

BERKSHIRE BOWLS COACHING SCHEME

Exercise Sheet: Split Bowls

Reusable controlled-weight and narrow-target exercise

PURPOSE

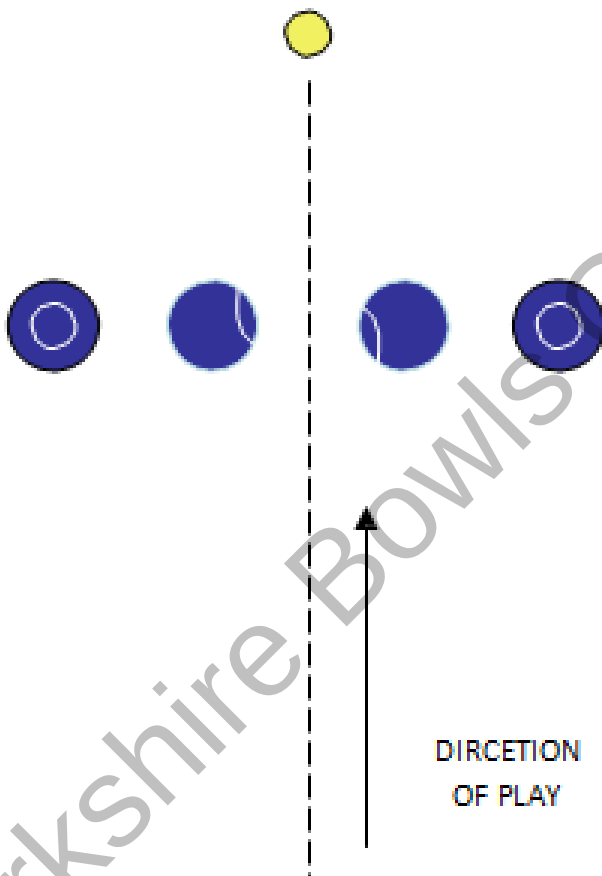
Develop the line and controlled weight needed to pass between two bowls, move them apart and leave the delivered bowl in a scoring position.

LEVEL

Beginner to improver

EQUIPMENT

Mat, jack, bowls and markers as required



SET-UP

Place four bowls approximately 60 cm in front of the jack, as shown in the original diagram. Leave about one bowl-width between the two inner bowls. Set the inner bowls upright on their running surfaces and the outer bowls flat on their bias sides.

PLAYER TASK

Play with controlled weight through the gap between the two inner bowls. The aim is to move the object bowls and leave the delivered bowl holding shot. Deliver two consecutive bowls. No firing shots.

Coach Explanation and Demonstration

- Explain that the target is the gap, but the bowl must carry enough weight to complete the shot.
- Demonstrate the line through the centre of the gap and the intended finishing position.
- Use the original 6:1 guide from the source material as an approximate starting point on a 12/14-second green.
- Praise a positive miss finishing beyond the target rather than a short bowl.

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- Keep the exercise controlled and progressive.

Berkshire Bowls Coaching Scheme

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Common Faults and Brief Corrections

Observation	Coach correction
Bowl stops before the target	Set a positive finishing point beyond the two bowls.
Hits one bowl only	Review the line through the centre of the gap.
Passes through without moving bowls	Increase controlled weight slightly.
Delivered bowl runs too far	Reduce weight while preserving the central line.

Progression and Variation

- Make it easier: widen the gap or shorten the distance.
- Standard: use a gap of about one bowl-width.
- Make it harder: narrow the gap, increase the distance or add a score-pressure condition.

Success Indicators

- Delivers through or close to the centre of the gap.
- Moves both object bowls or creates separation.
- Leaves the delivered bowl in a useful position.
- Makes a purposeful second-bowl adjustment.

Game Application

Use where two opposing bowls block the direct draw and a controlled split can change the head.

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