

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 9

Solving Difficult Heads: Split Bowls • Draw the Shot

Session length	60 minutes	Coach	
Date		Player group	

SESSION PURPOSE

Develop the player's ability to solve a difficult head by choosing between controlled contact and a draw shot. The session brings together line, weight, head reading and commitment under match pressure.

LEARNING OUTCOMES

- Identify when a controlled split is a reasonable option.
- Recognise when the draw remains the safest shot.
- State the hand, line and intended finish before delivery.
- Maintain a normal routine under score pressure.

EQUIPMENT & PREPARATION

- Mats, jacks and sufficient bowls for each group.
- Exercise Sheet: Split Bowls.
- Exercise Sheet: Draw the Shot.
- Player handouts: Dead Ends and Dead Bowls; When the Jack Is in the Ditch.
- Prepare both original layouts before the session.

Session Plan

Time	Activity	Coach delivery
0–5	Welcome	Explain the choice between draw and controlled contact.
5–10	Delivery recap	Observe line, balance and commitment.
10–28	Split Bowls	Explain, demonstrate, practise and correct.
28–48	Draw the Shot	Read the head and deliver under score pressure.
48–56	Decision challenge	Player selects the lower-risk option.
56–60	Review	Compare result, risk and shot choice.

COACHING PART 2 — WEEK 9

Coach Delivery Notes

Solving Difficult Heads: Split Bowls • Draw the Shot

Mini-Lesson 1 — Split Bowls

Purpose	Split the bowls with a narrow line and controlled weight while leaving the delivered bowl useful.
Set-up	Place four bowls about 60 cm in front of the jack, with a gap of about one bowl-width between the inner bowls. Use the exercise sheet and diagram.
Coach explains	Combine the central line with positive controlled weight. A positive miss beyond the target may show better weight learning than a short bowl that never reaches the gap.
Coach demonstrates	Show the path through the gap and the intended finish.
Player task	Deliver two consecutive bowls, then repeat from both hands where practical.
Coach observes	Centre-line accuracy, positive weight and post-contact result. Progress when the bowl passes through or close to the centre of the gap, creates separation and leaves the delivered bowl useful.

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Mini-Lesson 2 — Draw the Shot

Purpose	Play the draw in a crowded head when one shot is needed. The bowl only needs to beat the nearest opposing bowl; it need not finish beside the jack.
Coach explains	Read the head first and identify the simplest route to one shot.
Coach demonstrates	Show the preferred hand, aiming line and useful scoring area.
Player task	State the plan, deliver two bowls and review the outcome.
Coach observes	Shot choice, commitment, line, length and delivery routine.
Progress when	The player makes clear decisions and reaches the scoring area.

Common Observations and Brief Corrections

Observation	Coach response
Split bowl is short	Set a positive finish beyond the target.
Split hits one side repeatedly	Re-centre the aiming line through the gap.
Player chooses unnecessary weight	Return to the score needed and compare the draw.
Pressure changes the routine	Reset stance, breath, target and normal delivery.

Progression and Adaptation

Split Bowls	Progress when the bowl passes through or close to the centre of the gap, creates separation and leaves the delivered bowl useful.
Draw the Shot	Progress when the player makes clear decisions and reaches the scoring area.

Game Application

Present one realistic split head and one draw-to-win head. Use: Score requirement → Required result → Available options → Preferred hand and target → Main risk → Commit. The option must match the player's current ability.

Success Indicators

- Chooses a shot that matches the score and head.
- Uses controlled rather than uncontrolled weight.
- Draws to a named scoring area.
- Reviews the result and makes a purposeful adjustment.

Review Questions

What did the score require from the bowl? Which option carried the lower risk? Was the result mainly affected by decision, line, contact or weight?

Link to Week 10: apply these skills in consolidation exercises and a guided practice game.

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