

BERKSHIRE BOWLS COACHING SCHEME

Perception of Distance

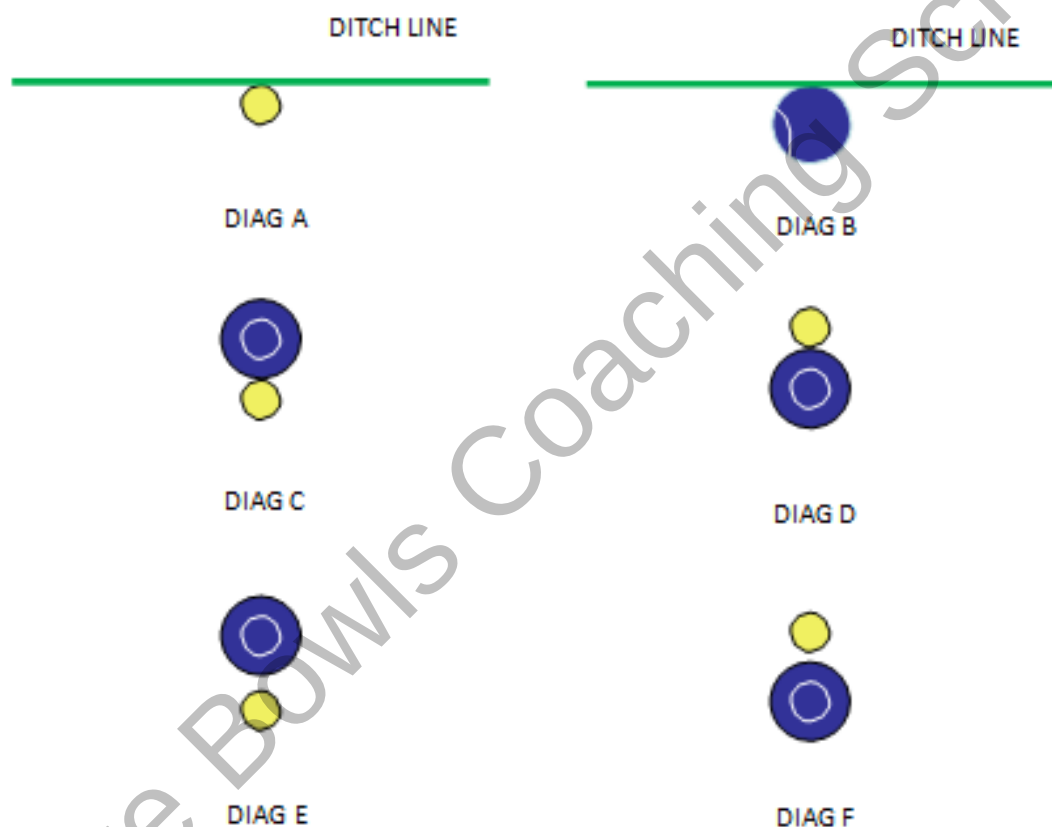
How to judge bowl, jack and ditch distance from the mat

WHY THIS MATTERS

From the mat, bowls and jacks often look closer than they are. Better judgement helps identify whether a bowl is short, jack-high or long and choose the next correction.

Practical Visual Cues

At medium and long lengths, the amount of visible overlap or green between the objects provides a useful guide. These are practical estimates rather than exact measures.



Visual guide from the mat: ditch-line cues and jack–bowl overlap.

Diagram	What you see	Approximate interpretation
A	Top of jack appears to touch the ditch line.	Jack is about 1 metre from the ditch.
B	Top of bowl appears to touch the ditch line.	Bowl is about 2 metres from the ditch.
C	Jack appears to touch the bottom of the bowl.	Bowl is about 1 metre beyond the jack.
D	Jack appears to touch the top of the bowl.	Bowl is about 1 metre short of the jack.
E / F	A small amount of green is visible between jack and bowl.	The separation is roughly 1–2 metres.

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PLAYER HANDOUT

Using Distance Information

Turn the previous bowl into a purposeful next bowl

Two Important Cautions

1. A HIDDEN JACK DOES NOT ALWAYS MEAN A TIGHT BOWL

A bowl may hide the jack while still being well in front. There may still be room to draw or trail the jack.

2. USE THE CUE AS FEEDBACK, NOT AS AN EXACT MEASURE

Eye height, head length and bowl orientation alter the view. Estimate first, then check at the head.

A Simple Three-Step Check

1 — READ

Decide: short, jack-high or long; inside or outside the line.

2 — CHECK

Use overlap, visible green and ditch-line cues; then check.

3 — ADJUST

Choose one correction: line, length or delivery.

Practice Activity

Set-up

Place bowls close, about 1 metre, about 2 metres and near the ditch.

Before walking

Estimate each distance from the mat.

At the head

Check the positions and identify the best cue.

Delivery link

Describe Bowl 1; use Bowl 2 to correct or repeat.

Both hands

Repeat on both hands.

Progression

Progress by varying jack length and bowl orientation.

Useful Player Language

- “My bowl is about one metre short.”
- “The line is good, but the bowl needs more length.”
- “The bowl is jack-high but too wide.”
- “I will keep the same line and add weight.”
- “I will widen the aiming line slightly.”
- “I will repeat the same bowl.”

KEY POINT

Distance judgement matters because it improves the correction made with the next bowl.