

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Half Diamond

Reusable draw-line and length-control exercise

Coaching purpose

Improve the draw shot by helping the player visualise the route into the head and finish beyond the nearest opposing bowl.

Suitable level

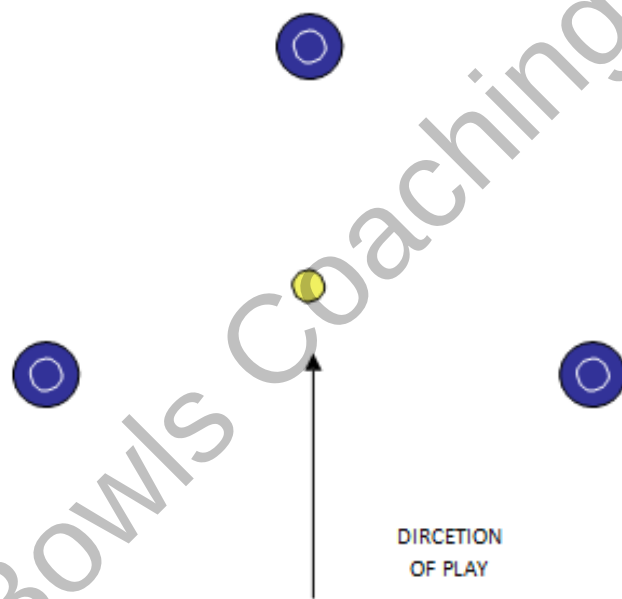
Beginner to improver

Equipment

Mat, jack and three object bowls.

Set-Up

Place two front bowls one metre either side of the centre line. Place the jack 30 cm behind the front bowls on the centre line. Place the rear bowl one metre behind the jack on the centre line. Start at a short-to-medium length.



Player Task

Use draw weight only. Deliver two consecutive bowls on the same hand, then repeat on the other hand. The objective is to enter inside the front bowls and finish closer than the nearest object bowl.

Coach Explanation and Demonstration

- Explain that the front bowls define the useful channel without blocking the normal draw line.
- Use the rear bowl to help the player see depth in the head.
- Encourage the player to aim for a useful finishing position rather than becoming jack-focused.
- A useful confidence cue is: deliver a good second bowl. This often produces the shot bowl while reducing pressure.

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Common Faults and Corrections

Observation	Brief correction
Bowl finishes short of the front bowls	Move visual attention to a finishing point in or beyond the head.
Bowl clips an outside front bowl	Widen the aiming line or check alignment and release.
Player tries to force the bowl straight	Re-demonstrate the curved draw path and the aiming point.
Bowl consistently passes through but finishes long	Keep the successful line and reduce only the length.

Progression

Make it easier: Increase the distance between the front bowls and shorten the jack length.

Make it harder: Reduce the front-bowl separation without interfering with the draw line, increase the distance, or place the head slightly off-centre.

Success Indicators

- The bowl enters inside the two front bowls.
- The bowl reaches the head and finishes in a useful position.
- The player uses the second bowl to correct line or length.
- Both forehand and backhand are practised.

Game Application

Use as a one-off draw lesson, a warm-up station, or a pressure challenge in which the player needs one shot on the final end.

Rules and Coaching Notes

The draw shot is the foundation of all other shots. Increase only one difficulty variable at a time and retain draw weight throughout the exercise.

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