

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Follow Through and Stay

Reusable controlled-contact and finishing-position exercise

PURPOSE

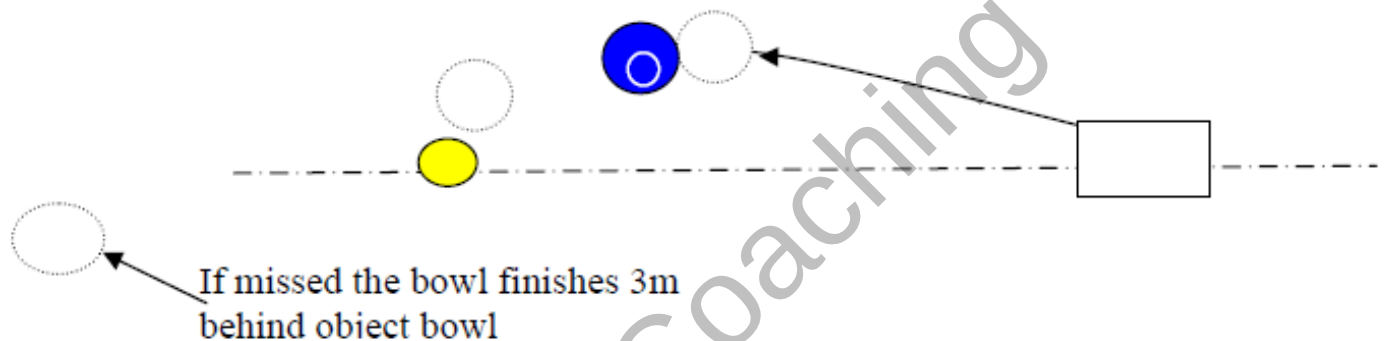
Develop the weight and contact needed to move a short bowl while allowing the delivered bowl to continue into a scoring position.

LEVEL

Beginner to improver

EQUIPMENT

Mat, jack, bowls and markers as required



SET-UP

Place the jack at short-to-medium length. Position one object bowl about half a metre short of the jack and slightly off the direct line. Use the original diagram shown.

PLAYER TASK

Deliver with enough controlled weight to move the object bowl forward and allow the delivered bowl to follow through into the scoring area. Bowl two consecutive bowls and practise both hands.

Coach Explanation and Demonstration

- Explain the difference from promotion: the delivered bowl must continue and stay in a useful position.
- Demonstrate the contact point and the intended finish of both bowls.
- Use the original 6:1 guide from the source material as an approximate starting point on a 12/14-second green.
- Praise a miss that finishes about 3 metres beyond the object bowl because the required weight was present.
- Keep the action smooth and controlled; no firing shots.

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Common Faults and Brief Corrections

Observation	Coach correction
Delivered bowl stops after contact	Increase the positive finishing weight while retaining the line.
Object bowl is promoted but delivered bowl runs away	Reduce the weight and refine the contact point.
Misses the object bowl	Review the line required for the added weight.
Player watches only the collision	Ask where both bowls should finish after contact.

Progression and Variation

- Make it easier: shorten the jack and move the object bowl onto a clearer line.
- Standard: object bowl about half a metre short of the jack.
- Make it harder: offset the bowl, increase distance or add a match-score condition.

Success Indicators

- Makes controlled contact.
- Moves the object bowl forward.
- Delivered bowl continues into a useful position.
- Explains the difference between promotion and follow-through.

Game Application

Use when moving a short bowl is useful but the delivered bowl must also remain in the head.

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