Berkshire Bowls Coaching Scheme

Pupil Lesson Plan (Week 6, with Homework)

Week 6: Drawing Between Two Bowls

Purpose of the Lesson

- To develop weight control by drawing into a target area between two bowls.
- To practise keeping arm speed smooth and consistent.
- To understand how swing length and forward step affect weight.

Key Information Points

- **What controls weight:**
  - Swing length = main control of distance.
  - Arm speed should stay smooth and consistent.
  - Forward step should feel natural (not too short or too long).
- **Why consistency matters:**
  - Changing both swing length and arm speed makes weight control harder.
  - A steady pendulum action builds confidence and muscle memory.
- **Reference guides:**
  - Roughly 2.5 rolls of a bowl ≈ 1 metre of travel.
  - 1 inch change in stance or aiming line ≈ 1 yard at the head.

Practice Focus

- **Bowling Between Two Bowls:**
  - Place 2 bowls on the centre line, 4m apart.
  - Deliver bowls aiming to stop between them.
  - Deliver two consecutive bowls (forehand and backhand).
  - Narrow the gap as you improve.
- **Arm Speed Consistency Drill:**
  - Keep swing length the same but vary arm speed (slow, normal, fast).
  - Notice how far each bowl travels.
  - Then try keeping arm speed steady and vary swing length — compare the difference.
- **Optional Target Zone Challenge:**

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- Create a scoring zone between two bowls/jacks.
- Score 2 points for landing in the zone, 1 point if line is right but weight is off.

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

- Deliver bowls smoothly into a defined space between two bowls.
- Control weight mainly by swing length, not arm speed.
- Use a steady, natural forward step to maintain balance.
- Build confidence in consistent weight control.

Homework / Self-Practice

- Next roll-up: set up 2 bowls 4m apart and practise delivering 6 bowls into the gap.
- At home: rehearse a smooth pendulum swing with steady arm speed.
- Reflection: *Was it easier to control distance by swing length or by arm speed?*

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