

Coaching Sessions at Whiteknights IBC – Week 6

Theme: Length / Weight

Lesson: Learn to deliver – Weight/Length control to draw between two bowls. Focus on the speed of the arm coming through and the forward step.

Exercise

- **Bowling Between Two Bowls**
 - Place 2 bowls on the centre line, set apart vertically (start with 4m gap).
 - Pupils deliver bowls aiming to stop between them.
 - Deliver **two consecutive bowls** (forehand & backhand).
 - Gradually narrow the gap as skill improves.
- **Arm Speed Consistency Drill**
 - Pupils practice with the same swing length but intentionally vary arm speed (slow, normal, fast).
 - Coach highlights the effect on distance control.
 - Repeat with constant arm speed but varying swing length to reinforce the preferred pendulum method.
- **Optional Target Zone Challenge**
 - Create a scoring zone between two bowls/jacks.
 - Scoring:
 - 2 points if bowl finishes in the zone.
 - 1 point if line is correct but weight is off.
 - Keeps focus on weight while reinforcing line discipline.

Rules and Other Information

- **Weight/Length is controlled by:**
 - Swing length.
 - Speed of the arm coming through.
 - Forward step.
- **Arm speed:**
 - For beginners, keep arm speed smooth and consistent (pendulum principle).
 - Adjust weight by changing swing length, not by varying arm speed.



- Variable arm speed + swing length leads to inconsistency.
- **Forward step:**
 - A normal walking step is best.
 - Too short = imbalance; too long = hard to control.
 - Safety note: avoid exaggerated stride variations.
- **Reference guides:**
 - 2.5 rolls of a bowl $\approx$ 1 metre of travel.
 - 1 inch elevation $\approx$ 1 yard at the head.
- **Practice focus:** repetition builds muscle memory; consistency is key.

Outcomes

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

- Further develop weight/length control without losing line.
- Deliver with smooth, consistent arm speed.
- Use swing length (not variable speed) to control distance.
- Maintain balance with a natural forward step.
- Deliver bowls successfully into a defined target area.

General Notes

- All exercises should be set to **short-medium distance** (approx. 27m).
- Extend distance or complexity as skill develops.
- Always allow **two consecutive deliveries** for adjustment/replication.
- Practice on both forehand and backhand.
- Reflection prompt: “Did you find it easier to control weight by swing length or arm speed?”

