

BERKSHIRE BOWLS COACHING SCHEME

Hand Signals

Player Reference Handout

Use your hand to do the talking. Clear signals help players exchange simple information without unnecessary shouting or delay.

Why Use Hand Signals?

- Voices can be difficult to hear over other sounds.
- Shouting may disturb players on nearby rinks.
- Shared signals improve team understanding and the flow of play.
- Information can be given quickly and clearly from the head.

Essential Signals to Learn First

Signal	Suggested action	Meaning
Forehand	Indicate the forehand side with an open hand	Use or consider the forehand.
Backhand	Indicate the backhand side with an open hand	Use or consider the backhand.
Short	Hold hands apart low in front of the body	The bowl is short; show the approximate amount where possible.
Long	Move a hand beyond the head or indicate behind	The bowl is long; show the approximate amount where possible.
Shot held	Raise one finger clearly	Your team holds one shot. Use two or more fingers for the number held.

Good Signalling Practice

- Face the player and make the signal clearly.
- Use one recognised signal at a time.
- Keep the movement deliberate and large enough to be seen.
- Confirm that the signal has been understood before play continues.
- Use words only when a signal cannot communicate the necessary detail safely or clearly.

Pair Practice

One player stands at the head and signals the hand and whether the previous bowl is short or long. The bowler repeats the information aloud, states the intended correction, and delivers the next bowl. Change roles after four bowls.

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Additional Common Signals

Information	Clear signal or action
Jack high	Hold a hand level with the jack position.
Toucher	Touch or point to the shoulder/chalk area, then indicate the bowl.
Measure required	Hold hands close together and make a small measuring action.
Jack or bowl in ditch	Point down towards the ditch, then indicate the position.
Room on one side	Use the hands to show the available gap or channel.
Stop / wait	Raise an open palm clearly.
Result of end	Show the number of shots with fingers after the end is agreed.

Important Points

- Clubs and teams may use slightly different conventions. Agree the signals before play.
- Signals should provide factual information, not create confusion through excessive movement.
- Do not signal while a player on a nearby rink is delivering if the movement could distract them.
- When exact distance matters, walk to the head or measure rather than relying only on a signal.

Player Self-Check

- Could my teammate see the signal clearly?
- Did I communicate one fact rather than several uncertain messages?
- Did the bowler confirm the information?
- Was the signal helpful to the next decision or delivery?

GOLDEN RULE: Never miss an opportunity to correct a delivery or explain how the intended shot can be achieved.