

Week 2 Coaching Plan – Focus: Stance & Grip

Line – building on Week 1 by introducing correct stance and grip to support consistent delivery.

1. Introduction & Recap (Coach–Pupil chat)

- Quick reminder of last week's key point: *rolling to the delivery line with smooth action.*
- Introduce today's focus: *stance and grip that are the foundations of a repeatable delivery.*

2. Coach Demonstration

- **Stance options:** Upright, semi-crouch, comfortable balance.
 - Highlight: body aligned to aiming line, eyes fixed on aiming point (2–3m ahead).
- **Grip:** Show correct placement of thumb, small finger, and middle finger (if required to get a smooth delivery). Alignment of the bowl in relation to the arm.
 - Emphasise: "Supported, not squeezed."
- **Link to last week:** A good stance and grip make it easier to send the bowl straight down the line.

3. Player Activity 1 – Stance Check (No Bowls)

- Pupils stand on a mat in different stance options (upright, semi-crouch) and determine which is suitable.
- Coach checks balance, comfort, body alignment. Feedback from the pupil.
- Cue: "Does this feel steady enough that you could hold it for 5 seconds?"

4. Player Activity 2 – Grip Check (Static)

- Pupils pick up a bowl, try to grip it with both hands. Check the body condition of the pupil.
- Check bowl size suitability (hand span, comfort).
- Check the bowl position in the hand (weight of bowl should be on the fingers, not in the palm of the hand).
- Check of bowl misalignment in the hand.
- Check the hand position relative to the arm (the hand should either be level with the forearm or cocked down from the wrist. The hand should not be cock up from the wrist).
- Coach prompts:
 - "Is your thumb resting naturally?"
 - "Does the bowl feel secure but relaxed?"

5. Player Activity 3 – Delivery Practice (Centred Jack)

- Place the jack on the centre line, short/medium length.
- Pupils deliver **two bowls consecutively** on forehand and backhand.



- Coach observes stance stability, grip consistency, and smooth action.
- Correction: one coaching point per delivery (avoid overloading).

6. Reinforcement Game (Engagement Optional)

- **Challenge:** Deliver 2 bowls in a row using the same stance/grip.
- Score: 1 point if both finish within 1 metre either side of the centre line.
- Emphasise repeatability, not perfect accuracy yet.

7. Wrap-Up & Reflection

- Ask: "Which stance felt best for you?" "How did the grip feel?"
- Reinforce learning: *Comfortable stance + supported grip = better control of line.*
- Preview Week 3 focus (arm swing, balance and follow through): "Next time we'll build on this with further refinement of the delivery."

Outcomes (refined)

By the end of the session, the pupil should:

- Demonstrate a **comfortable stance** aligned to the aiming line.
- Hold the bowl with a **secure but relaxed grip**.
- Deliver two bowls in succession with consistent stance and grip.

Coaches Checklist

Week 2 – Stance & Grip

- Stance balanced (upright/semi-crouch, aligned to aiming line).
- Comfortable and repeatable stance chosen.
- Eyes focused on the aiming point.
- Grip correct: thumb and fingers positioned naturally and bowl orientation.
- Bowl feels supported (not squeezed).
- Able to deliver on both forehand and backhand.

Homework

Set home for all pupils: Practice rolling a tennis ball (or something similar) to a marker (piece of paper) about 3 or 4 metres away. Align your body to the marker and deliver the tennis ball so it runs over the mark again and again. Until you can do this successfully 3 out of 5 times. Progress onto two markers same distance away, about 1 metre apart, and align your body to the first marker and deliver the tennis ball. If successful, move on to the second marker. Keep repeating the exercise until perfect. This exercise helps you develop a good delivery down towards the aiming point and aiming line.

