

Pupil Lesson Plan (Week 7, with Homework)

Week 7: Delivery Finish and Displaced Jack

Purpose of the Lesson

- To learn how to finish the delivery with correct hand orientation and smooth release.
- To practise adjusting your line when the jack is not on the centre line.
- To understand how mat position changes your aiming point.

Key Information Points

- **Delivery Finish:**
 - Arm follows the aiming line, finishing close to your body.
 - Release the bowl near the ankle of your lead foot.
 - Keep your hand relaxed and pointing along the delivery line.
 - Avoid twisting, flicking, or pushing the bowl.
- **Displaced Jack:**
 - If the jack is set off-centre, you must adjust your aiming point.
 - Use the *1 inch ≈ 1 yard* guide to judge adjustments.
- **Mat Position:**
 - Moving the mat forward or back changes your aiming line.
 - Aiming points that work at full length may not work at shorter positions.

Practice Focus

- **Diagonal Jacks Drill:**
 - Place 3 jacks diagonally across the rink, at least 1m apart.
 - Deliver two bowls (forehand and backhand) to each jack in turn.
 - Focus on smooth release, correct hand orientation, and finishing along the line.
- **Mat Position Changes:**
 - Move the mat to different positions and repeat deliveries.
 - Notice how your aiming point shifts each time.
- **Optional Team Roles Challenge:**
 - Work in pairs: one sets the mat/jack (lead), the other calls the target (skip).
 - Swap roles after 6 bowls.



- Helps you understand teamwork and roles in a game.

Expected Outcomes

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

- Deliver with a consistent release and correct hand orientation.
- Adjust your aiming line for a displaced jack.
- Recognise how mat position affects your line of delivery.
- Have an introduction to basic game roles (lead and skip).

Homework / Self-Practice

- Next roll-up: place a jack off-centre and practise drawing to it with both hands.
- Move the mat forward/backwards and notice how your aiming point changes.
- Reflection: *What did you notice about your release and hand position when your bowls ran straighter?*

