

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Promote a Short Bowl

Reusable controlled-contact exercise

PURPOSE

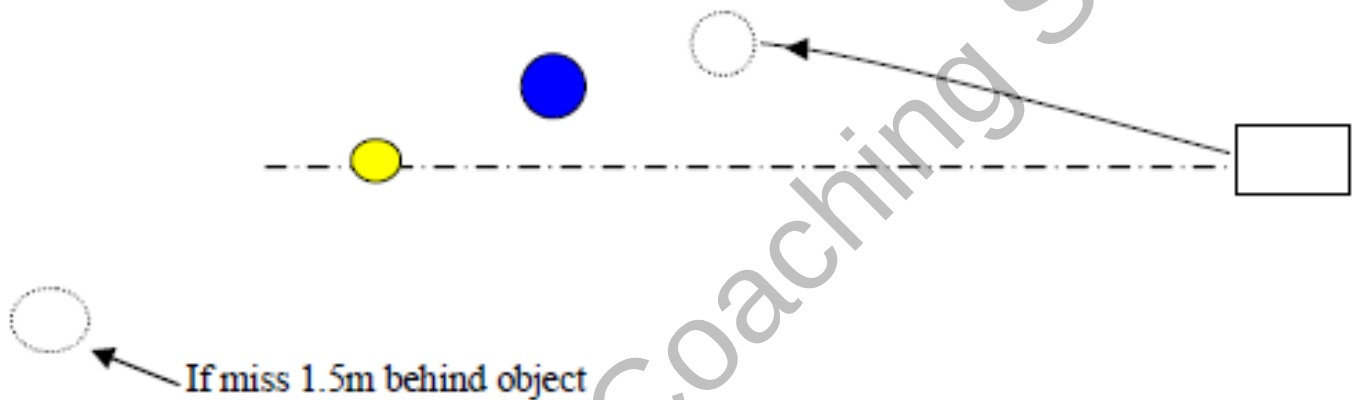
Develop sufficient controlled weight to move a short bowl towards the jack.

LEVEL

Beginner to improver

EQUIPMENT

Mat, jack, bowls and markers as required



SET-UP

Place the jack at a short-to-medium length. Put one object bowl approximately 1.5 metres short of the jack on the required delivery line. Use the original diagram shown.

PLAYER TASK

Deliver through the object bowl with enough weight to move it close to the jack. Bowl two consecutive bowls, review the result, then repeat on the other hand.

Coach Explanation and Demonstration

- Explain that the purpose is to move the object bowl, not simply to hit it.
- Demonstrate the contact line and the intended finishing weight.
- Use the original 3:1 guide from the source material as an approximate starting point on a 12/14-second green.
- Praise a miss that finishes positively beyond the object bowl rather than stopping short.
- Keep the exercise controlled; no firing shots.

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Common Faults and Brief Corrections

Observation	Coach correction
Delivered bowl stops short	Set a finishing point beyond the object bowl and ask for positive weight.
Misses on the narrow side	Review the aiming line and allow for the added weight.
Object bowl moves too far	Retain the line and reduce only the weight.
Player concentrates only on contact	Restate the intended finish of the promoted bowl.

Progression and Variation

- Make it easier: shorten the jack or reduce the promotion distance.
- Standard: object bowl about 1.5 metres short of the jack.
- Make it harder: increase distance, alter the hand or require a particular final position.

Success Indicators

- Contacts the object bowl on the intended side.
- Moves the object bowl towards the jack.
- Uses controlled rather than excessive weight.
- Makes a purposeful adjustment with Bowl 2.

Game Application

Use when a short team bowl can be improved into a counting or useful position.

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