

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 2 Pupil Lesson Plan

Aiming Line, Target Control and Essential Hand Signals

THIS WEEK

Find and repeat the line

EXERCISES

Jack Rolling and Half Diamond

COMMUNICATION

Five essential signals

1. Purpose of the Lesson

This lesson helps you select a clear aiming line, deliver towards a useful finishing area and use the result of your first attempt to improve the second. You will also practise a small set of hand signals used to communicate simple game information.

2. What You Will Learn

- How to roll a jack along an intended line and towards a nominated length.
- How to use a visible channel to improve your draw line.
- How to picture a useful finish beyond the front bowls.
- How to recognise and use forehand, backhand, short, long and Shot held signals.
- How to use two consecutive attempts to correct or repeat.

3. Exercise 1 - Jack Rolling

First roll the jack towards the coach's feet at different lengths. Then roll through a gate about 10 metres from the mat. The exercise helps you practise alignment, a smooth release and a clear target. The gate shows the route, but you must also picture where the jack should finish.

- Choose the aiming point before you begin.
- Use a smooth, low release.
- Picture a finishing area beyond the gate.
- Use the second jack to make one correction or repeat a successful roll.

4. Exercise 2 - Half Diamond

The two front bowls form a visible channel. The rear bowl shows depth. Use draw weight only and aim to finish inside the front bowls and closer than the nearest object bowl.

- The front bowls are guides, not targets.
- Let the bowl follow its natural curved path.
- Look beyond the front bowls to the intended finishing area.
- You do not have to touch the jack; you only need to beat the nearest bowl.
- Practise both forehand and backhand.

CONFIDENCE CUE: Think about delivering a good second bowl rather than demanding the perfect shot bowl.

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5. Essential Hand Signals

Signal	Information
Forehand	Use or consider the forehand side.
Backhand	Use or consider the backhand side.
Short	The bowl has stopped short; show the approximate amount where possible.
Long	The bowl has finished beyond the required length.
Shot held	Your team holds one shot; use more fingers for additional shots.

6. Good Signalling

- Face the player and make the signal clearly.
- Use one signal at a time.
- Make the movement deliberate and large enough to see.
- Confirm that the information has been understood.
- Use the signal to help the next decision or delivery.

7. Outcomes for This Week

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

- send the jack more consistently along the selected line;
- enter the Half Diamond channel and reach the head;
- state whether the main correction is line or length;
- recognise and use the five essential hand signals;
- show a purposeful correction or repeat with your second attempt.

8. Self-Check

- Did I name the aiming point before delivery?
- Did I picture where the jack or bowl should finish?
- Did my second attempt show the change I intended?
- Was my hand signal clear and understood?

9. Homework: Purposeful Practice

Practise for up to 30 minutes. Use pairs of attempts and keep the practice purposeful.

- Place two markers about half a metre apart and roll two jacks through the gate.
- After the first jack, state one change before rolling the second.
- Set a simple target area and deliver two bowls on one hand, then change hand.
- Before each bowl, name the aiming point and intended finish.
- Practise the five essential hand signals with another player or from the handout.

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10. Bring to Week 3

Bring one aiming cue that helped and one hand signal you recognised clearly. Week 3 will use these skills in more complex obstacle patterns.

YOUR KEY MESSAGE: Choose the route, picture the finish, deliver normally, then use clear information to improve the next attempt.

Berkshire Bowls Coaching Scheme