

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Square

Reusable draw-line, shot-selection and obstacle exercise

PURPOSE

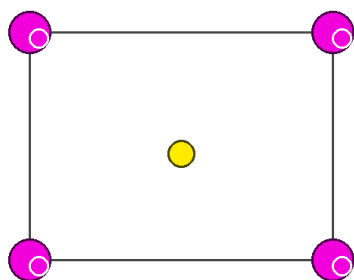
Improve draw line and length while evaluating more than one option in a partly blocked head.

LEVEL

Beginner to improver

EQUIPMENT

Mat, jack and four object bowls



SET-UP

Place four bowls in a square approximately 3 metres apart, with the jack in the centre on the centre line. The two front bowls should partly block the normal draw route. For beginners, start at a short-to-medium 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 before changing hand.

Coach Explanation and Demonstration

- The winning bowl does not have to finish beside the jack; drawing to or resting a bowl may be the better option.
- Ask the player to evaluate the available routes, nominate the preferred option and commit before delivery.
- If the front bowls are less than 1 metre in front of the jack at about 45 degrees, a normal draw to the jack may be unavailable.
- Demonstrate the slight line adjustment needed to draw to a bowl rather than directly to the jack.
- No firing shots.

Common Faults and Brief Corrections

Observation	Coach correction
Remains jack-focused	Identify the nearest bowl to beat and nominate a useful finishing point.
Clips a front bowl	Widen the aiming line or compare the alternative hand.
Stops before the head	Ask for a positive bowl that reaches the selected finish.
Changes option during delivery	Nominate the shot and commit before stepping onto the mat.

Progression and Variation

- Make it easier: increase the spacing and shorten the jack.
- Make it harder: reduce the spacing, move the front bowls nearer the jack, or increase the distance.
- Variation: bowls on one diagonal belong to the opposition and those on the other diagonal belong to the player; choose the preferred option without measuring.

Success Indicators

- Identifies more than one possible route.
- Names the hand and intended finish before delivery.
- Reaches the head and competes with the nearest bowl.
- Uses Bowl 2 to correct or repeat Bowl 1.

Game Application

Use as a final-end challenge: one bowl left, opposition holding four shots. The player must nominate and play the preferred option.

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