

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 8

Controlled Removal • Draw to the Edge of the Ditch

Session length	60 minutes	Coach	
Date		Player group	

SESSION PURPOSE

Develop the player's ability to choose between controlled removal and a precise draw near the ditch. The session builds on Week 7 controlled contact by adding a removal outcome and a different visual target.

LEARNING OUTCOMES

- Explain the purpose of an overdraw or Wrest Out shot.
- Use controlled weight to remove an opposing bowl.
- Draw beyond a live toucher and finish safely near the ditch.
- Select the more appropriate shot for a simple game situation.

EQUIPMENT & PREPARATION

- Mats, jacks, bowls, chalk and a jack-position marker.
 - Exercise Sheet: Overdraw to Remove Bowl.
 - Exercise Sheet: Draw to the Edge of the Ditch.
 - Player Handout: How to Play a Yard-On Shot.
 - Prepare both exercise layouts before the session where possible.
 - Use safe rink spacing and a clearly marked finishing area.
- Stop the exercise if the delivery becomes forced or uncontrolled.

Session Plan

Time	Activity	Coach delivery
0–5	Welcome	Link Week 7 controlled contact to removal and ditch play.
5–10	Delivery recap	Observe line, balance and positive follow-through.
10–28	Overdraw to Remove	Explain, demonstrate, practise and correct.
28–48	Draw to Ditch Edge	Develop positive draw and safe finishing weight.
48–56	Decision challenge	Player chooses remove or draw from a simple head.
56–60	Review	Compare the line, weight and intended result.

COACHING PART 2 — WEEK 8

Coach Delivery Notes

Controlled Removal • Draw to the Edge of the Ditch

Mini-Lesson 1 — Overdraw to Remove Bowl

Purpose	Remove the opposing shot bowl with controlled weight while keeping the delivered bowl in a useful position. Use the standalone exercise sheet and original diagram.
Coach explains	The intended contact and where the delivered bowl should finish.
Coach demonstrates	A controlled Wrest Out shot rather than a firing action.
Player task	Deliver two consecutive bowls, review, then repeat on both hands.
Coach observes	Positive weight, line under added weight, contact and final position. A positive miss beyond the object bowl may show better weight learning than a short bowl that never reaches the target area.
Progress when	The player makes regular controlled contact.

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Mini-Lesson 2 — Draw to the Edge of the Ditch

Purpose	Beat a live toucher when the jack is in the ditch by drawing to a safe finishing area rather than directly to the jack. The jack marker provides orientation; the target is beyond the live toucher and short of the ditch.
Coach explains	A bowl that finishes short of the live toucher cannot gain shot in this exercise, while excessive weight may carry the bowl into the ditch.
Coach demonstrates	The safer line and intended finish beyond the toucher.
Player task	Deliver two consecutive bowls with no firing shots.
Coach observes	Line around the toucher, positive reach and safe stopping point.
Progress when	The player regularly beats the toucher without entering the ditch.

Common Observations and Brief Corrections

Observation	Coach response
Removal bowl stops short	Set a positive finish beyond the object bowl.
Removal bowl runs through	Reduce weight or refine the contact point.
Ditch draw clips the toucher	Use a slightly wider line.
Ditch draw enters the ditch	Retain the line and reduce only the finishing weight.

Progression and Adaptation

Controlled removal	Progress when the player makes regular controlled contact.
Ditch-end draw	Progress when the player regularly beats the toucher without entering the ditch.

Game Application

Set two simple heads: one requiring controlled removal and one requiring a draw near the ditch. Use the sequence: Score requirement → Required result → Available route → Hand and target → Main risk → Commit. The chosen option should also match the player's current ability.

Success Indicators

- Uses controlled rather than firing weight.
- Removes or moves the object bowl as intended.
- Draws beyond the toucher and stops safely.
- Chooses the shot that best fits the head.

Review Questions

- What was the intended final position of the delivered bowl?
- Was the result mainly affected by line, contact or weight?
- When would a draw be safer than removal?

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