

Week 6 Coaching Plan – Focus: Weight/Length Control (Arm Speed & Forward Step)

Length/Weight – continuing from Week 5, with a focus on how arm speed and forward step influence distance.

1. Introduction & Recap

- Recap Week 5: stance height and swing length affect weight.
- Introduce today's focus: *keeping a smooth, controlled arm speed and using a natural forward step to support weight control.*
- Emphasise: *weight control is mostly repetition and practice.*

2. Coach Demonstration

- **Speed of Arm:**
 - Pendulum swing with consistent speed = reliable weight.
 - Varying swing length, not speed, is the preferred beginner method.
 - Demonstrate what happens if speed changes inconsistently (bowl stops short/overshoots).
- **Forward Step:**
 - A normal walking step is sufficient.
 - Too short = imbalance, too long = difficult to control.
 - Reinforce: for safety and simplicity, beginners should avoid exaggerated stride variations.
- Visual reminder: *2.5 rolls of a bowl ≈ 1 metre travel; 1 inch stance elevation ≈ 1 yard at the head.*

3. Player Activity 1 – Bowling Between 2 Bowls

- Place 2 bowls a set distance apart on the centre line (4m gap to start).
- Pupils deliver bowls, aiming to stop between them.
- Deliver 2 consecutive bowls (forehand/backhand).
- Gradually narrow the gap as pupils improve.

4. Player Activity 2 – Arm Speed Consistency Drill

- Pupils practice 3 deliveries with the same swing length but intentionally vary arm speed (slow, normal, fast).
- Coach highlights the effect on bowl length.
- Then repeat using **constant arm speed with varied swing length** – reinforcing preferred method.



5. Player Activity 3 – Target Zone Challenge (Engagement Optional)

- Create a “target zone” between 2 bowls/jacks.
- Scoring: 2 points if the bowl finishes in the zone, 1 point if the line is correct but the weight is off.
- Keeps focus on weight without losing line discipline.

6. Wrap-Up & Reflection

- Ask pupils: “Did you find it easier to control weight by swing length or arm speed?”
- Reinforce key points:
 - Keep arm speed smooth and consistent.
 - Control weight primarily with swing length, not arm speed.
 - Forward step should be natural and balanced – nothing exaggerated.
- Preview Week 7: *“Next time we’ll keep developing weight control under more game-like conditions.”*

Outcomes (refined)

By the end of the session, the pupil should:

- Maintain line while focusing on weight control.
- Deliver with **consistent arm speed** and use swing length for weight adjustment.
- Use a **natural forward step** for balance and rhythm.
- Successfully deliver bowls into a defined target area.

Coach’s Observation Checklist

Week 6 – Weight/Length (Arm Speed & Forward Step)

- Maintains smooth, consistent pendulum arm speed.
- Adjusts swing length (not speed) for weight control.
- Uses natural forward step (balanced, not exaggerated).
- Bowl consistently finishes between target bowls.
- Able to self-identify when the bowl is short, on target, or long.
- Maintains line discipline while focusing on weight.

