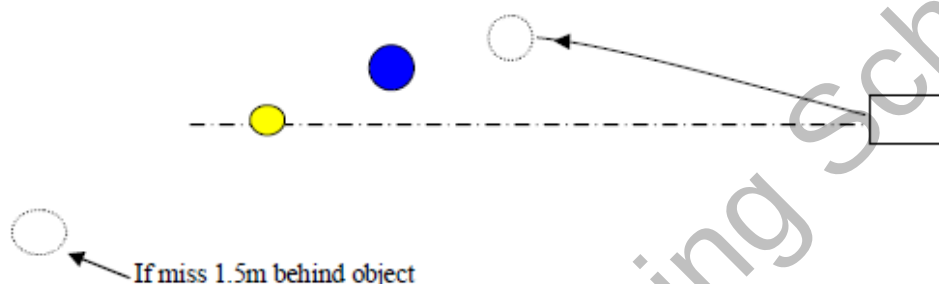


BERKSHIRE BOWLS COACHING SCHEME

Promote a Short Bowl

Move a short bowl towards the jack with controlled weight

WHAT THIS EXERCISE DEVELOPS	LEVEL	EQUIPMENT
Controlled contact and the weight needed to improve the position of a short bowl.	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 1.5 metres short of the jack on the required delivery line.

YOUR TASK

Deliver through the short bowl with enough controlled weight to move it towards the jack. Deliver two consecutive bowls, review the result, then repeat on the other hand.

Before You Bowl

- Where do I want the short bowl to finish?
- Which part of the bowl do I need to contact?
- What line will reach that contact point with added weight?
- How much controlled weight is needed to move the bowl without forcing the delivery?

BOWL 1	REVIEW	BOWL 2
State the hand, contact line and intended 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 delivered bowl stops short	Set a finishing point beyond the object bowl and use positive controlled weight.
You miss on the narrow side	Review the aiming line and allow for the reduced bias under extra weight.
The object bowl moves too far	Keep the successful line and reduce only the weight.
You are thinking only about contact	Picture where the promoted bowl should finish; contact alone is not success.

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Success Looks Like

- You contact the object bowl on the intended side.
- The short bowl moves towards the jack or into a useful counting position.
- You use controlled rather than excessive weight.
- Bowl 2 shows a purposeful adjustment from Bowl 1.
- You judge the shot by the final position of the promoted bowl, not by contact alone.

PRACTISE IT YOURSELF: Start with a shorter jack or reduce the promotion distance. Progress by increasing the distance, changing the hand or nominating a specific final position. Keep the exercise controlled; no firing shots.

KEY MESSAGE: Move the bowl to a useful position. Do not judge the shot by contact alone.