

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Small Head - 3 Bowls

Reusable head-reading and shot-selection exercise

PURPOSE

Draw and head reading

LEVEL

Beginner to improver

EQUIPMENT

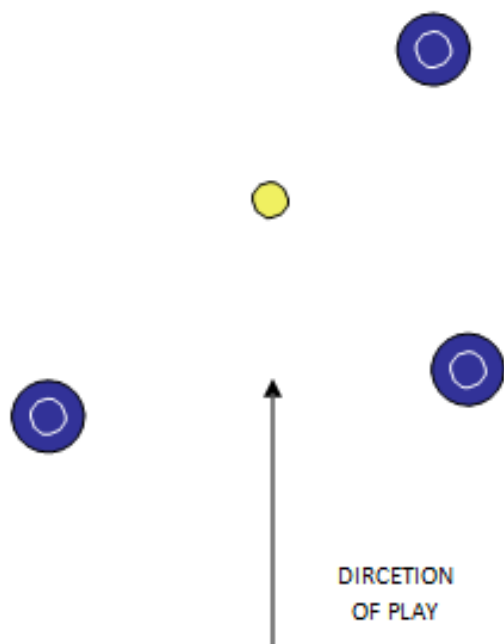
Mat, jack and three object bowls

SET-UP

Place three bowls around the jack at distances suited to the player. For beginners, keep the bowls at least 1 metre apart. All three bowls are against the player. Use a short-to-medium jack length.

GAME SITUATION

Last end. The player requires one shot to win.



Player Task

Read the head, nominate the preferred shot and deliver two consecutive bowls. The purpose is to draw shot while beginning to recognise Draw, Resting, Rest Out, Yard On and Trail the Jack options. No firing shots.

Coach Explanation and Demonstration

- First identify who holds shot and the nearest bowl to beat.
- Explain that the bowl only needs to finish in a winning or useful position; it does not always need to reach the jack.
- Demonstrate the line, intended finishing point and minimum controlled weight needed.
- Ask the player to state the hand, target and intended result before delivery.
- Allow Bowl 2 to correct or repeat Bowl 1.

Key Coaching Points

- Keep the initial head simple and the distance manageable.
- Develop one shot option at a time.
- Use full concentration and a normal delivery routine.
- Correct delivery faults and clarify how the selected shot can be achieved.
- Increase distance or complexity only as skill develops.

Common Faults and Brief Corrections

Observation	Coach correction
Jack-focused	Identify the nearest bowl to beat and the useful finish.
No stated plan	Name the hand, target and result before delivery.
Too much weight	Use the least weight needed for the chosen outcome.
Short bowl	Choose a positive finish that reaches the head.
Changes shot after stepping onto mat	Commit before beginning the delivery routine.

Progression and Variation

- Make it easier: widen the spacing and shorten the jack.
- Standard: use the three-bowl head shown in the source diagram.
- Make it harder: narrow the gaps, vary bowl positions or increase distance.
- Tactical variation: change the number of shots required or specify one bowl left.
- Shot variation: ask the player to compare Draw, Resting, Rest Out, Yard On and Trail options.

Success Indicators

- Identifies who holds shot.
- Names a preferred option and intended finishing area.
- Reaches the head with useful weight.
- Uses Bowl 2 to make a purposeful correction.
- Explains whether the result was mainly affected by line, weight or shot choice.

Game Application

Use as a final-end challenge or a one-off head-reading station. Require the player to explain the shot before delivery and review it afterwards.

Relevant Notes

Head reading and building take time and experience. Keep the process simple and allow players to learn from both successful and unsuccessful choices.

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