

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 - Week 7 Pupil Lesson Plan

Controlled Contact: Promote a Short Bowl • Follow Through and Stay

THIS WEEK

Move a bowl with control

MAIN IDEA

Picture both final positions

PRACTICE

Two bowls, one clear adjustment

1. Purpose of the Lesson

This lesson helps you use controlled weight to move a short bowl into a better position. You will learn the difference between promoting a bowl and following through so that your delivered bowl also stays in the head.

2. What You Will Learn

- How to select a line that makes useful contact with a short bowl.
- How much positive weight is needed to move the object bowl.
- The difference between promotion and follow-through.
- How to use Bowl 2 to correct line, contact or weight.

Decision sequence: Required result → Which bowl or bowls must remain useful? → Contact line → Controlled weight → Intended final positions.

3. Exercise 1 - Promote a Short Bowl

The object bowl is about 1.5 metres short of the jack. Your task is to move that bowl towards the jack with controlled weight.

- Picture where the object bowl should finish.
- Choose the hand and contact line.
- Deliver positively enough to move the bowl.
- Do not judge success only by making contact.
- Review where the promoted bowl finished.

4. Exercise 2 - Follow Through and Stay

The object bowl is about half a metre short of the jack and slightly off the direct draw line. Your task is to move it forward and allow your delivered bowl to continue into a useful scoring position.

- Picture where both bowls should finish.
- Use enough weight for your bowl to continue after contact.
- Keep the delivery smooth and controlled.
- Avoid firing or forcing the bowl.
 - These are controlled extra-weight shots. Use no more weight than the required result needs.
- Review the final position of both bowls.

5. The Difference to Remember

Promote a Short Bowl	Follow Through and Stay
The short object bowl is moved towards the jack.	The object bowl is moved and your delivered bowl continues into a useful position.

KEY MESSAGE: Contact is only useful when it produces the intended final positions.

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6. Your Two-Bowl Routine

Bowl 1	Review	Bowl 2
State where the bowl or bowls should finish.	Was the main issue line, contact or weight?	Make one clear adjustment or repeat a successful shot.

7. Outcomes for This Week

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

- explain the difference between the two exercises;
- make controlled contact with the object bowl;
- identify where both bowls should finish;
- adjust your second bowl using the result of the first.

8. Self-Check

- Did I name the intended final position before delivery?
- Did the bowl reach the object bowl with positive weight?
- Was the contact point correct?
- Did the delivered bowl need to stop or continue?
- Did Bowl 2 show the adjustment I intended?

9. Homework: Purposeful Practice

Practise for up to 30 minutes. Use suitable spacing and supervision. Use controlled weight and stop if the delivery becomes forced, uncontrolled or an attempt to hit the bowl as hard as possible.

- Place a bowl about 1 to 1.5 metres short of the jack.
- Deliver two bowls on the same hand.
- Before each pair, decide whether you are practising promotion or follow-through.
- After Bowl 1, say "line", "contact" or "weight".
- Use Bowl 2 to make one clear adjustment.
- Practise on both forehand and backhand when safe and practical.

10. Bring to Week 8

Bring one example of a shot where the final position after contact was more important than the contact itself. Week 8 will build on this by developing controlled removal and drawing near the ditch.

YOUR KEY MESSAGE: Decide the result first, then select the line, contact and weight needed to create it.