

## Pupil Lesson Plan (Week 2, with Homework)

### Week 2: Stance and Grip for Delivery

#### Purpose of the Lesson

- To learn how to stand comfortably and balanced on the mat.
- To understand how to hold the bowl correctly for smooth delivery.

#### Key Information Points

- **Stance:**
  - Stand comfortably upright or in a semi-crouch.
  - Keep your body aligned with the aiming line.
  - Stay balanced and steady – head still, eyes on the aiming point.
- **Grip:**
  - Bowl should rest in your fingers, not pressed into the palm.
  - Thumb rests naturally for comfort.
  - Bowl size should fit your hand – it should feel secure but relaxed.
  - Avoid gripping too tightly (can cause a wobble).

#### Practice Focus

- Stand on the mat in different stances – find what feels steady.
- Pick up a bowl and check your natural grip.
- Deliver two consecutive bowls (forehand and backhand), focusing on:
  - Balance in your stance.
  - A smooth arm swing and comfortable grip.
- Optional Challenge: Deliver two bowls in a row with the same stance and grip – score a point if both finish within 1m either side of the centre line.

#### Expected Outcomes

By the end of this lesson, you should be able to:

- Stand comfortably and in balance on the mat.
- Hold the bowl with a natural, secure grip.
- Deliver two bowls in a row with the same stance and grip.



- Build confidence on both forehand and backhand deliveries.

## Homework / Self-Practice

- At home: hold a bowl (or similar object) in your hand – practise finding a comfortable grip and relaxing your hand.
- Next roll-up: deliver 6 bowls using the same stance and grip – notice if they feel smoother or more consistent.
- Watch other players – where do they look most steady in their stance?

