

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 - Week 8 Pupil Lesson Plan

Controlled Removal • Draw to the Edge of the Ditch

THIS WEEK

Choose removal or draw

MAIN IDEA

Picture the final result

PRACTICE

Two bowls, one clear adjustment

1. Purpose of the Lesson

This lesson helps you choose between two different ways of solving a head: removing an opposing shot bowl with controlled weight, or drawing accurately to a safe finishing area near the ditch.

2. What You Will Learn

- How to play a controlled Overdraw or Wrest Out shot.
- How to draw beyond a live toucher when the jack is in the ditch.
- How to picture the final position before delivery.
- How to choose the safer or more useful option in a game situation.
- How to use Bowl 2 to correct line, contact or weight.

3. Exercise 1 - Overdraw to Remove Bowl

Your task is to move the opposing shot bowl backwards and leave your delivered bowl in a useful scoring position.

- Choose the hand and contact line.
- Picture where both bowls should finish.
- Use enough controlled weight to move the object bowl.
- Do not turn the shot into a firing action.
- Judge the result after contact, not contact alone.

4. Exercise 2 - Draw to the Edge of the Ditch

The jack is in the ditch, and a live toucher remains on the green. Your task is to beat that bowl and stop safely near the ditch.

- Choose a safe finishing area beyond the toucher.
- A bowl that finishes short of the live toucher cannot gain shot in this exercise.
- Use a line that avoids or passes the toucher.
- Deliver positively but do not run into the ditch.
- Use the jack marker for orientation. Your target is the safe finishing area beyond the live toucher and short of the ditch.

5. Choosing the Shot

Consider removal when...	Consider the draw when...
• the opposing bowl is available to hit; • controlled contact can improve the head; • your delivered bowl can remain useful.	• there is a clear route to the scoring area; • only one shot is required; • the draw carries less risk.

Use this sequence: Score requirement → Required result → Available route → Hand and target → Main risk → Commit.

KEY MESSAGE: Decide the result first, then choose the line and weight.

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6. Your Two-Bowl Routine

Bowl 1	Review	Bowl 2
State the shot, hand and intended 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 controlled removal and a ditch-end draw;
- state where your bowl should finish before delivery;
- use controlled weight to move an opposing bowl;
- draw beyond a toucher and stop safely near the ditch;
- choose a suitable shot for a simple head.

8. Self-Check

- What did the score require?
- Did I choose the safer or more useful option?
- Did I picture the final position?
- Was the result mainly affected by line, contact or weight?
- Did Bowl 2 show the adjustment I intended?

9. Homework: Purposeful Practice

Practise for up to 30 minutes. Use safe spacing and a clearly marked finishing area. Keep the exercise controlled and stop if the delivery becomes forced, uncontrolled or an attempt to use maximum force.

- Place one object bowl in front of a target area and practise controlled contact.
- Before delivery, state where the object bowl and your bowl should finish.
- For ditch-end practice, use a safe marked finishing area rather than placing the jack in an unsafe position.
- Deliver two bowls on the same hand and make one adjustment.
- Practise both hands where safe and practical.
- Finish by setting two simple heads and deciding: remove or draw?

10. Bring to Week 9

Bring one example of when the draw was the safer option and one example of when controlled removal offered a better result. Week 9 will develop decision-making in more difficult heads.

YOUR KEY MESSAGE: Choose the result, commit to the shot and use controlled weight.