

Week 4 Coaching Plan – Focus: Forward Swing, Release & Adjustments

Line – recap all delivery points so far, with specific focus on **forward swing and bowl release**.
Introduce adjustments when the mat or jack position changes.

1. Introduction & Recap

- Review Weeks 1–3:
 - Week 1 – *line focus & mat placement*.
 - Week 2 – *stance & grip*.
 - Week 3 – *pendulum swing, balance, and follow-through*.
- Today's focus: *forward swing and release – the last key parts of delivery – plus learning how the line changes when mat/jack positions change*.

2. Coach Demonstration

- Show **forward swing**:
 - Smooth pendulum action forward, body weight transferring to the lead foot.
 - Emphasise balance – some players may find weight transfer tricky if top-heavy.
- Show **release point**:
 - Too early = dumped bowl.
 - Too late = bumped bowl.
 - Correct = release just by the ankle of the lead foot.
- Show **mat adjustment**:
 - Move mat up rink → aiming point changes.
 - Explain “1 inch in stance/foot ≈ 1 yard at the head.”
- Show **displaced jack**:
 - Place the jack to one side and demonstrate changing the aiming point accordingly.

3. Player Activity 1 – Forward Swing & Release Practice

- Pupils practice delivery with a coach watching for the timing of release.
- Focus: smooth swing, weight transfer, bowl leaving hand near ankle of lead foot.
- Deliver 2 bowls consecutively (forehand & backhand).
- Cue: “*Smooth swing, steady release by your ankle.*”

4. Player Activity 2 – Mat Adjustment Drill

- Move the mat progressively further up the rink.



- Pupils deliver 2 bowls each time, noticing how the aiming point changes.
- Coach prompts: *"Where did you aim last time? Did it still work?"*

5. Player Activity 3 – Displaced Jack Challenge (Engagement Optional)

- Place **3 jacks horizontally**, minimum 1m apart.
- Pupils deliver to each jack in turn, adjusting the aiming point.
- Score idea: 1 point per bowl finishing within 1m of the target jack.
- Encourages thinking and adjustment skills.

6. Wrap-Up & Reflection

- Ask pupils: "What did you notice when the mat moved? How did you adjust for a jack off-centre?"
- Reinforce:
 - Smooth forward swing + correct release = consistent delivery.
 - Adjustments are part of bowls – every mat/jack change requires re-thinking the line.
- Preview Week 5: *"Next time we'll build further on line and length control."*

Outcomes (refined)

By the end of the session, the pupil should:

- Deliver with a **smooth forward swing and correct release timing**.
- Show **balance and weight transfer** in the delivery.
- Maintain the correct draw line when the mat is moved up the rink.
- Adjust the aiming point successfully for a **displaced jack**.

Coach's Observation Checklist

Week 4 – Forward Swing, Release & Adjustments

- Smooth forward swing with body weight transfer.
- Release point near the ankle of the lead foot (not dumped or bumped).
- Balance is maintained through release.
- Adjusts the aiming point when the mat moves up the rink.
- Adjusts the aiming point for the displaced jack.
- Demonstrates understanding of the "1 inch = 1 yard" rule of thumb.

