

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 1

Recap Line and Length • Perception of Distance

Session length	60 minutes	Coach	
Date		Player group	
SESSION PURPOSE			
Re-establish a consistent line-and-length delivery, with particular attention to head position, eye focus and purposeful correction. Introduce practical ways to judge bowl and jack distance from the mat so players can make a better-informed adjustment with their next bowl.			
LEARNING OUTCOMES		EQUIPMENT & PREPARATION	
- Recognise whether the previous bowl finished short, jack-high or long. - Identify whether the main adjustment is to line, length or delivery. - Use two consecutive bowls to correct or reproduce the first result. - Estimate simple distance relationships in the head from the mat.		- Mats, jacks and matched sets of bowls. - Markers or bowls to identify target lengths. - Perception of Distance handout. - Set a short-to-medium jack length, typically about 27 metres, with space to practise both hands.	

Session Plan

Time	Activity	Coach delivery
0–5	Welcome and purpose	Explain that Week 1 is a recap and diagnostic session. The aim is consistency: repeat a sound delivery and make a purposeful adjustment when the first bowl misses.
5–12	Delivery recap	Briefly observe stance, preparation, delivery action, follow-through, head position and focus point. Correct faults as they arise.
12–30	Mini-lesson 1: Line and length	Players deliver two consecutive bowls on one hand. After Bowl 1, ask whether the result was mainly line or length. Bowl 2 is used to correct or reproduce. Change hand after a short block.
30–45	Mini-lesson 2: Distance judgement	From the mat, players estimate the relationship between bowl, jack and ditch using the visual cues in the handout. Check estimates at the head, then repeat.
45–55	Applied challenge	Set three target results: one bowl just short, one jack-high and one beyond the jack. Players state the intended finish before delivery.
55–60	Review	Ask each player for one delivery strength and one next-step adjustment. Link the learning to Week 2 aiming-line work.

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Coach Delivery Notes — Recap Line and Length

Mini-Lesson 1 — Line and Length

Purpose	Reconfirm the normal delivery and use the next bowl to correct or repeat.
Coach explains	Select the line, picture the finish and use a repeatable routine.
Coach demonstrates	Demonstrate one draw on each hand: stable head, eye focus and full follow-through (optional or phantom delivery).

Player task	Deliver two bowls: Bowl 1 gives information; Bowl 2 corrects or repeats.
Coach observes	Observe stance, head, eyes, line, length and follow-through. Correct faults as they arise.

Mini-Lesson 2 — Perception of Distance

Purpose	Interpret bowl, jack and ditch distances from the mat.
Coach explains	Use overlap, visible green and the ditch line as practical guides.
Player task	Estimate first, check at the head, then repeat at varied lengths.
Key message	Accurate feedback improves the next delivery.

Coach reminder

A bowl may hide the jack while still being well short of it. Ask the player to estimate first, then confirm the actual relationship at the head.

Progression and Adaptation

Make it easier	Short jack, preferred hand, broad target.
Standard	Medium length, both hands, two-bowl correction.
Make it harder	Vary length, narrow the target or explain Bowl 2 first.

Common Observations and Brief Corrections

Observation	Brief correction
Repeatedly short	Reconfirm the intended finish and positive weight.
Crosses too early	Reset the aiming point and delivery direction.
Inconsistent result	Restore the normal routine with one cue.
Cannot judge correction	Ask: mainly line or mainly length?

Game Application

Set three simple target results in sequence: just short, jack-high and beyond the jack. Before each delivery, the player states the intended finish. Use two consecutive bowls so Bowl 2 either corrects the main line-or-length error or deliberately repeats a successful Bowl 1.

Success Indicators

- Describes Bowl 1 as short, jack-high or long. - Identifies whether the main adjustment is line, length or delivery.	- Bowl 2 shows a purposeful correction or repeat. - Distance estimates become more realistic after checking at the head.
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Review Questions

- What did Bowl 1 tell you? - Was the main issue line, length or delivery?	- What one change would you make next? - What visual cue helped you judge the distance?
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Link to Week 2: Use the Week 1 line-and-length observations as the basis for selecting and repeating an aiming line in Jack Rolling and Half Diamond.

GOLDEN RULE Never miss an opportunity to correct a delivery or explain how the intended shot can be achieved.