

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 — Week 4 Pupil Lesson Plan

Reading and Solving a Small Head

THIS WEEK

Read before you bowl

MAIN EXERCISE

Small Head - 3 Bowls

KEY AIM

One clear shot to win

1. Purpose of the Lesson

This lesson introduces simple head reading and shot selection. You will learn to identify who holds shot, decide what your final bowl must achieve and choose a suitable Draw, Weighted or Cover option.

2. The Game Situation

It is the last end, and you need one shot to win. Three opposing bowls are placed around the jack. Your task is to read the head and play one clear shot. No firing shots are used.

During practice, you will use two attempts from the same head. Bowl 1 provides information and Bowl 2 repeats or corrects the chosen shot. The final game challenge remains a single-bowl decision.

3. Your Reading Routine

Question	What to decide
Position	Who holds shot, and how many?
Required result	What must my final bowl achieve?
Options	What realistic Draw, Weighted or Cover choices are available?
Preferred hand and target	Which route and intended finish are clearest?
Main risk	What may happen if my line or weight is wrong?
Commit	State the chosen shot before stepping onto the mat.

KEY MESSAGE: Read the position, choose the job, then commit to one shot.

4. Three Main Options

- Draw: finish nearer the jack or rest onto a bowl.
- Weighted: use controlled weight to move a bowl or the jack.
- Cover: place a bowl in an area that may protect against the opponent's next shot.

Not every option will be suitable in every head. Choose the option that best matches the score and the position.

5. Possible Shots in the Small Head

- Draw shot - finish closer than the opposing shot bowl.
- Resting shot - finish against another bowl and gain shot.
- Wrest Out - use controlled weight to move an opposing bowl and remain useful.
- Yard On - use extra controlled weight to alter the head.
- Trail the Jack - contact and move the jack into a better position.

6. Outcomes for This Week

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

- identify who holds shot and how many;
- state what your final bowl needs to achieve;
- name a suitable Draw, Weighted or Cover option;
- state the hand, target and intended result before delivery;
- in practice, use Bowl 1 to test the decision and Bowl 2 to repeat or correct it.

7. Self-Check Before Delivery

- Have I read the head before stepping onto the mat?
- Do I know the minimum result required?
- Is my chosen shot realistic for my ability?
- Can I name the intended finishing position?
- Am I committed to the selected hand and line?

8. Homework: Read Simple Heads

During a practice or social game, pause before selected bowls and use the reading routine. You do not need to deliver every option.

- Identify who holds shot and the number held.
- Name one Draw option and one controlled-weight or Cover option where available.
- Choose the preferred option and give one reason.
- After the bowl, review the decision separately from the delivery.
- Keep a note of one head where your first choice changed after you looked more carefully.

9. Bring to Week 5

Bring one example of a close head that was difficult to judge. Week 5 will develop the correct use of measuring equipment and procedures.

YOUR KEY MESSAGE: The best shot begins with a clear understanding of what the bowl must do.