

Coaching Sessions at Whiteknights IBC – Week 3

Theme: Line

Lesson: Learn to deliver – Focus on arm swing, balance, and follow-through.

Exercise

- **Dry Run (No Bowls)**
 - Players practice the pendulum swing without a bowl.
 - Coach checks arm path, balance, and alignment.
 - Cue: *“Let your arm swing like a pendulum – smooth and natural, not forced.”*
- **Delivery Practice (Centred Jack with Guides)**
 - Place the jack on the centre line, with two bowls 1m apart on either side as guides.
 - Each player delivers **two consecutive bowls** (forehand and backhand).
 - Focus on smooth pendulum swing, balanced body posture, and consistent follow-through.
 - Provide one coaching point per delivery.
- **Optional Lane Challenge**
 - Players aim to deliver bowls that travel between the guide bowls and finish beyond jack length.
 - Score: 1 point per bowl that stays “in the lane.”
 - Builds accuracy and control while keeping practice fun.

Rules and Other Information

- **Minimum bowl length applies.**
- **Pendulum technique:**
 - Hand starts in front of the body.
 - Let the bowl’s weight carry the arm back naturally.
 - Smooth forward swing → release → follow-through.
- **Balance and body action:**
 - Stable stance, rear leg as counterbalance.
 - Head still, eyes focused on aiming line (AP).
 - Do **not** use the shoulder as an aiming point.
- **Delivery breakdown:**

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- Initial start point of bowl.
- Arm back swing.
- Arm forward swing.
- Release.
- Follow through.
- Rear leg position.
- Non-bowling arm balance.
- Head position.
- **Observation note:** Small stance or foot changes can shift the bowl significantly (*1 inch in stance $\approx$ 1 yard at the head*).

Outcomes

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

- Demonstrate a smooth pendulum arm swing.
- Maintain balance and stability throughout delivery.
- Follow through consistently along the aiming line.
- Develop early awareness of weight control through swing and follow-through.

General Notes

- All exercises should be set to **short-medium distance** (approx. 27m).
- Extend distance or complexity once players show consistency.
- Always allow **two consecutive deliveries** for adjustment/replication.
- Practice on both forehand and backhand.
- Encourage reflection: “*What did you notice about your arm swing – smooth or rushed?*”

