

Coaching Sessions at Whiteknights IBC – Week 7

Theme: Line & Length

Lesson: Learn to deliver – Weight control. Displaced Jack. Focus on finishing the delivery: hand orientation, arm path, and release point.

Exercise

- **Discussion: Game Play & Roles**
 - Briefly explain different formats (singles, pairs, triples, fours).
 - Introduce basic player positions: lead, second, third, skip.
- **Diagonal Jacks Drill**
 - Place 3 jacks diagonally across the rink, no less than 1m apart.
 - Pupils deliver to each jack in turn, adjusting both line and weight.
 - Deliver **two consecutive bowls** (forehand & backhand).
 - Focus: smooth release, correct hand orientation, arm following the aiming line.
- **Mat Position Changes**
 - Move the mat to different positions.
 - Pupils repeat deliveries to diagonal jacks.
 - Cue: *“Notice how your aiming point changes with mat position.”*
- **Optional Game Roles Challenge**
 - Pupils work in pairs: one acts as lead (sets mat/jack), one as skip (calls target jack).
 - Swap roles after 6 bowls.
 - Builds awareness of teamwork and tactical decision-making.

Rules and Other Information

- **Delivery finish:**
 - Arm follows aiming line, finishing close to the body.
 - Release point: near the ankle of the lead foot.
 - Correct hand orientation (no twisting, flicking fingers, or pushing).
- **Displaced jack:**
 - Adjust aiming point when jack is set off-centre.
 - Reinforce weight control while adapting draw line.

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- **Observation focus:**
 - Release consistency.
 - Hand orientation after delivery.
 - Arm distance from body.

Outcomes

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

- Deliver with a consistent release point and correct hand orientation.
- Combine weight control with adjusted line for displaced jacks.
- Recognise how mat position changes the aiming line.
- Have an introduction to game formats and basic player roles.

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 prompts:
 - *“What did you notice about your hand orientation at release?”*
 - *“How did moving the mat change your aiming point?”*

