

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Jack Rolling

Reusable aiming-line and target-control exercise

Coaching purpose

Develop the player's ability to select and repeat an aiming line using the jack before transferring the skill to bowl delivery.

Suitable level

Beginner to improver

Equipment

Mat, several jacks, and two bowls or markers to form a gate.

Set-Up

Stage 1: The player rolls several jacks towards the coach's feet while the coach varies the requested length.

Stage 2: Place a gate about 10 metres from the mat on the aiming line. Begin about 0.5 metres wide.



Player Task

Roll two consecutive jacks, giving the player an immediate opportunity to correct or repeat. Practise different lengths and, where suitable, vary the gate position.

Coach Explanation and Demonstration

- Show a stable stance and a smooth, directed release.
- Ask the player to identify the aiming point before starting the movement.
- Use the second jack to make one purposeful correction or repeat a successful action.
- Relate the exercise to bowls: accurate jack delivery and bowl delivery both depend on a repeatable line and controlled length.

Common Faults and Corrections

Observation	Brief correction
Jack starts outside the intended line	Reset body alignment and release direction towards the chosen point.
Jack is pushed or bounced	Encourage a smooth, low release with relaxed hand action.
Second attempt repeats the same miss	Ask the player to state the required line or length correction before rolling.
Player watches the gate only	Use an aiming point through the gate and a clear intended finishing area.

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Progression

Make it easier: Move the gate closer and make it wider; begin by rolling directly to the coach.

Make it harder: Narrow the gate, increase the distance, move it slightly off-centre, or nominate a finishing zone beyond it.

Success Indicators

- The player sends most jacks through the intended gate.
- The second attempt shows a purposeful correction or repeat.
- The player can explain whether a miss was mainly line or length.

Game Application

Use a pre-game jack-delivery challenge, a pairs warm-up, or a station in a line-and-length session. Award one point for passing through the gate and a second for finishing in the nominated length zone.

Rules and Coaching Notes

Observe and correct the jack-delivery method as necessary. Keep the activity purposeful rather than simply rolling a large number of jacks.

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