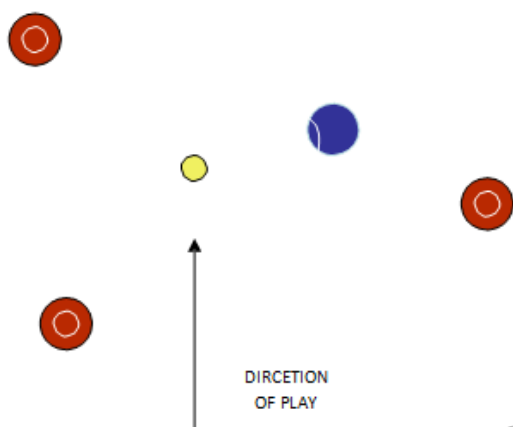


BERKSHIRE BOWLS COACHING SCHEME

Overdraw to Remove Bowl

Remove the opposing bowl with controlled weight and stay useful in the head

WHAT THIS EXERCISE DEVELOPS	LEVEL	EQUIPMENT
Controlled Wrest Out weight to move the shot bowl while keeping your delivered bowl useful.	Beginner to improver	Mat, jack, bowls and markers as required



SET-UP

Place the jack at a short-to-medium length. Position the opposing shot bowl in front of the jack as shown. Begin with a clear line and manageable distance.

YOUR TASK

Use controlled Wrist Out weight to move the opposing bowl backwards and leave your delivered bowl holding shot. Deliver two consecutive bowls, review the result, then repeat on the other hand.

Before You Bowl

- Which bowl must I remove or move to gain shot?
- Where should the opposing bowl finish after contact?
- Where should my delivered bowl finish?
- Which contact point gives me the best chance of staying in the head?
- Am I using only the controlled weight needed for the result?

BOWL 1	REVIEW	BOWL 2
State the hand, contact line and intended final positions.	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 contact	Set a positive finishing point beyond the object bowl.
You miss on the narrow side	Review the aiming line needed for the added weight.
The object bowl moves but remains shot	Keep the line and increase the controlled weight slightly.
Your delivered bowl runs out of the head	Reduce the weight or improve the contact point.

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Success Looks Like

- You make controlled contact with the opposing bowl.
- The opposing bowl moves backwards and no longer holds shot.
- Your delivered bowl remains in a useful scoring position.
- Bowl 2 shows a purposeful adjustment from Bowl 1.
- You judge the shot by the final positions, not by contact alone.

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

KEY MESSAGE: Remove with control. Picture where both bowls should finish and use only the weight needed.