

Coaching Sessions at Whiteknights IBC – Week 5

Theme: Length / Weight

Lesson: Learn to deliver – Weight/Length control to draw to the jack. Focus on the height of stance and the length of the arm swing.

Exercise

- **3 Inline Jack Drill**
 - Place 3 jacks on the centre line, at least 4m apart (short, medium, long).
 - Pupils must declare which jack they are aiming for before delivering.
 - Deliver **two consecutive bowls** (forehand and backhand).
 - Coach observes stance height, swing length, and delivery result.
- **Progressive Adjustment**
 - Gradually reduce the separation between jacks as pupils progress.
 - Move the mat forward/backwards occasionally to reinforce adjustments.
 - Pupils call out “on target, short, or long” before the bowl reaches halfway.
- **Optional Weight Challenge**
 - Game format:
 - 3 points if bowl finishes within ~2m of declared jack.
 - 1 point if the line is correct but the weight is off.
 - Reinforces consistency and awareness of weight.

Rules and Other Information

- **Weight/Length is controlled by:**
 - Height of stance.
 - Length of swing.
 - Speed of arm coming through.
 - Length of forward step.
- **Height of stance:** lower stance reduces weight (common on fast greens).
- **Swing length:** larger swing = longer bowl. Back swing and forward swing should be equal (pendulum principle).
- **Forward step:** shorter step reduces power, longer step increases it.
- **Key coaching point:** weight control is difficult but improves with practice and muscle memory.



- Encourage players to call *on target / short / long* before the bowl reaches halfway.
- Always correct other aspects of delivery when opportunities arise.

Outcomes

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

- Deliver bowls to within ~2m of a declared jack consistently.
- Understand how stance height and swing length control weight.
- Recognise delivery outcomes early (on target / short / long).
- Begin developing muscle memory for weight control.

General Notes

- All exercises should be set to **short-medium distance** (approx. 27m).
- Extend distance or complexity once the skill develops.
- Always allow **two consecutive deliveries** for adjustment/replication.
- Practice on both forehand and backhand.
- Reflection prompt: “*What did you notice about your swing length when the jack was further away?*”

