

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 - Week 6 Pupil Lesson Plan

Positive Weight: Beat the Front Bowl and Trail the Jack

THIS WEEK

Positive and controlled weight

MAIN IDEA

Reach the head with purpose

EXERCISES

Beat the Front Bowl • Trail the Jack

1. Purpose of the Lesson

This lesson develops your ability to deliver beyond an obstructing front bowl and then use controlled weight to move the jack into a better position. The aim is control, not force.

2. What You Will Learn

- How to look beyond a visible obstacle and picture the true finishing area.
- How to deliver a positive bowl that reaches the head.
- How to use controlled yard-on weight to trail the jack.
- How to adjust line and weight with your second bowl.
- How to choose the appropriate shot in a simple game situation.

3. Exercise 1: Beat the Front Bowl

A bowl is placed approximately 1 metre or less in front of the jack and may hide it from the mat. Your task is to draw past the front bowl and finish in the scoring area.

- The front bowl is an obstacle, not your target.
- Choose the hand with the clearest route.
- Picture where your bowl should finish behind the obstacle.
- A short bowl cannot complete the task.
- Use Bowl 2 to correct line or finishing weight.

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

4. Exercise 2: Trail the Jack

It is the final end, and two shots are required to win. During practice, Bowl 1 and Bowl 2 are two separate attempts from the same situation; they do not mean that both delivered bowls must score. Move the jack by approximately 1 yard using accurate line and controlled weight. No firing shots.

- Name the part of the jack you intend to contact.
- Picture the direction and distance the jack should move.
- Use controlled weight that reaches the head.
- Remember that the jack is lighter than a bowl.
- Review whether Bowl 1 missed because of line, contact or weight.
 - Contact alone is not success. Judge the line, controlled weight, jack movement and final position.

5. Positive Weight Is Not Force

Positive, controlled delivery	Uncontrolled delivery
Normal rhythm and follow-through	Forcing or throwing the bowl
Clear intended finish	Only trying to hit something
Enough weight for the required result	More weight than the shot needs
A useful Bowl 2 adjustment	Repeating the same miss without review

6. Your Two-Bowl Routine

- Before Bowl 1: name the hand, line and intended finish.
- After Bowl 1: decide whether the main issue was line, contact or weight.
- Before Bowl 2: state one clear adjustment.
- After Bowl 2: check whether the intended change appeared.

7. Outcomes for This Week

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

- deliver beyond a front bowl and reach the scoring area;
- use controlled weight to move the jack in the intended direction;
- explain the difference between positive draw and jack-moving weight;
- make a purposeful correction with Bowl 2.

8. Self-Check

- Did I know where the bowl or jack should finish?
- Did my bowl reach the head?
- Did added weight change my line?
- Was the jack moved too little, about right or too far?
- Did Bowl 2 show the correction I intended?

9. Homework: Purposeful Practice

Practise for up to 30 minutes. Use controlled weight and stop if the delivery becomes forced.

- Place a bowl about 1 metre in front of the jack and practise drawing beyond it.
- Deliver two bowls on the same hand: Bowl 1 gives information and Bowl 2 corrects.
- Practise on both forehand and backhand.
- For each attempt, state the intended finishing area before delivery.
- Where suitable and safely supervised, practise a gentle jack trail at short-to-medium length.
- Record one example where changing line was more important than adding weight.

10. Bring to Week 7

Bring one example of a positive bowl that reached the head and one point you learned about line under added weight. Week 7 will use controlled contact to move a short bowl and follow through into the head.

YOUR KEY MESSAGE: Reach the head with purpose. Use only the weight needed to achieve the result.