

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 10

Consolidation, Recap and Guided Practice Game

Session length	60 minutes	Coach	
Date		Player group	

SESSION PURPOSE

Consolidate the principal skills developed during Weeks 1 to 9 and apply them in a guided practice game. The coach should select recap exercises according to the needs of the group rather than attempt to repeat the whole course.

LEARNING OUTCOMES

- Recall and apply the main principles of line, length and controlled weight.
- Read a simple head and select a suitable shot.
- Communicate clearly, measure correctly and keep an accurate score.
- Apply course skills in game conditions with reduced coach support.

EQUIPMENT & PREPARATION

- Mats, jacks, bowls, chalk, scorecards and measuring equipment.
- Choose two recap exercises before the session, based on player needs.
- Player Handouts: Scorecards and Player Development Review.
- Prepare a normal rink for the guided practice game.

Choosing the Recap Exercises

Select two exercises based on observed need: one important technical need and, where possible, one contrasting game skill. Refresh only the key point, then move into game application.

Need identified	Suggested exercise	Main reminder
Aiming line or draw route	Jack Rolling, Half Diamond, Square or Diamond	Name the line and intended finish.
Positive draw or hidden target	Beat the Front Bowl	Look beyond the obstacle.
Controlled jack movement	Trail the Jack	Correct line and controlled weight.
Controlled bowl contact	Promote a Short Bowl or Follow Through and Stay	Identify where both bowls should finish.
Controlled removal	Overdraw to Remove Bowl or Split Bowls	Use sufficient but controlled weight.
Pressure draw or shot choice	Small Head or Draw the Shot	Read, select, commit and review.

Session Plan

Time	Activity	Coach delivery
0–5	Welcome and purpose	Explain that the session is for consolidation and game application.
5–18	Recap exercise 1	Brief explanation, demonstration, practice and correction.
18–30	Recap exercise 2	Address a contrasting skill or identified weakness.
30–53	Guided practice game	Coach through decisions, communication, rules and measuring.
53–58	Final end challenge	Set a score situation. Before the final bowl, the player states the score requirement, chosen option, hand, intended finishing area and main risk. Reduce coach input.
58–60	Review	Identify strengths and one priority before Week 11.

BERKSHIRE BOWLS COACHING SCHEME

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Coach Delivery Notes

Consolidation, Recap and Guided Practice Game

Recap Exercise 1

Use the first selected exercise to address the most important technical need identified in the group. Give only the key reminder, allow purposeful practice and correct briefly before moving on.

Recap Exercise 2

Use a contrasting skill or an identified weakness. Keep the recap concise so that most of the session remains available for game application.

Coach Observation Priorities

Observe	Look for
Delivery	Consistent stance, balance, release, head position and follow-through.
Line and length	A named target, positive reach and purposeful adjustment.
Shot selection	A shot that matches the score, head and player's ability.
Communication	Clear, concise information and suitable hand signals.
Game procedures	Correct scorecard use, measuring and rink awareness.

Progression and Adaptation

More support	Use familiar exercises, ask brief guiding questions and retain more coach input during the game.
Standard	Select two relevant recap exercises, then reduce intervention as players apply the course routine in normal play.
Less support	Use the final-end challenge with minimal prompting and require the player to state the score requirement, option, hand, finish and main risk independently.

Game Application — Guided Practice Game

- Use normal procedures. Players complete their allocated role, maintain the scorecard and running total, and use the Week 5 measuring sequence when required.
- Use: Read → State the required result → Choose the shot, hand and target → Deliver → Review. Identify the main risk where appropriate.
- Intervene at the least intrusive level: observe, ask briefly, correct or demonstrate only where necessary, or review at the end.
- Keep interventions selective and brief so that player ownership and game flow remain intact.
- Encourage two consecutive bowls where the format permits, so a correction or repeat can be observed.

Success Indicators

- The player applies previously taught skills without repeated explanation.
- Shot choices are increasingly purposeful and realistic.
- Corrections are applied on the next bowl.
- Communication, scoring and measuring support the flow of the game.
- Coach support can be reduced as the session progresses.

Review Questions

- What skill has improved most during the course?

BERKSHIRE BOWLS COACHING SCHEME

- Which shot still needs the most practice?
- What one point should the player carry into the final game?

Link to Week 11: Week 10 is guided consolidation with selective coach intervention. Week 11 observes normal play with less intervention and completes the Player Development Review.

GOLDEN RULE: Correct or explain when needed, but do so selectively and briefly so player ownership and game flow remain intact.