

Pupil Lesson Plan (Week 4, with Homework)

Week 4: Adjusting to Jack Position and Mat Movement

Purpose of the Lesson

- To learn how moving the mat changes your aiming point.
- To practise adjusting your delivery when the jack is not in the centre line.
- To improve timing of release for smoother, more accurate bowls.

Key Information Points

- **Forward Swing & Release:**
 - Smooth pendulum swing, body weight moving onto the lead foot.
 - Release the bowl by your lead ankle — not too early, not too late.
 - Too early = bowl drops short; too late = bowl bumps out wide.
- **Mat Movement:**
 - Moving the mat up the rink changes the aiming line.
 - Your aiming point for a full-length jack may not work when the mat is advanced.
- **Displaced Jack:**
 - If the jack is off-centre, you must adjust your aiming line.
 - A good guide: *1 inch change in stance = 1 yard difference at the head.*

Practice Focus

- Deliver bowls focusing on smooth forward swing and correct release near the ankle.
- Move the mat forward and back; repeat deliveries and notice how your aiming point changes.
- Deliver bowls to jacks placed off-centre or near the ditch, adjusting line each time.
- Optional Challenge: 3 jacks placed across the rink (1m apart). Score 1 point for finishing within 1m of the chosen jack.

Expected Outcomes

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

- Deliver with a smooth forward swing and well-timed release.
- Keep balance while transferring weight onto the lead foot.
- Adjust your aiming line when the mat is moved up the rink.

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- Deliver successfully to jacks placed off-centre.

Homework / Self-Practice

- At your next roll-up, place the mat at different lengths and roll 6 jacks — notice how your aiming point changes.
- Practise delivering to an off-centre target (jack or bowl) and observe how you adjust your line.
- Reflection: *What did you notice about your release when you delivered smoother?*

