

# BERKSHIRE BOWLS COACHING SCHEME

## Coaching Part 2 — Week 4

### *Reading and Solving a Small Head*

|                |            |              |  |
|----------------|------------|--------------|--|
| Session length | 60 minutes | Coach        |  |
| Date           |            | Player group |  |

#### SESSION PURPOSE

Introduce structured head reading and simple shot selection. Players learn to identify who holds shot, consider draw, controlled-weight and cover options, and state a clear intention before delivery.

#### LEARNING OUTCOMES

- Identify who holds shot and the number of shots held.
- Name a suitable draw, controlled-weight or cover option.
- State the preferred hand, target and intended result before delivery.
- Apply the chosen option in a simple head situation.

#### EQUIPMENT & PREPARATION

- Mats, jacks and bowls.
- Small Head - 3 Bowls exercise sheet.
- Reading the Head handout.
- Set the first head at a short-to-medium length.
- Keep the bowls at least 1 metre apart for less experienced players.

#### Session Plan

| Time  | Activity                            | Coach delivery                                                                       |
|-------|-------------------------------------|--------------------------------------------------------------------------------------|
| 0–5   | Welcome and recap                   | Reconnect line and length to the need to finish in a useful scoring position.        |
| 5–12  | Head-reading introduction           | Identify shot bowl, second bowls, danger and useful space.                           |
| 12–32 | Mini-Lesson 1: Small Head - 3 Bowls | Explain, demonstrate, practise and correct. Players state the option before bowling. |
| 32–50 | Mini-Lesson 2: Reading the Head     | Discuss selected scenarios using Draw, Weighted and Cover options.                   |
| 50–57 | Game application                    | Last end, one bowl left: player reads, states and plays the shot.                    |
| 57–60 | Review                              | Confirm what was read, what was chosen and what would change next time.              |

### COACHING PART 2 — WEEK 4

Coach Delivery Notes  
*Reading and Solving a Small Head*

#### Mini-Lesson 1 — Small Head: 3 Bowls

|                    |                                                                                                                                                                                                       |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Purpose            | Introduce shot choice within a simple head while continuing to develop line and controlled weight.                                                                                                    |
| Set-up / situation | Use the standalone exercise sheet. Last end; one shot required to win; all three bowls are against the player.                                                                                        |
| Player task        | Identify the shot bowl and nominate the intended shot before delivery. During practice, use two attempts from the same head: Bowl 1 provides information; Bowl 2 repeats or corrects the chosen shot. |
| Coach observes     | Whether the player reads the position, states the hand, target and intended result, and uses controlled rather than firing weight.                                                                    |
| Key restriction    | No firing shots. The final game application remains a single-bowl decision.                                                                                                                           |

#### Mini-Lesson 2 — Reading the Head

Use one or two scenarios from the separate handout. Do not attempt to teach every possible shot. The aim is to establish a repeatable reading process and to review the decision and delivery separately.

# BERKSHIRE BOWLS COACHING SCHEME

## Knowledge Focus — Reading Sequence

|                           |                                                               |
|---------------------------|---------------------------------------------------------------|
| Position                  | Who holds shot, and how many?                                 |
| Required result           | What must the final bowl achieve?                             |
| Options                   | What realistic Draw, Weighted or Cover choices are available? |
| Preferred hand and target | Which route and intended finish are clearest?                 |
| Main risk                 | What may happen if the line or weight is wrong?               |
| Commit                    | State the chosen shot before stepping onto the mat.           |

## Common Observations and Brief Corrections

| Observation                           | Coach response                                             |
|---------------------------------------|------------------------------------------------------------|
| Looks only at the jack                | Identify the bowl to beat and the useful finishing area.   |
| Chooses before reading the whole head | Pause: score, shot bowl, danger, options, choice.          |
| Uses too much weight                  | Return to the minimum weight needed to achieve the result. |
| Cannot explain the choice             | Ask for one clear purpose: score, reduce, remove or cover. |
| Changes shot during delivery          | Nominate the hand and finish before stepping onto the mat. |

## Progression and Adaptation

|                |                                                                                                                  |
|----------------|------------------------------------------------------------------------------------------------------------------|
| Make it easier | Widen the head, shorten the jack and ask the player to choose only between two options.                          |
| Standard       | Use the normal Small Head - 3 Bowls set-up and require the player to state the intended result.                  |
| Make it harder | Reduce spacing, vary the score situation or require the less-preferred hand. Change only one variable at a time. |

## Game Application

Last end, one bowl left. The player reads the head, states the chosen shot, hand, target and intended result, then plays the bowl. Review the decision separately from the delivery.

## Success Indicators

- Identifies who holds shot and the number of shots held.
- Names a realistic Draw, Weighted or Cover option.
- States the preferred hand, target and intended result before delivery.
- Uses controlled weight appropriate to the selected shot.
- Can explain whether the outcome was mainly affected by the decision, line or weight.

## Review Questions

Who holds shot? What job must the bowl perform? Which hand, line and weight will achieve it?

Link to Week 5: Week 5 moves to accurate measuring and deciding the result of an end.

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