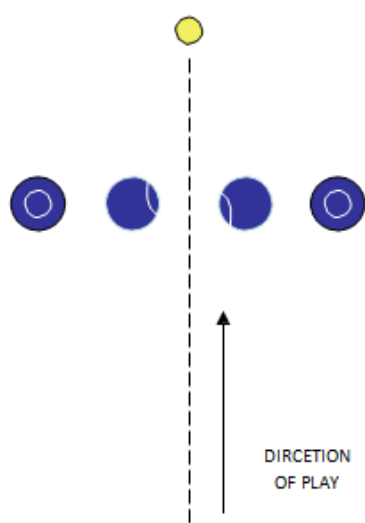


BERKSHIRE BOWLS COACHING SCHEME

Split Bowls

Use a narrow line and controlled weight to split the bowls and stay useful

WHAT THIS EXERCISE DEVELOPS	LEVEL	EQUIPMENT
Accurate line through a narrow gap, controlled weight and a useful finish after contact.	Beginner to improver	Mat, jack, bowls and markers as required



SET-UP

Place four bowls about 60 cm in front of the jack. Leave about one bowl-width between the two inner bowls. Set the inner bowls upright on their running surfaces and the outer bowls flat on their bias sides, as shown.

YOUR TASK

Play with controlled weight through the gap between the two inner bowls. Aim to move the object bowls apart and leave your delivered bowl holding shot. Deliver two consecutive bowls. No firing shots.

Before You Bowl

- Where is the centre of the gap?
- Where should my delivered bowl finish after contact?
- How much controlled weight is needed to separate the bowls?
- Am I using a positive finishing point beyond the target rather than bowling to the front of the bowls?

BOWL 1	REVIEW	BOWL 2
State the line through the gap 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 bowl stops before the target

Set a positive finishing point beyond the two inner bowls.

You hit only one bowl

Re-centre the aiming line through the middle of the gap.

You pass through without moving the bowls

Keep the line and increase controlled weight slightly.

Your delivered bowl runs too far

Keep the central line and reduce only the weight.

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Success Looks Like

- Your bowl travels through or close to the centre of the gap.
- The object bowls move apart or useful separation is created.
- Your delivered bowl remains in a useful scoring position.
- Bowl 2 shows a purposeful adjustment from Bowl 1.
- You keep the shot controlled rather than turning it into a firing action.

PRACTISE IT YOURSELF: Start with a wider gap or shorter distance. Progress by narrowing the gap, increasing the distance or adding a score-pressure condition. Keep the target clear and the weight controlled.

KEY MESSAGE: Aim through the centre, use enough controlled weight to split the bowls, and finish useful in the head.