

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 6

Positive Weight: Beat the Front Bowl and Trail the Jack

Session length	60 minutes	Coach	
Date		Player group	

SESSION PURPOSE

Develop the player's ability to deliver a positive bowl beyond an obstructing front bowl and then use controlled weight to trail the jack. The session links accurate drawing with purposeful contact and game-based decision-making.

LEARNING OUTCOMES

- Name a finishing point when the jack is hidden.
- Deliver a positive bowl beyond a front bowl.
- Use controlled weight to move the jack in the intended direction.
- Use Bowl 2 to correct or repeat Bowl 1.

EQUIPMENT & PREPARATION

- Mats, jacks and bowls for each working group.
- Beat the Front Bowl and Trail the Jack exercise sheets.
- Trial Ends and Guide to Buying Bowls player handouts.
- Prepare both layouts before the session where possible.

Session Plan

Time	Activity	Coach delivery
0–5	Welcome	Explain positive draw and controlled weight.
5–10	Delivery recap	Observe line, length and follow-through.
10–28	Mini-Lesson 1: Beat the Front Bowl	Explain, demonstrate, practise and correct.
28–48	Mini-Lesson 2: Trail the Jack	Introduce controlled contact and jack finish.
48–56	Trial end	Use a score-based application.
56–60	Review	Compare the two required weights.

COACHING PART 2 — WEEK 6

Coach Delivery Notes

Positive Weight: Beat the Front Bowl and Trail the Jack

Mini-Lesson 1 — Beat the Front Bowl

Purpose	Teach the player to look beyond a visible obstacle and deliver to a scoring position.
Set-up	Place the front bowl approximately 1 metre or less in front of the jack. Use the standalone exercise sheet for the original layout and diagram.
Coach explains	The object bowl is an obstacle, not the target. Select the chosen hand, aiming line and intended finish behind it.
Player task	Deliver two consecutive bowls, then repeat on both hands.
Coach observes	Object fixation, line past the obstacle and positive finishing weight.
Progress when	The player regularly reaches the scoring area.

Mini-Lesson 2 — Trail the Jack

Purpose	Combine accurate line with controlled weight to move the jack by approximately 1 yard.
Coach explains	Identify the contact point, intended jack direction and required result.
Coach	Controlled yard-on weight, not a firing action.

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demonstrates	
Player task	Final end, two shots required to win. Bowl 1 and Bowl 2 are separate practice attempts; both bowls do not have to score.
Coach observes	Line under added weight, contact, controlled jack movement and final position.
Progress when	The player reaches the head and begins to control the movement.
Safety	Practise only where controlled contact is safe and properly supervised.

Common Observations and Brief Corrections

Observation	Coach response
Bowls to the visible object	Reset attention on the intended finishing point.
Bowl is short	Use a positive point beyond the obstacle or jack.
Added weight narrows the line	Re-establish the aiming line for that weight.
Jack moves too far	Keep the line and reduce only the weight.

Progression and Adaptation

Make it easier	Shorter length, preferred hand and a more obvious finishing area behind the front bowl.
Standard	Use the normal layouts, practise both hands and require a stated Bowl 2 correction.
Make it harder	Increase distance, narrow the route or require a more precise jack trail while retaining controlled weight.

Game Application

Set a short trial end. Before delivery, the player states whether the task is to draw beyond the front bowl or trail the jack, then names the hand and intended finish. Contact alone is not success; judge the line, controlled weight, jack movement and final position.

Success Indicators

- Reaches the head with positive but controlled weight.
- Distinguishes a positive draw from jack-moving weight.
- States the intended result before delivery.
- Makes a purposeful second-bowl adjustment.

Review Questions

Where did you intend the bowl or jack to finish? Was the result mainly affected by line, contact or weight? What would you alter on the next bowl?

Link to Week 7: controlled contact develops into promoting a short bowl and following through to stay.

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