

Week 1 Coaching Plan – Focus: Line & Mat Placement

Line – introduction to basic delivery, mat placement, and understanding the centre and delivery line.

1. Introduction & Icebreaker

- Welcome the group, brief on safety (never stop a bowl with your hands, don't stand behind the mat, keep the bowls away from the mat).
- Quick chat: *"What do you notice about the bowls compared to other balls?"* → introduces the bias concept lightly.
- State today's focus: *rolling a bowl smoothly along the delivery line.*

2. Coach Demonstration

- **Mat placement:** correct position on the rink, minimum distance from the tee.
- **Jack delivery:** smooth roll to centre line.
- **Bowl basics:** show bias side, explain it will make the bowl curve (but today we focus only on the line).
- **Safety cue:** always stop bowls with the sole of the shoe.

3. Player Activity 1 – Mat & Jack Placement

- Pupils place the mat correctly (check distance, straight alignment).
- Each pupil rolls the jack to the centre line, short-medium distance.
- Coach prompt: *"Did it stay on line? If not, what changed?"*

4. Player Activity 2 – First Bowl Deliveries

- Pupils deliver 2 bowls in succession (forehand and backhand).
- Target: centre line (length not important yet).
- Coach observes smoothness of action, not accuracy of weight.
- Provide 1 clear coaching point each turn.

5. Player Activity 3 – Line Challenge (Engagement Optional)

- **Challenge:** Who can roll closest to the centre line with 2 bowls?
- Score: 1 point if bowl finishes within 1 metre either side of CL.
- Keeps practice light, fun, and competitive.

6. Wrap-Up & Reflection

- Ask pupils: *"What did you notice about rolling straight down the delivery line?"*
- Recap key points:
 - Mat must be placed correctly.



- Jack and bowls should be delivered smoothly.
- Focus today is **line, not length**.
- Preview Week 2: *"Next time we'll look at how stance and grip make it easier to roll straight down the delivery line."*

Outcomes (refined)

By the end of the session, the pupil should:

- Place the mat correctly within the rules.
- Deliver a jack and bowl smoothly towards or back to the centre line.
- Begin to recognise the bowl's curve due to bias (basic awareness).
- Deliver bowls that finish within ~1m either side of the centre line.

Coaches Checklist

Week 1 – Line & Mat Placement

- Mat placed correctly on the centre line.
- Jack delivered smoothly, short-medium length.
- Bowl delivered smoothly (ignore length).
- Bowl finishes within ~1m of either side of the centre line.
- Awareness of bias (basic recognition).
- Safe habits: stops bowls with the shoe sole, doesn't stand behind the mat, place bowls to the side of the mat.

