

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 - Week 10 Pupil Lesson Plan

Consolidation, Recap and Guided Practice Game

THIS WEEK

Bring the skills together

MAIN IDEA

Choose and apply

PRACTICE

Game-based review

1. Purpose of the Lesson

This week gives you the opportunity to revisit important skills from the course and then apply them in a guided practice game. The aim is not to repeat everything. It is to use the right skill at the right time with less help from the coach.

2. What You Will Do

- Revisit two exercises selected for the needs of the group.
- Complete the duties of your allocated role and use normal game procedures, clear communication, scorekeeping and measuring.
- Read simple heads and choose suitable shots.
- Use the result of each bowl to correct or repeat the next one.
- Identify one strength and one priority before the final game.

3. Your Game Routine

READ	CHOOSE AND DELIVER	REVIEW
Who holds shot? What does the score require? What result is needed? What is the main risk?	Choose the shot, hand and target. Name the intended finish. Use your normal delivery.	What happened? Was it mainly decision, line, length, contact or delivery? What changes next?

4. Key Points to Remember

- The bowl only needs to do the job required by the score and head.
- Choose a shot that you can deliver with reasonable confidence.
- Keep your normal delivery routine when the head becomes difficult.
- Use clear, concise communication and suitable hand signals.
- Measure carefully and keep the score accurately.
- After a miss, identify one fact and make one adjustment.

YOUR RESPONSIBILITY: Think before the bowl, commit during the delivery and learn from the result.

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5. Skills You May Revisit

Skill area	Possible course exercise
Aiming line and draw route	Jack Rolling, Half Diamond, Square or Diamond
Positive draw	Beat the Front Bowl
Controlled jack movement	Trail the Jack
Controlled bowl contact	Promote a Short Bowl or Follow Through and Stay
Controlled removal	Overdraw to Remove Bowl or Split Bowls
Head reading and pressure draw	Small Head or Draw the Shot

6. Outcomes for This Week

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

- apply earlier course skills during a game;
- state the required result, intended shot, hand and finishing area;
- make a purposeful correction after Bowl 1;
- communicate, score and measure with greater confidence;
- identify one strength and one next step.

7. Self-Check

- Did I state the required result before choosing the shot?
- Did I know where the bowl needed to finish?
 - Did I identify the main risk of my choice?
- Did I keep my normal delivery routine?
- Did I use the result of the previous bowl?
- Did my communication help the game flow?
- What did I do with less help from the coach?

8. Homework: Prepare for the Final Game

Before Week 11, complete a short, purposeful practice or mental review:

- Choose one delivery point to retain in the final game.
- Practise two-bowl correction on both hands.
- Review the handouts or exercise sheet for your main development priority.
- Think through three questions: Who holds shot? What is required? Where must my bowl finish?
- Arrive with one personal target for the final game.
 - Use the Player Development Review to note one strength and one priority, ready to complete the full review in Week 11.

9. Your Personal Target

My strength to carry forward: _____

My priority for the final game: _____

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Week 10 is guided consolidation with selective coach support. Week 11 gives you more responsibility in normal play and completes your Player Development Review.

YOUR KEY MESSAGE: Use what you have learned. Make a clear decision, deliver with commitment and review the result.

Berkshire Bowls Coaching Scheme