

## Coaching Sessions at Whiteknights IBC – Week 2

**Theme:** Line

**Lesson:** Learn to deliver – Focus on stance and grip in the delivery method.

### Exercise

- **Stance Check (No Bowls)**
  - Players stand on the mat and try an upright or semi-crouch stance.
  - Coach checks balance, comfort, and body alignment.
  - Cue: *“Does this feel steady enough to hold for 5 seconds?”*
- **Grip Check (Static)**
  - Players pick up a bowl and check natural grip.
  - Confirm bowl size is suitable for hand span.
  - Check bowl rests on fingers (not palm).
  - Coach prompts:
    - *“Is your thumb resting naturally?”*
    - *“Does the bowl feel secure but relaxed?”*
- **Delivery Practice (Centred Jack)**
  - Place the jack on the centre line (short-medium length).
  - Players deliver **two consecutive bowls** (forehand and backhand).
  - Coach observes stance stability, grip consistency, and smooth action.
  - Provide one clear coaching point per delivery.
- **Optional Reinforcement Game**
  - Challenge: deliver 2 bowls in a row using the same stance and grip.
  - Score: 1 point if both finish within 1m either side of CL.
  - Reinforces repeatability, not perfect accuracy.

### Rules and Other Information

- **Mat and footwork:** Max mat length; avoid foot fault.
- **Stance:** Upright, semi-crouch, or comfortable balance.
  - Addressing the mat, body elevation, and correct alignment to the line.
  - Balanced stance with eyes fixed on the aiming point (AP).

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# Berkshire Bowls Coaching Scheme



- Head still, arm straight or bent naturally.
- **Grip:**
  - Choose the correct bowl size.
  - Position of thumb, small finger, and middle finger.
  - Hand condition (strength, arthritis check if needed).
  - Bowl supported in fingers, not squeezed.
- **Coaching maxim:** *Don't try to solve everything at once.*

## Outcomes

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

- Demonstrate a comfortable stance aligned to the aiming line.
- Hold the bowl with a secure but relaxed grip.
- Deliver two bowls consecutively with a consistent stance and grip.
- Continue building confidence in forehand and backhand deliveries.

## General Notes

- All exercises set at **short-medium distance** (approx. 27m).
- Extend distance or complexity once skill improves.
- Always allow **two consecutive deliveries** for adjustment/replication.
- Practice on both forehand and backhand.

