

BERKSHIRE BOWLS COACHING SCHEME

Jack Rolling

Aiming-line and target-control practice

WHAT THIS EXERCISE DEVELOPS

Select and repeat a clear aiming line with the jack, control the intended length and use the first attempt to improve the second.

Set-Up



Stage 1: Roll several jacks towards a partner or coach at different requested lengths.

Stage 2: Place a gate about 10 metres from the mat on your aiming line. Begin with the gate about 0.5 metres wide.

Your Task

Roll two consecutive jacks. Before each attempt, choose the aiming line and picture where the jack should finish. Use Jack 2 to correct one thing or deliberately repeat a successful first roll.

1 - JACK 1	2 - REVIEW	3 - JACK 2
Choose the line and intended finish. Use a smooth, low release.	Was it mainly line, length or release? Identify one clear change.	Make that adjustment, or repeat the successful action.

IF IT IS NOT WORKING

- Jack starts off line: Reset your body alignment and release towards the chosen aiming point.
- Jack is pushed or bounced: Use a smooth, low release with a relaxed hand.
- You watch only the gate: Look through the gate towards the intended finishing area.
- Jack 2 repeats the same miss: State the one line or length change before rolling again.

SUCCESS LOOKS LIKE

- Most jacks travel through the selected gate.
- The jack also reaches the intended length or finishing zone.
- Your second attempt shows a purposeful correction or repeat.
- You can explain whether a miss was mainly line or length.

PRACTISE IT YOURSELF

Start with a wide gate. As control improves, narrow the gate, move it slightly off-centre or nominate a finishing zone beyond it. Keep the practice purposeful rather than simply rolling large numbers of jacks.

Game Challenge

Award 1 point for passing through the gate and a second point for finishing in the nominated length zone.

KEY MESSAGE: Choose the line, picture the finish, roll smoothly, then use the result to improve the next attempt.