

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 2

Aiming Line, Target Control and Essential Hand Signals

Session length	60 minutes	Coach	
Date		Player group	

SESSION PURPOSE

Develop a repeatable aiming line through jack rolling and draw practice, then introduce a small set of hand signals for simple game communication. Build from Week 1 by using line-and-length observations to make purposeful corrections with the next delivery.

LEARNING OUTCOMES

- Roll a jack consistently along an intended aiming line.
- Use a visible channel to improve draw-line selection and length control.
- Use and recognise essential hand signals for hand, distance and shot information.

EQUIPMENT & PREPARATION

- Mats, jacks and bowls.
- Two markers or bowls for the jack-rolling gate; approximately 0.5 metres wide and 10 metres from the mat.
- Half Diamond set-up.
- Jack Rolling and Half Diamond exercise sheets.
- Hand Signals reference sheet for each player.

Session Plan

Time	Activity	Coach delivery
0–5	Welcome and purpose	Link Week 1 line-and-length work to today's aim: selecting and repeating an aiming line.
5–12	Delivery recap	Observe two bowls on each hand. Correct delivery faults briefly and reinforce a stable head and eye focus.
12–27	Mini-Lesson 1: Jack Rolling	Explain, demonstrate (optional), then roll two consecutive jacks: first to the coach's feet, then through the gate.
27–47	Mini-Lesson 2: Half Diamond	Use the front bowls as a visible channel. Players draw to beat the nearest bowl, not necessarily touch the jack.
47–55	Essential hand signals	Teach only: forehand, backhand, short, long and shot held. Practise in pairs.
55–60	Review	Ask each player what helped them find the line and what they would change on the next bowl.

COACHING PART 2 — WEEK 2

Coach Delivery Notes

Aiming Line, Target Control and Essential Hand Signals

Mini-Lesson 1 — Jack Rolling

Purpose	Build confidence in targeting and repeating an aiming line.
Coach demonstrates	A balanced stance, smooth release and a jack travelling through the selected gate.
Player task	Roll two consecutive jacks: first to the coach's feet at varied lengths, then through the gate. Use an aiming point through the gate to a named finishing area; line without length is incomplete.
Coach observes	Alignment, release direction, smoothness and whether the second attempt shows correction or repetition.

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Progress when	The player repeatedly passes through the gate; reduce the gate width or vary the distance.
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Mini-Lesson 2 — Half Diamond

Purpose	Improve draw line and length by using the two front bowls as a channel and the rear bowl as depth.
Set-up	Two front bowls sit one metre either side of the centre line. The jack is 30 cm behind them on the centre line. A rear bowl is one metre behind the jack.
Player task	Use draw weight only. Deliver two consecutive bowls on one hand, then repeat on the other hand.
Coach observes	Whether the bowl enters inside the front bowls, reaches the head and finishes in a useful scoring position.
Key message	The bowl only needs to beat the nearest opposing bowl. Thinking about a good second bowl can reduce pressure and improve the result.
Progress when	The player enters the channel consistently; narrow the front-bowl separation or increase the distance.

Knowledge Focus — Essential Hand Signals

Teach only forehand, backhand, short, long and shot held. Practise in pairs and agree the signal meanings before play because club and team conventions may vary. The full Hand Signals sheet remains a reference resource.

Common Observations and Brief Corrections

Observation	Likely issue	Coach response
Jack or bowl repeatedly misses the gate	Aiming point or body alignment is inconsistent	Reset feet and shoulders; ask the player to name the aiming point before delivery.
Bowl stops before the head	Object focus or insufficient finishing intention	Ask the player to picture the intended resting point beyond the front bowls.
Bowl crosses too early	Line too tight	Move the aiming point wider and demonstrate the route.
Signals are unclear	Movement is too small or hurried	Use one clear, deliberate signal and confirm it was understood.

Progression and Adaptation

Make it easier	Widen the gate, shorten the Half Diamond and begin on the preferred hand.
Standard	Use the normal gate and Half Diamond set-up, practise both hands and require a stated correction.
Make it harder	Narrow or vary the gate, increase distance or slightly reduce the Half Diamond front-bowl separation.

Game Application

In pairs, one player stands at the head and signals the hand and whether the previous bowl is short or long. The bowler states the intended correction before delivering the next bowl. Change roles after four bowls.

Success Indicators

- The player sends most jacks through the intended gate and can state the required correction.
- The bowl enters the Half Diamond channel, reaches the head and finishes in a useful position.
- The player uses the second jack or bowl to correct or repeat the first result.
- The player recognises and uses the five essential hand signals clearly.

Review Questions

Which aiming cue helped most? Was the miss mainly line or length? Which signal was clearest?

Link to Week 3: apply these aiming and communication skills to more complex obstacle patterns.

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

Berkshire Bowls Coaching Scheme