executing with confidence under match pressure.

As a coach, your role is to refine the player's technique while fostering analytical thinking and confidence. This lesson links directly with game strategy and head-building, bridging the gap between technical skill and competitive performance.

Practical Activities

1. Warm-Up (10 minutes)

- Standard draw practice to short, medium, and long jacks.
- Introduce weighted arm drills – vary arm speed while maintaining smooth rhythm.
- Reinforce consistent stance and alignment.

2. Advanced Shot Workshop (40 minutes)

a) Trailing the Jack

Set-Up: Jack positioned 1 metre from the ditch; the target to trail Jack into the ditch or designated zone.

Focus Points: Smooth acceleration, controlled weight, correct line.

Coach Cues: “How much more speed will you achieve on your trail?” / “Where must your bowl finish if it misses everything?”

b) Weighted or Yard-On Shots

Set-Up: One bowl short of jack, player to displace it while staying in the head.

Progression: Begin with 1.5-metre extra weight → refine to 60 cm.

Coach Observation: Monitor arm speed, forward step, and follow-through balance.

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Berkshire Bowls Coaching Scheme



c) Positional Bowls

Set-Up: Jack near the ditch; players deliver covering bowls 1–1.5 metres behind.

Objective: Practise judging space and distance visually.

Coach Focus: Reinforce pre-shot visualisation and pace control.

3. Game Simulation (20 minutes)

- Create a “Freezing the Head” or “Phantom Four” scenario.
- Players must choose and justify their shot before playing.
- Coaches guide discussion, questioning risk and positional awareness.

Questioning Prompts

Use open-ended questions to promote self-analysis and peer reflection:

- What factors influenced your shot selection?
- Where was your point of aim and why?
- What could improve your control of weight next time?
- If your bowl had missed the target, what would have been the result?
- Was that the safest or highest percentage shot?

Encourage players to verbalise decision-making, helping them develop analytical and tactical reasoning.

Coach Notes (Ethics, Inclusivity, Safety)

- Ensure all drills maintain safe distances between players; warn of potential rebounds when practising drives.
- Use inclusive teaching – adapt shot distances or weight intensity for differing abilities or mobility limitations.
- Encourage mutual respect during critique; focus feedback on performance, not personality.
- Reinforce ethical coaching conduct: promote fair play, avoid bias, and respect diverse learning paces.

Reflection (Self + Peer)

Coach Reflection Prompts

- What advanced shot did my players find most challenging?
- Did my questioning techniques stimulate tactical thought?
- How could I vary future practices to enhance precision and decision-making?

Peer/Senior Coach Feedback

- Observe and comment on progression and communication style.

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- Provide constructive feedback on session flow, safety management, and player engagement.

Outcomes

By completing Lesson 6, coaches will:

- Demonstrate the ability to teach, analyse, and correct advanced shot techniques.
- Apply question-led coaching to deepen player understanding.
- Develop progressive practice design for advanced-level improvement.
- Understand how to integrate advanced shots into tactical play for competitive success.

