

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Trail the Jack

Reusable controlled-weight and jack-movement exercise

PURPOSE

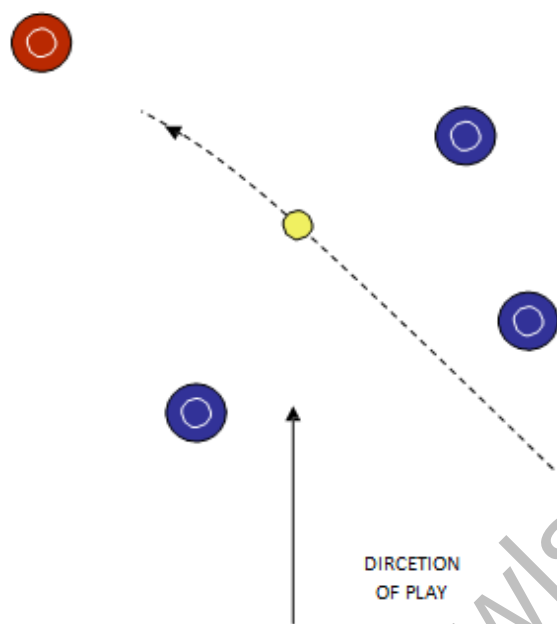
Develop controlled weight, accurate contact and the ability to move the jack into a winning position.

LEVEL

Beginner to improver

EQUIPMENT

Mat, jack, bowls and markers as required



SET-UP

Set a small head that requires the jack to be trailed by approximately 1 yard to gain the required shots. Use the original head arrangement shown. Begin at short-to-medium length.

PLAYER TASK

Last end of the match: two shots are required to win. Deliver two consecutive bowls. Use controlled weight only; no firing shots.

Coach Explanation and Demonstration

- Explain that success requires the correct line and the correct amount of weight. Either one without the other will fail.
- The jack is lighter than a bowl and needs only controlled contact to move.
- Ask the player to identify the contact point and the intended finishing position of the jack before delivery.
- A short bowl cannot produce the required result; encourage a positive bowl that reaches the head.
- Demonstrate a controlled yard-on delivery rather than a forceful shot.

Common Faults and Brief Corrections

Observation	Coach correction
Bowl stops before the head	Set a clear finishing point beyond the jack and ask for a positive delivery.
Bowl misses on the narrow side	Review the aiming line and allow for the extra weight.
Jack moves too far	Keep the line and reduce the applied weight.
Player uses excessive force	Return to controlled weight and rehearse the intended jack movement.

Progression and Variation

- Make it easier: shorten the length and simplify the head.
- Standard: trail the jack approximately 1 yard to gain the shot.
- Make it harder: increase the distance, narrow the contact area or add a score-pressure condition.

Success Indicators

- Names the contact point and intended jack finish.
- Reaches the head with controlled weight.
- Moves the jack in the intended direction.
- Adjusts Bowl 2 from the result of Bowl 1.

Game Application

Use as a final-end scenario where the player needs two shots to win and must trail the jack into a favourable area.

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