

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 1 Pupil Lesson Plan

Recap Line and Length • Perception of Distance

THIS WEEK

Build a repeatable draw

MAIN IDEA

Bowl 1 informs Bowl 2

PRACTICE

Short, purposeful sessions

1. Purpose of the Lesson

This lesson helps you re-establish a consistent delivery and use the result of one bowl to improve the next. You will also learn practical ways to judge the position of bowls, the jack and the ditch from the mat.

2. What You Will Learn

- Recognise whether a bowl is mainly off line, short or long.
- Understand how head position, eye focus and follow-through support consistency.
- Use two consecutive bowls: Bowl 1 gives information and Bowl 2 corrects or repeats.
- Estimate simple distances in the head from the mat.

3. Key Points for Your Delivery

Before and during delivery	After the bowl stops
• Choose the hand and aiming line. • Picture where the bowl should finish. • Use your normal stance and preparation. • Keep your head and eyes stable. • Complete the follow-through.	• Was it mainly line or length? • Was it short, jack-high or long? • What did Bowl 1 tell you? • Will Bowl 2 correct or repeat? • Make one clear change only.

4. Judging Distance from the Mat

Bowls can look closer together from the mat than they are at the head. Use the full Perception of Distance handout during the lesson. These are approximate guides:

- Top of the jack appears to touch the ditch line: about 1 metre from the ditch.
- Top of a bowl appears to touch the ditch line: about 2 metres from the ditch.
- Jack appears to touch the top or bottom of a bowl: about 1 metre apart.
- A small amount of green is visible between bowl and jack: about 1 to 2 metres.
- Estimate first, then check at the head.

REMEMBER: These are practical guides, not exact measurements. Use them to improve the information you give yourself before the next bowl.

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5. Your Two-Bowl Routine

Bowl 1	Review	Bowl 2
Deliver with a clear line and intended finish.	Decide: mainly line, length or delivery?	Make the stated correction or repeat the successful bowl.

6. Outcomes for This Week

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

- describe where your bowl finished in relation to the jack;
- identify the main adjustment needed;
- show a purposeful correction or repeat with your second bowl;
- make a reasonable estimate of simple distances from the mat.

7. Self-Check

- Did I know where I wanted the bowl to finish?
- Did I keep my normal delivery routine?
- Could I explain the result of Bowl 1?
- Did Bowl 2 show the change I intended?
- Did my distance estimate improve after checking?

8. Homework: Purposeful Practice

Practise for up to 30 minutes. Quality and attention are more important than simply delivering a large number of bowls.

- Set a short-to-medium jack and deliver two bowls on the same hand.
- Before Bowl 1, state where you want it to finish.
- After Bowl 1, say “line”, “length” or “delivery”.
- Use Bowl 2 to make one correction or repeat a successful result.
- Practise on both forehand and backhand.
- Finish by estimating two bowl-to-jack distances from the mat, then check.

9. Bring to Week 2

Bring one observation about your delivery and one example of a correction that worked. Week 2 will build on this by developing aiming-line and target control.

YOUR KEY MESSAGE: Consistency comes from a repeatable delivery and a clear, purposeful adjustment.