

# BERKSHIRE BOWLS COACHING SCHEME

## Exercise Sheet: Overdraw to Remove Bowl

*Reusable controlled-removal exercise*

### PURPOSE

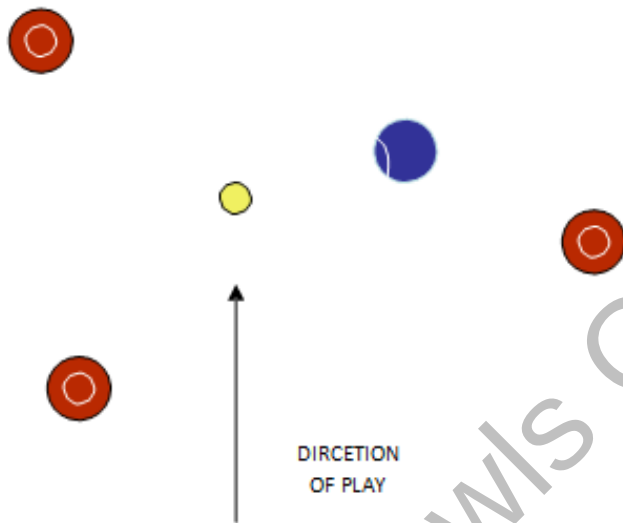
Develop the controlled weight needed to remove the shot bowl while allowing the delivered bowl to remain in the head.

### LEVEL

Beginner to improver

### EQUIPMENT

Mat, jack, bowls and markers as required



### SET-UP

Place the jack at a short-to-medium length. Position the opposing shot bowl in front of the jack as shown in the original diagram. Begin with a clear line and manageable distance.

### PLAYER TASK

Deliver with sufficient controlled weight to move the opposing bowl backwards and leave the delivered bowl holding shot. Bowl two consecutive bowls, review the result, then repeat on the other hand.

### Coach Explanation and Demonstration

- Explain that this is sometimes called a Rest Out shot.
- The player must hit the object bowl with enough force to remove it, but not use an uncontrolled firing action.
- Demonstrate the contact line and the intended finishing position of the delivered bowl.
- Praise a miss that finishes positively about 1 metre beyond the object bowl, because the required weight was present.
- Increase distance and complexity only when the player is making regular controlled contact.

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## Common Faults and Brief Corrections

| Observation                         | Coach correction                                       |
|-------------------------------------|--------------------------------------------------------|
| Bowl stops before contact           | Set a positive finishing point beyond the object bowl. |
| Bowl misses on the narrow side      | Review the aiming line required for the added weight.  |
| Object bowl moves but remains shot  | Increase the controlled weight slightly.               |
| Delivered bowl runs out of the head | Reduce the weight or improve the contact point.        |

## Progression and Variation

- Make it easier: shorten the jack and use a direct contact line.
- Standard: remove the shot bowl and leave the delivered bowl in a scoring position.
- Make it harder: increase the distance, offset the object bowl or add a match-score condition.

## Success Indicators

- Makes controlled contact with the object bowl.
- Moves the opposing bowl backwards.
- Leaves the delivered bowl in a useful position.
- Makes a purposeful second-bowl adjustment.

## Game Application

Use when an opposing shot bowl can be removed with controlled weight and the delivered bowl can remain as shot.

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