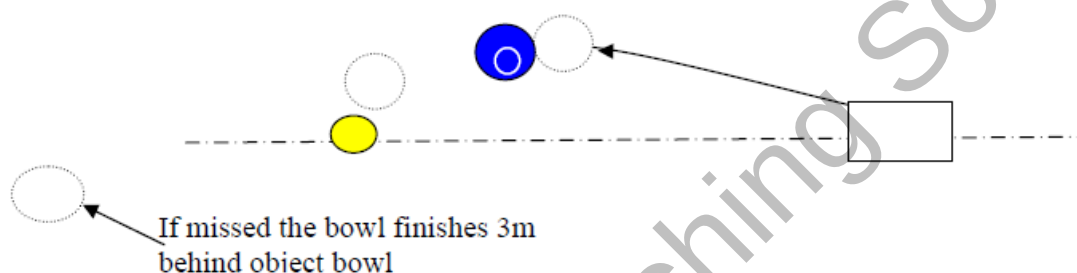


BERKSHIRE BOWLS COACHING SCHEME

Follow Through and Stay

Move the short bowl and keep your delivered bowl useful in the head

WHAT THIS EXERCISE DEVELOPS	LEVEL	EQUIPMENT
Controlled contact, finishing weight and awareness of where both bowls should finish.	Beginner to improver	Mat, jack, bowls and markers as required



SET-UP

Place the jack at a short-to-medium length. Put one object bowl about half a metre short of the jack and slightly off the direct line.

YOUR TASK

Deliver with enough controlled weight to move the short bowl forward and allow your delivered bowl to continue into a useful scoring position. Deliver two consecutive bowls and practise both hands.

Before You Bowl

- Where should the short bowl finish?
- Where should my delivered bowl finish after contact?
- Which contact point gives me the best chance of both bowls staying useful?
- What line and controlled weight will let my bowl continue after contact?

BOWL 1	REVIEW	BOWL 2
State the hand, contact point and intended final positions, 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 delivered bowl stops after contact	Increase the positive finishing weight while keeping the same line.
The object bowl moves but your bowl runs too far	Reduce the weight and refine the contact point.
You miss the object bowl	Review the line needed for the added weight.
You are watching only the collision	Picture where both bowls should finish after contact.

BERKSHIRE BOWLS COACHING SCHEME

Success Looks Like

- You make controlled contact with the short bowl.
- The short bowl moves forward into a better position.
- Your delivered bowl continues and remains useful in the head.
- Bowl 2 shows a purposeful adjustment from Bowl 1.
- You can explain the difference between promotion and follow-through.

PRACTISE IT YOURSELF: Start with a shorter jack and a clear contact line. Progress by offsetting the object bowl, increasing the distance or adding a match-score condition. Keep the action smooth and controlled; no firing shots.

KEY MESSAGE: Picture both final positions. Move the short bowl and keep your delivered bowl useful.