

BERKSHIRE BOWLS COACHING SCHEME

Beat the Front Bowl

Look beyond the obstacle and finish in the scoring area

WHAT THIS EXERCISE DEVELOPS

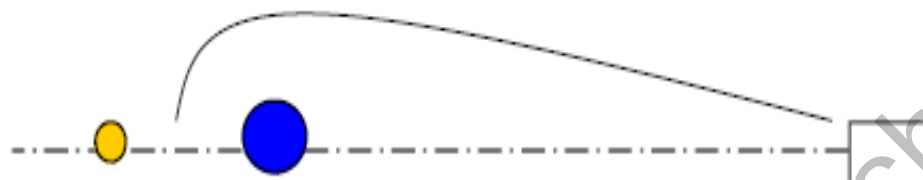
A positive draw shot that passes a front bowl and reaches a useful scoring area.

LEVEL

Beginner to improver

EQUIPMENT

Mat, jack, bowls and markers as required



SET-UP

Place the jack on the centre line at a short-to-medium length. Put one object bowl on the centre line, about 1 metre or less in front of the jack. Start at a manageable distance.

YOUR TASK

Use a draw shot to pass the front bowl and finish in the scoring area, or rest on the jack. Deliver two consecutive bowls, then repeat on the other hand.

Before You Bowl

- Which hand gives me the clearest route past the front bowl?
- Where do I want my bowl to finish?
- Am I looking beyond the obstacle rather than at it?
- What line and finishing weight will reach the scoring area?

BOWL 1	REVIEW	BOWL 2
State the hand, line and intended finish, then deliver.	Was the main issue line, length or delivery?	Make one clear adjustment or deliberately repeat a good first bowl.

If It Is Not Working

Your bowl stops short of the front bowl

Move your intended finish beyond the obstacle and deliver positively.

You keep hitting the front bowl

Review the aiming line and compare the alternative hand.

You are watching the obstacle

Move your eyes to the intended finishing area behind it.

You pass the bowl but run too far

Keep the successful line and reduce only the finishing weight.

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Success Looks Like

- Your bowl reaches the head with a positive finish.
- You select a line that passes the front bowl.
- Bowl 2 shows a purposeful correction in line or weight.
- You can describe the intended finishing point before delivery.

PRACTISE IT YOURSELF: Start with a shorter jack or move the front bowl slightly off the centre line.

Progress by increasing the length, narrowing the route or adding a second front bowl.

KEY MESSAGE: Look beyond the front bowl. Deliver to the finishing area, not to the obstacle.