

Coaching Sessions at Whiteknights IBC – Week 1

Theme: Line

Lesson: Learn to deliver – Mat placement. Focus on Jack rolling, bowl delivery (both hands), and rink awareness.

Exercise

- **Mat Placement**
 - Players place the mat correctly on the centre line, observing minimum distance requirements.
- **Starting a Beginner**
 - **Jack Delivery**
 - Each player rolls the jack smoothly to the centre line (short-medium length, approx. 27m).
 - Coach prompt: “Did it stay on line? If not, what changed?”
 - **First Bowl Deliveries**
 - Each player delivers **two consecutive bowls** (one forehand, one backhand).
 - Focus on **smooth delivery action**, not weight.
 - Provide one clear coaching point per turn.
- **Optional Line Challenge**
 - Players compete to roll closest to the centre line with two bowls.
 - Score: 1 point for bowls finishing within ~1m of CL.
 - Keeps practice fun and engaging.

Rules and Other Information

- **Mat size:** 600mm × 360mm; must meet minimum length requirements.
- **Indoor jack size:** 63–67mm.
- **Bowls:** sizes 00–6 (116–131mm Ø; 1.2–1.59kg), stamped to World Bowls standard.
- **Rink dimensions:** 31–40m long; 4.6–5.8m wide (indoor) / 4.3–5.8m (outdoor).
- **Delivery notes:**
 - Explain jack and bowl rolling behaviour; light introduction to bias.
 - Emphasise smoothness of delivery rather than distance.
 - **Safety reminders:**



- Never put bowls behind the mat.
- Stop bowls with the sole of the shoe.
- Keep bowls to the side when not in use.

Outcomes

By the end of this session, the bowler should be able to:

- Place the mat correctly within the rules.
- Deliver a jack smoothly towards the centre line.
- Deliver bowls on both forehand and backhand with smooth action.
- Begin to recognise the bowl's curve due to bias (basic awareness).
- Deliver bowls that finish within ~1m either side of the centre line.
- Understand the focus is on **line, not length**.

General Notes

- All exercises should be set to **short-medium distance** (approx. 27m).
- Extend distance or complexity only once control is shown.
- Always allow **two consecutive deliveries** for adjustment/replication.
- Encourage reflection: *"What did you notice about rolling straight down the line?"*
- Preview next session: stance and grip to support straighter deliveries.

