

Week 8 Coaching Plan – Focus: Recap, Drawing to the Ditch, Etiquette & Measuring

Theme:

Line & Length – consolidating previous skills, drawing to the ditch, and introducing etiquette and measuring.

1. Introduction & Recap

- Recap Weeks 1–7: line, stance, grip, swing, release, weight control, displaced jack.
- Introduce today's focus: *drawing to the ditch (longer length control), plus etiquette and measuring.*
- Emphasise: bowls is not just about skill, but also sportsmanship and respect for the game.

2. Coach Demonstration

- **Etiquette:**
 - Respect opponents (stand still when they play, do not distract).
 - Encourage team-mates, don't criticise.
 - Acknowledge good shots from both teams.
- **Measuring:** demonstrate using a measure or string, explain when measuring is required.
- **Draw to ditch:**
 - Start with Jack 1m from the ditch.
 - Demonstrate drawing to Jack, emphasising controlled length.
- **Touchers:**
 - Introduce rules for touchers.
 - Show jack and toucher positions in/near ditch.

3. Player Activity 1 – Jack Near Ditch Drill

- Jack placed 1m from the ditch.
- Place a toucher 2m in front of the jack.
- Pupils practice drawing to toucher/jack, 2 bowls consecutively, forehand and backhand.

4. Player Activity 2 – Jack and Toucher in Ditch

- Jack and toucher were placed in a ditch, 2m apart.
- Another toucher 2m in front of the ditch.
- Pupils practice drawing to these targets, developing judgment for longer weight.
- Mat moved to various positions, including off-centre jack placement.



5. Player Activity 3 – Etiquette & Measuring Game (Engagement Optional)

- Small game format (pairs/triples).
- Pupils play 4 ends, with focus on:
 - Applying etiquette in real play.
 - Practising measuring when bowls are close.
- Encourage discussion on when to measure and how etiquette influences the enjoyment of the game.

6. Wrap-Up & Reflection

- Ask: “What did you find most difficult about drawing to the ditch?” “How does etiquette change the way the game feels?”
- Reinforce:
 - Consistency remains the foundation of good bowls.
 - Drawing to the ditch requires confidence in weight control.
 - Etiquette and measuring are essential parts of match play.
- Preview Week 9: “Next time we’ll build further on gameplay and tactical awareness.”

Outcomes (refined)

By the end of the session, the pupil should:

- Practice and improve drawing to the ditch with control.
- Demonstrate understanding of basic etiquette on and around the rink.
- Understand how and when to measure.
- Continue reinforcing consistency in stance, delivery, and follow-through.

Coach’s Observation Checklist

Week 8 – Drawing to Ditch, Etiquette & Measuring

- Demonstrates ability to draw to the jack near the ditch with controlled weight.
- Adjusts line and length for off-centre jack and mat changes.
- Understands and applies etiquette (stillness, respect, encouragement).
- Recognises and follows toucher rules.
- Uses or understands how to use a measure correctly.
- Maintains consistency in stance, swing, and follow-through.

