

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 3 Pupil Lesson Plan

Drawing Around Obstacles and Player Communication

THIS WEEK	EXERCISES	MAIN IDEA
Choose a route and useful finish	Square and Diamond	Solve the job, not just the jack

1. Purpose of the Lesson

This week helps you draw around bowls in a more complex head, choose a useful finishing position and explain your intended shot clearly. You will use the Square and Diamond exercises to compare different routes and practise both hands.

2. What You Will Learn

- How to identify more than one possible route into a head.
- How to decide which bowl must actually be beaten.
- How to choose a useful finishing area instead of becoming jack-focused.
- How to use visible bowls as length guides when the jack is hidden.
- How to communicate your intended hand, finish and result clearly.

3. The Square Exercise

Four bowls are placed approximately 3 metres apart in a square around the jack. The front bowls partly block the normal route. Imagine the opposition holds four shots. Your job is to choose a draw or controlled Wrist Out option that beats the nearest bowl.

- Look at both hands before deciding.
- The winning bowl does not have to finish beside the jack.
- Name the useful finishing point before delivery.
- Use a positive bowl that reaches the head.
- No firing shots.

4. The Diamond Exercise

Four bowls are placed approximately 3 metres apart in a diamond. The front bowl hides the jack and the two side bowls show the required length. Do not guess where the jack is: use the information that is visible.

- Compare both hands.
- Use the side bowls as length references.
- Choose a draw or controlled Wrist Out shot.
- State where the bowl should finish.
- Use Bowl 2 to correct or repeat Bowl 1.

KEY POINT: The bowl only has to complete the job. It does not always need to finish beside the jack.

BERKSHIRE BOWLS COACHING SCHEME

5. Your Decision and Communication Routine

ROLE AND SCORECARD LINK: Know who is directing the head. Listen to one clear instruction and avoid several players giving different advice. Also note where the score for each end and the running total are written; you will practise this fully in Week 10.

Before delivery	After delivery
• State the situation. • State the required result. • Confirm the hand. • Name the target bowl or intended finishing area. • Commit to the shot.	• Give one factual result. • Was it mainly line, length or choice? • What did Bowl 1 show? • State one adjustment. • Use Bowl 2 to correct or repeat.

6. Outcomes for This Week

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

- identify more than one possible route;
- choose the preferred hand and explain why;
- name the intended finishing area;
- use surrounding bowls as guides when the jack is hidden;
- make a purposeful correction or repeat with Bowl 2;
- give a short, factual message about the shot.

7. Self-Check

- Did I identify the job before stepping onto the mat?
- Did I compare both hands?
- Did I focus on a useful finish rather than only the jack?
- Did my bowl reach the head?
- Did Bowl 2 show the adjustment I intended?
- Was my communication clear and factual?

8. Homework: Purposeful Practice

Practise for up to 30 minutes. Use four bowls or markers to create a partly blocked route. Keep the task simple and repeat it on both hands.

- Before each pair of bowls, name the bowl or area you need to beat.
- State the hand and intended finishing point.
- Deliver Bowl 1 and decide whether the main issue was line or length.
- Use Bowl 2 to make one change only.
- Repeat with the jack or target partly hidden.
- Finish by explaining one shot in a single sentence: situation, hand and required result.

BERKSHIRE BOWLS COACHING SCHEME

9. Bring to Week 4

Bring one example of a head where the best bowl did not need to finish beside the jack. Week 4 will build on this by reading and solving a small head.

YOUR KEY MESSAGE: Identify the job, choose the route, name the finish and commit.

Berkshire Bowls Coaching Scheme