

Week 7 Coaching Plan – Focus: Weight Control & Displaced Jack

Theme:

Line & Length – combining weight control with displaced jack situations, focusing on finishing the delivery (hand orientation, arm path, and release point).

1. Introduction & Recap

- Recap Week 6: consistent arm speed + swing length gave control of weight.
- Introduce today's focus: *bringing together weight control with line adjustments when the jack is displaced.*
- Brief discussion: introduce different **game play formats** (singles, pairs, triples, fours) and **player roles** (lead, second, third, skip).

2. Coach Demonstration

- **Delivery finish:**
 - The arm finishes close to the body, following the aiming line.
 - Correct hand orientation at release (avoid twisting or flicking fingers).
 - Consistent release point near the ankle of the lead foot.
- **Displaced jack:**
 - Show how to adjust the aiming point when Jack is off-centre.
- Place 3 jacks diagonally across the rink (at least 1m apart). Demonstrate delivering to each with an adjusted line and controlled weight.

3. Player Activity 1 – Diagonal Jacks Drill

- 3 diagonally placed jacks, at least 1m apart.
- Pupils deliver to each jack in turn, adjusting line and weight.
- 2 bowls consecutively (forehand/backhand).
- Focus: correct hand orientation, smooth release, and adjusted line.

4. Player Activity 2 – Mat Position Changes

- Move the mat forward/backwards.
- Pupils deliver again to diagonal jacks, recognising how the line changes.
- Coach cue: *"Notice how your aiming point changes with mat position."*

5. Player Activity 3 – Game Roles Mini-Challenge (Engagement Optional)

- Split the group into pairs. One plays as **lead** (sets mat/jack), the other as **skip** (calls which jack to aim for).
- Swap roles after 6 bowls.



- Builds awareness of teamwork and decision-making.

6. Wrap-Up & Reflection

- Ask pupils: “What did you notice about your hand orientation at release?” “How did moving the mat change your aiming point?”
- Reinforce key points:
 - Finish delivery with correct hand orientation, arm following the line.
 - Adjust the aiming point for displaced jacks and mat movement.
 - Awareness of player roles adds context to skill practice.
- Preview Week 8: *“Next time we’ll build more on applying these skills in tactical situations.”*

Outcomes (refined)

By the end of the session, the pupil should:

- Deliver with a consistent release point and correct hand orientation.
- Combine weight control with the adjusted line to draw to displaced jacks.
- Recognise basic game formats and player positions/roles.

Coach’s Observation Checklist

Week 7 – Weight Control & Displaced Jack

- Hand orientation is correct after delivery (no twisting/flicking).
- Arm finishes close to the body, following the aiming line.
- Consistent release point near the ankle of the lead foot.
- Adjusts line effectively for displaced jacks.
- Maintains weight control while changing the draw line.
- Demonstrates awareness of player positions and roles.

