

BERKSHIRE BOWLS COACHING SCHEME

Coaching Part 2 - Week 9 Pupil Lesson Plan

Solving Difficult Heads: Split Bowls • Draw the Shot

THIS WEEK

Choose the right solution

MAIN IDEA

Score first, then shot

PRACTICE

Decide, commit and review

1. Purpose of the Lesson

This lesson helps you solve a difficult head by choosing between a controlled split and a draw shot. You will practise making a clear decision, stating the intended result and keeping your normal delivery routine under match pressure.

2. What You Will Learn

- When a controlled split may be a useful option.
- When the draw remains the safer and simpler shot.
- How the score affects your shot choice.
- How to commit to one plan before stepping onto the mat.
- How to review whether the result was mainly affected by decision, line or weight.

3. A Simple Decision Routine

Ask yourself	Your answer should identify
What does the score require?	How many shots you need from this bowl.
What must be beaten or moved?	The nearest opposing bowl, gap or scoring area.
Which option is most realistic?	Draw or controlled split.
Where should the bowl finish?	A clear, useful finishing position.
What is the main risk?	What a miss may leave behind.

4. Exercise 1: Split Bowls

The aim is to deliver through a narrow gap, separate the object bowls and leave your bowl in a useful position. This is a controlled-weight shot, not a firing shot.

- Aim through the centre of the gap.
- Use enough weight to complete the shot.
- Picture where your bowl should finish after contact.
- A positive miss beyond the target is better than a short bowl.
- Use Bowl 2 to correct line or weight.

5. Exercise 2: Draw the Shot

It is the last end. You are three shots down and need only one shot to win. Read the head, find the clearest draw route and deliver to a scoring area. Your bowl does not have to finish beside the jack; it only has to beat the nearest opposing bowl.

KEY MESSAGE: Do not attempt more than the score requires.

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6. Draw or Split?

The draw may be best when...	The split may be considered when...
• One shot is enough. • A usable draw route exists. • A miss may still be harmless or useful. • The shot is within your normal draw ability.	• The draw route is seriously blocked. • The gap offers a realistic target. • Moving the bowls can change the head. • You can use controlled weight accurately.

7. Outcomes for This Week

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

- choose a shot that matches the score and head;
- state the hand, line and intended finish before delivery;
- use controlled rather than uncontrolled weight;
- maintain your normal routine under pressure;
- review the result and identify one useful adjustment.

8. Self-Check

- Did I identify exactly what the score required?
- Did I choose the simplest realistic option?
- Did I know where I wanted the bowl to finish?
- Did I keep my normal delivery routine?
- Was the result mainly affected by decision, line, contact or weight?

9. Homework: Decision Practice

Use a short practice session or visual head-reading exercise. The aim is to improve your decisions as well as your delivery.

- Create two simple heads: one with a draw route and one with a narrow contact option.
- Before each bowl, state the score requirement and your chosen shot.
- Name the intended finishing area.
- Deliver two bowls: Bowl 1 gives information and Bowl 2 corrects or repeats.
- After each pair, decide whether the result was mainly affected by decision, line or weight.
- Finish with one final-bowl challenge using your normal routine.

10. Bring to Week 10

Bring one example of a good decision and one shot that still needs practice. Week 10 will use selected exercises and a guided game to bring the course skills together.

YOUR KEY MESSAGE: Read the score, choose the simplest realistic shot, commit to it and review the result.