

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 7

Controlled Contact: Promote a Short Bowl • Follow Through and Stay

Session length	60 minutes	Coach	
Date		Player group	

SESSION PURPOSE

Develop the player's ability to use controlled contact to improve a short bowl and then continue into a useful scoring position. The session builds on the positive and controlled weight introduced in Week 6.

LEARNING OUTCOMES

- Explain the difference between promoting a bowl and following through.
- Apply sufficient controlled weight to move an object bowl.
- Identify the intended finishing position of both bowls.
- Use Bowl 2 to correct line, contact or weight.

EQUIPMENT & PREPARATION

- Mats, jacks and sufficient bowls for each group.
- Exercise Sheet: Promote a Short Bowl.
- Exercise Sheet: Follow Through and Stay.
- Player Handout: Types of Shots.
- Prepare both layouts before the session where possible.
- Use suitable rink spacing and supervision. Stop the exercise if the delivery becomes forced or uncontrolled.

Session Plan

Time	Activity	Coach delivery
0–5	Welcome	Link Week 6 positive weight to controlled contact.
5–10	Delivery recap	Observe line, balance and follow-through.
10–28	Promote a Short Bowl	Explain, demonstrate, practise and correct.
28–48	Follow Through and Stay	Compare the required result and weight.
48–56	Game application	Player selects the correct shot for a simple head.
56–60	Review	Confirm the difference between the two shots.

COACHING PART 2 — WEEK 7

Coach Delivery Notes

Controlled Contact: Promote a Short Bowl • Follow Through and Stay

Mini-Lesson 1 — Promote a Short Bowl

Purpose	Move a short bowl towards the jack with controlled weight.
Set-up	Place the object bowl approximately 1.5 metres short of the jack on the intended delivery line. Use the standalone exercise sheet and original diagram.
Coach explains / demonstrates	The object bowl is the bowl being improved. Show the contact line and intended final position of the promoted bowl.
Player task	Deliver two consecutive bowls, then repeat on both hands.
Coach observes	Positive weight, contact point and movement of the object bowl. A positive miss beyond the object bowl may show better weight learning than a short bowl that never reaches it.
Progress when	The player regularly moves the object bowl towards the nominated finishing area with controlled weight.

Mini-Lesson 2 — Follow Through and Stay

Purpose	Move the short bowl while allowing the delivered bowl to continue into a scoring position.
Set-up	Place the object bowl about half a metre short of the jack and slightly off the direct draw line. Use the standalone exercise sheet and original diagram.
Coach explains / demonstrates	Both bowls have an intended final position. Show the extra finishing weight and a suitable contact point.
Player task	Deliver two bowls, review both outcomes, then adjust.
Coach observes	Whether the delivered bowl continues and remains useful.
Progress when	The object bowl is moved and the delivered bowl remains useful in the head.

BERKSHIRE BOWLS COACHING SCHEME

Common Observations and Brief Corrections

Observation	Coach response
Bowl stops before contact	Set a positive finish beyond the object bowl.
Contact is made but result is weak	Increase controlled weight without changing the line.
Delivered bowl runs too far	Reduce weight and refine the contact point.
Player cannot explain the difference	Compare which bowl must finish near the jack in each exercise.

Progression and Adaptation

Make it easier	Use the shorter Promote set-up, preferred hand and a clear contact line; focus first on moving the object bowl.
Standard	Use the stated Promote and Follow Through layouts, practise both hands and review line, contact and weight after Bowl 1.
Make it harder	Require the object bowl to reach a nominated finishing area and the delivered bowl to remain useful after Follow Through and Stay.

Game Application

Set a simple head containing one short team bowl. Ask the player to decide whether the better outcome is to promote that bowl or to follow through and stay. Use the sequence: Required result → Which bowl or bowls must remain useful? → Contact line → Controlled weight → Intended final positions. These are controlled extra-weight shots: use no more weight than the required result needs.

Success Indicators

- Uses controlled rather than firing weight and retains a smooth, recognisable delivery action.
- Moves the object bowl towards the nominated finishing area.
- Keeps the delivered bowl useful in the head when playing Follow Through and Stay.
- Makes a purposeful second-bowl adjustment.

Review Questions

Which bowl needs to finish near the jack in each shot? Was the result mainly affected by line, contact or weight?

What would you change on the next bowl?

Link to Week 8: build on controlled contact by developing controlled removal and drawing accurately near the ditch.

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