

Coaching Sessions at Whiteknights IBC: Week 8

Theme: Practice Game & Recap

Lesson: Putting skills into play – drawing to the ditch, etiquette, measuring, and match basics.

Exercise

- **Introduction to the Game**
 - Briefly explain or demonstrate: score cards, touchers, dead jack, dead end, dead bowl, and possession of the rink.
 - Cover basic etiquette: stand still when others deliver, respect opponents, encourage team-mates, and acknowledge good shots.
- **Jack Near Ditch Drill**
 - Place jack 1m from the ditch with a toucher 2m short.
 - Pupils deliver 2 bowls consecutively (forehand/backhand) aiming to draw close.
- **Jack & Toucher in Ditch**
 - Jack and toucher positioned in the ditch (2m apart), with another toucher 2m short.
 - Pupils practice judging longer weight to reach ditch targets.
 - Vary mat and jack positions (including off-centre).
- **Practice Game**
 - Split into 2 teams (pairs, triples, or fours). Assign positions/roles.
 - Play 4 ends, focusing on:
 - Using skills from previous weeks (line & length, stance, grip, release).
 - Applying etiquette in real play.
 - Practising measuring when bowls are close.

Rules & Other Info

- Forward swing and release remain key for consistency.
- “2.5 rolls $\approx$ 1 metre” and “1 inch stance/foot = 1 yard at the head” – reinforce as practical cues.
- Take opportunities during play to explain rules and etiquette naturally.
- Consistency is the goal: stance $\rightarrow$ preparation $\rightarrow$ delivery $\rightarrow$ follow-through.



Outcomes

By the end of the session, players should:

- Demonstrate understanding of **how to play a game** (set up, scoring, etiquette).
- Apply rules for **touchers, dead jacks, dead ends, and dead bowls**.
- Practice and improve **drawing to the ditch** with controlled weight.
- Understand **when and how to measure**.
- Reinforce **consistency** across stance, delivery, and follow-through.

General Notes

- Let each pupil deliver 2 consecutive bowls to allow correction or replication.
- Practice on both forehand and backhand.
- Start with short-medium distances ($\approx 27\text{m}$). Increase distance/complexity as skills develop.

