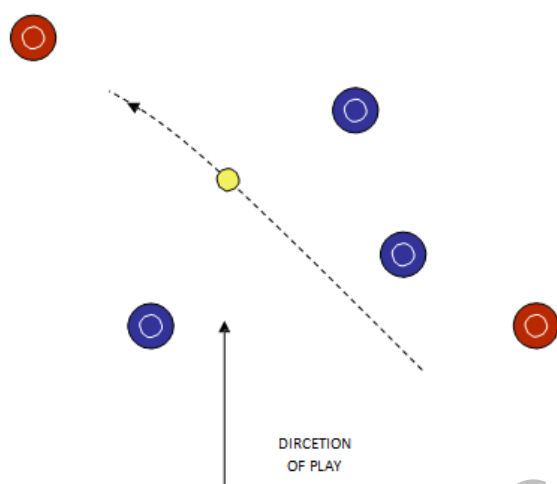


# BERKSHIRE BOWLS COACHING SCHEME

## Trail the Jack

*Move the jack with accurate line, controlled weight and a clear result in mind*

|                                                                           |                      |                                          |
|---------------------------------------------------------------------------|----------------------|------------------------------------------|
| WHAT THIS EXERCISE DEVELOPS                                               | LEVEL                | EQUIPMENT                                |
| Controlled yard-on weight, accurate contact and purposeful jack movement. | Beginner to improver | Mat, jack, bowls and markers as required |



### SET-UP

Set a small head where moving the jack by about 1 yard will gain the required shots. Use the layout shown and start at a short-to-medium length.

### GAME SITUATION

Last end. You need two shots to win.

### YOUR TASK

Deliver two consecutive bowls using controlled yard-on weight. Name the part of the jack you intend to contact and where you want the jack to finish. No firing shots.

### Before You Bowl

- What does the score require from this bowl?
- Which part of the jack do I need to contact?
- In which direction should the jack move, and about how far?
- Which line will reach the contact point with the extra weight?
- Am I using controlled weight rather than force?

| BOWL 1                                                                | REVIEW                                      | BOWL 2                                                              |
|-----------------------------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------|
| State the hand, contact point and intended jack finish, then deliver. | Was the main issue line, contact or weight? | Make one clear adjustment or deliberately repeat a good first bowl. |

### If It Is Not Working

Your bowl stops before the head

Set a clear finishing point beyond the jack and deliver positively.

You miss on the narrow side

Review the aiming line and allow for the reduced bias under extra weight.

The jack moves too far

Keep the successful line and reduce only the applied weight.

Your delivery becomes forceful

Return to normal rhythm and picture the required jack movement, not a hard hit.

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### Success Looks Like

- You name the intended contact point and jack finish before delivery.
- Your bowl reaches the head with controlled weight.
- The jack moves in the intended direction.
- Bowl 2 shows a purposeful adjustment from Bowl 1.
- You judge success by the final jack position, not contact alone.

PRACTISE IT YOURSELF: Begin with a shorter length and a simple head. Progress by increasing distance, narrowing the contact area or adding a final-end score condition. Use controlled weight throughout.

KEY MESSAGE: Move the jack with purpose. Use accurate line and only the controlled weight needed for the result.