

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Diamond

Reusable hidden-jack, line-and-length and shot-selection exercise

PURPOSE

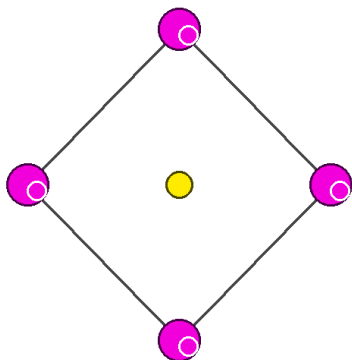
Improve line and length by using surrounding bowls as references when the jack is obscured.

LEVEL

Beginner to improver

EQUIPMENT

Mat, jack and four object bowls



SET-UP

Place four bowls in a diamond approximately 3 metres apart, with the jack in the centre on the centre line. Position the front bowl so the jack is obscured from the mat. The two side bowls provide visible guides to the required length.

PLAYER TASK

Imagine the opposition holds four shots. Nominate the preferred option, then use only a draw shot or controlled wrest-out shot to beat the nearest bowl. Deliver two consecutive bowls and practise both hands.

Coach Explanation and Demonstration

- Use the side bowls as horizontal guides, and set the top and bottom bowls to the required length when the jack is hidden.
- The winning bowl does not have to reach the jack; drawing to or resting a bowl may be the better option.
- Ask the player to evaluate both hands, nominate the preferred option and state the intended finishing area.
- Demonstrate the slight adjustment needed when the target is a bowl rather than the jack.
- No firing shots.

Common Faults and Brief Corrections

Observation	Coach correction
Short to the front bowl	Move visual attention to the side-bowl length or beyond the blocker.
Crosses into the front bowl	Widen the aiming line and retain the intended finishing weight.
Guesses because the jack is hidden	Use the side bowls as length guides and name the finish.
Uses excessive weight	Return to draw or controlled wrest-out weight.

Progression and Variation

- Make it easier: open the diamond and shorten the distance to the jack.
- Make it harder: narrow or offset the diamond, or increase the distance.
- Variation: treat bowls on one diagonal as opponents and those on the other diagonal as the player's bowls; choose without measuring.

Success Indicators

- Uses the side bowls as length references.
- States route and finish before delivery.
- Reaches a useful scoring or resting position.
- Explains why one hand was preferred.

Game Application

Use as a hidden-jack lesson or final-end challenge requiring one shot to win.

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