

Week 3 Coaching Plan – Focus: Arm Swing, Balance & Follow Through

Line – building on stance and grip (Week 2) by adding the delivery action: arm swing, body balance, and follow-through.

1. Introduction & Recap

- Remind pupils of last week: *stance and grip provide the foundation for consistency.*
- Introduce today's focus: *how the arm moves, how the body stays balanced, and how we finish the delivery.*
- Safety reminder: keep clear of moving bowls, always stop with the shoe sole.

2. Coach Demonstration

- Show the **pendulum technique**:
 - Hand starts in front of the body → let the weight of the bowl carry the arm back naturally → smooth forward swing → release → follow through.
- Highlight **key elements**:
 - Arm swing: straight pendulum, smooth, controlled.
 - Balance: stable stance, rear leg acts as a counterbalance.
 - Follow through: hand continues along the aiming line, head still, eyes focused.
- Use a centred jack with **two markers (bowls)** placed 1 metre either side of the centre line as a visual lane.

3. Player Activity 1 – Dry Run (No Bowls)

- Pupils practice the pendulum swing without a bowl.
- Coach checks arm path, balance, and body alignment.
- Cue: *"Let your arm swing like a pendulum – smooth and natural, not forced."*

4. Player Activity 2 – Bowl Delivery with Centred Jack

- Place the jack on the centre line, with two bowls 1m either side as guides.
- Pupils deliver **two consecutive bowls** forehand and backhand.
- Focus: smooth arm swing, balanced stance, consistent follow-through.
- Coach observes and gives 1 feedback point (e.g., arm swing too short, balance off).

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

- **Challenge**: Deliver 2 bowls that travel between the two guide bowls and finish beyond jack length.
- Score: 1 point per bowl that stays "in the lane."



- Builds accuracy of swing and balance while keeping it fun.

6. Wrap-Up & Reflection

- Ask pupils: “What did you notice about your arm swing – smooth or rushed?”
- Reinforce key points:
 - Pendulum swing builds weight control.
 - Balance helps accuracy and repeatability.
 - Good follow-through keeps the bowl on its aiming line.
- Preview Week 4: “Next time we’ll build on this with [next theme].”

Outcomes (refined)

By the end of the session, the pupil should:

- Demonstrate a **smooth pendulum arm swing**.
- Maintain **balance and stability** throughout the delivery.
- Follow through along the aiming line with hand, head, and eyes steady.

Coaches Checklist

Week 3 – Arm Swing, Balance & Follow Through

- Arm swing is pendulum-like (not forced).
- Smooth forward swing (not rushed).
- Balanced body posture during delivery.
- Rear leg acts as a counterbalance.
- Follow through in line with the aiming point, and the arm not coming across the body
- Head still, eyes on the aiming line.
- Bowls consistently pass through the “lane” between guide bowls.

Homework

Set homework for all pupils: practice picking up an upside-down U-shaped card. This will help with getting low down getting a smooth delivery, and stops the arm from coming across the body.

