

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Beat the Bowl at the Front

Reusable hidden-target and positive-draw exercise

PURPOSE

Develop the ability to draw beyond a front bowl and finish in the scoring area.

LEVEL

Beginner to improver

EQUIPMENT

Mat, jack, bowls and markers as required



SET-UP

Place the jack on the centre line at short-to-medium length. Position one object bowl on the centre line, approximately 1 metre or less in front of the jack. Begin at a manageable distance.

PLAYER TASK

Using a draw shot, deliver into the gap or rest on the jack. Bowl two consecutive bowls, make a correction, then repeat on the other hand.

Coach Explanation and Demonstration

- Explain that the jack may be hidden from the mat. The player must picture the intended finishing position rather than bowl to the visible object.
- Use a positive finishing intention. A bowl stopping before the object bowl cannot achieve the task.
- Demonstrate the line required to pass the front bowl and the weight needed to finish behind it.
- Encourage the player to focus on a point in the scoring area, not on the obstacle.
- Increase distance and complexity only after the player can reach the head consistently.

Common Faults and Brief Corrections

Observation	Coach correction
Bowl finishes short of the object bowl	Move the intended finishing point beyond the obstacle and ask for a positive bowl.
Bowl repeatedly contacts the front bowl	Review the aiming line and compare the alternative hand.
Player watches the object bowl	Redirect the eyes to the intended finishing area behind it.
Bowl passes but runs too far	Keep the line and reduce only the finishing weight.

Progression and Variation

- Make it easier: shorten the jack or move the object bowl slightly off the centre line.
- Standard: object bowl no more than 1 metre in front of the jack.
- Make it harder: increase the length, narrow the route or add a second front bowl.

Success Indicators

- Reaches the head with a positive bowl.
- Selects a line that passes the front bowl.
- Uses Bowl 2 to correct line or weight.
- Can describe the intended finishing point before delivery.

Game Application

Use when an opponent's front bowl hides the jack. The player must decide which hand provides the clearest route and play a positive draw to beat it.

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