

Coaching Sessions at Whiteknights IBC – Week 4

Theme: Line

Lesson: Learn to deliver – Recap all points of delivery. Focus on the forward swing and the bowl release. Move the mat up the rink to check the draw line. Deliver to displaced jack.

Exercise

- **Forward Swing & Release Practice**
 - Pupils practice delivery with the coach watching the timing of release.
 - Focus: smooth swing, weight transfer, release near the ankle of the lead foot.
 - Deliver **two consecutive bowls** (forehand & backhand).
 - Cue: *“Smooth swing, steady release by your ankle.”*
- **Mat Adjustment Drill**
 - Place the mat at various positions up the centre line.
 - Pupils deliver two bowls each time and notice how their aiming point changes.
 - Prompt: *“Where did you aim last time? Did it still work?”*
- **Displaced Jack Challenge (Optional)**
 - Place 3 jacks horizontally, at least 1m apart.
 - Pupils deliver to each jack in turn, adjusting their aiming point.
 - Score idea: 1 point per bowl finishing within 1m of the target jack.
 - Reinforces adjustments and decision-making.

Rules and Other Information

- **Forward swing:**
 - Smooth pendulum action, body weight transferring to the lead foot (unless fixed stance).
 - For top-heavy players, balance may be a challenge.
- **Release:**
 - Too early = dumped bowl.
 - Too late = bumped bowl.
 - Correct = by the ankle of the lead foot.
- **Mat adjustment:**
 - Moving the mat up the rink changes the aiming point.

Website: <https://lawnbowlscoaching.uk>

© 2025 Lawn Bowls Coaching. All rights reserved.



- Aiming reference for a full-length jack may not work when the mat is advanced.
- **Displaced jack:**
 - Adjust the aiming point using the **1 inch ≈ 1 yard** rule of thumb.
- **Observation focus:**
 - Stance, swing, release, follow-through, and head position during delivery.

Outcomes

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

- Deliver with a smooth forward swing and correct release timing.
- Show balance and weight transfer in the delivery.
- Maintain the correct draw line when the mat is moved up the rink.
- Adjust the aiming point for a displaced jack.

General Notes

- All exercises should be set to **short-medium distance** (approx. 27m).
- Extend distance or complexity once skill develops.
- Always allow **two consecutive deliveries** for adjustment/replication.
- Practice on both forehand and backhand.
- Reinforce reflection: *“What did you notice when the mat moved? How did you adjust for a jack off-centre?”*

