

Coaching Sessions at Whiteknights IBC: Week 9

Theme: Practice Game

Lesson

Learn how to play a game, focusing on:

- Score cards
- Touchers
- Dead Jack, Dead End, Dead Bowl
- Possession of the Rink
- Player positions and roles

Exercise

- **Introduction & Recap**
 - Quick reminder of Week 8 (drawing to ditch, etiquette, measuring).
 - Introduce focus: applying all skills in a practice game setting.
- **Demonstration / Explanation**
 - Show score cards and how to record results.
 - Explain touchers (chalk marking).
 - Review rules: dead jack, dead end, dead bowl.
 - Explain possession of the rink.
 - Demonstrate game commencement: mat/jack placement, order of play.
- **Practice Game**
 - Split players into 2 teams (pairs, triples, or fours).
 - Assign positions and explain roles (lead, second, third, skip).
 - Play a short-format game (e.g. 6 ends, 2 bowls each).
 - Encourage pupils to think about tactics while applying line and length.
- **Reflection Activity (Optional)**
 - Pause after a couple of ends. Ask:
 - “What was your team trying to achieve?”
 - “What worked? What could you do differently next time?”

Rules and Other Info

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- Take any opportunity during play to explain rules and game situations.
- Reinforce that **consistency** is the foundation:
 - Consistency on the mat (stance).
 - Delivery preparation.
 - Delivery action and follow-through.
- Practice with a clear purpose; avoid aimless repetition.

Outcomes

By the end of the session, pupils should:

- Understand how to play a full game of bowls.
- Correctly record scores on a score card.
- Recognise and apply rules for touchers, dead jack, dead end, dead bowl, and possession.
- Apply line and length skills in a real match context.
- Begin to develop **tactical awareness** and teamwork.

General Notes

- In all exercises, pupils should deliver **2 consecutive bowls** (forehand & backhand) to allow correction or replication.
- Keep games at short to medium lengths (~27m) at first; extend complexity as confidence builds.

