

Berkshire Bowls Coaching Manual

Purposeful Practices

Beginner

Prepared by the Berkshire Bowls Coaching Team
2025



Purpose of the Beginner Level

This section helps you build a strong foundation in **line, length, balance, and rhythm**.

You will learn to control how far and where the bowl travels, using simple, repeatable setups.

Everything is designed to make success visible and confidence grow quickly.

All beginner practices are:

- short-to-medium distance (up to 27 m)
- played with **two consecutive bowls** before any change
- practised on **both forehand and backhand**
- open and uncomplicated in the head layout

Benchmark Targets for Beginners

Skill Area	Realistic Accuracy	What to Work On	Typical Expectation
Draw accuracy	Within 2 m of the jack	Basic control of line and weight	2–3 bowls per end reach a playable distance
Line awareness	Centre-line alignment	Matching body direction to bowl bias	Consistent line both hands
Weight control	Smooth tempo and finish	Prevent over-delivery	Repeatable rhythm

Your goal is simple: **consistency inside 2 m**.

Once you can do that most of the time, you're ready for intermediate drills.

Core Practice Principles

1. **Start short, succeed early** – Work within 23–27 m. Extend only when you can consistently reach the target.
2. **Two-bowl rhythm** – Bowl 2 consecutive deliveries before swapping hand or side; the first is learning, the second is correction.
3. **Both hands** – Practise forehand and backhand every session.
4. **Realistic heads** – Keep setups simple: single jack, one marker, or a basic obstacle only.
5. **Reflect after each pair** – Pause: Was the line right? Was the weight correct? What will I keep or change?



Beginner Practices

Practice 1 – Rolling with Purpose

Purpose

To develop smooth, balanced delivery and early awareness of line and weight.

Setup

Mat ≈ 2 m from ditch; jack 23–25 m on centre line.

Task

Deliver two bowls consecutively on one hand, aiming to finish within 2 m of the jack, then repeat on the opposite hand.

Scoring

10 pts – within 1.5 m • 5 pts – within 2 m

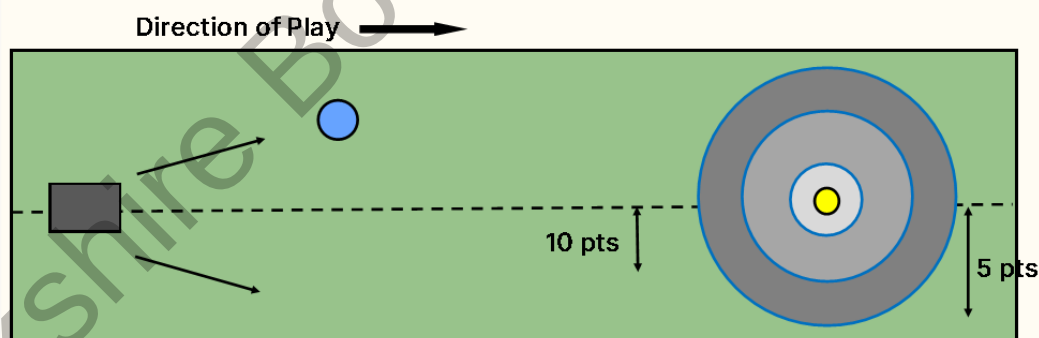
Self-Reflection

After the first bowl, ask: *Was it smooth and on line?* Adjust your rhythm and line for the second.

Coaching Insight

This is the simplest purposeful drill — it replaces random “rolling up” with measurable intent. The two-bowl rhythm lets you connect the feel to the result immediately.

Practice 1-Rolling with Purpose



Task

Deliver two bowls consecutively on one hand aiming to finish within 2m of jack. Repeat on opposite hand.

Scoring

10pts within 1.5m, 5pts within 2m

Self-Reflection

After the first bowl, ask: *Was it smooth and on line?* Adjust your rhythm and line for the second.



Practice 2 – Finding the Centre Line

Purpose

To teach how body alignment controls the delivery line.

Setup

Place a small marker halfway down your forehand line; jack $\approx$ 25 m.

Task

Deliver two bowls crossing the marker and finishing within 2 m of the jack. Repeat on backhand.

Scoring

10 pts – cross marker + within 1.5 m • 5 pts – cross marker + within 2 m

Self-Reflection

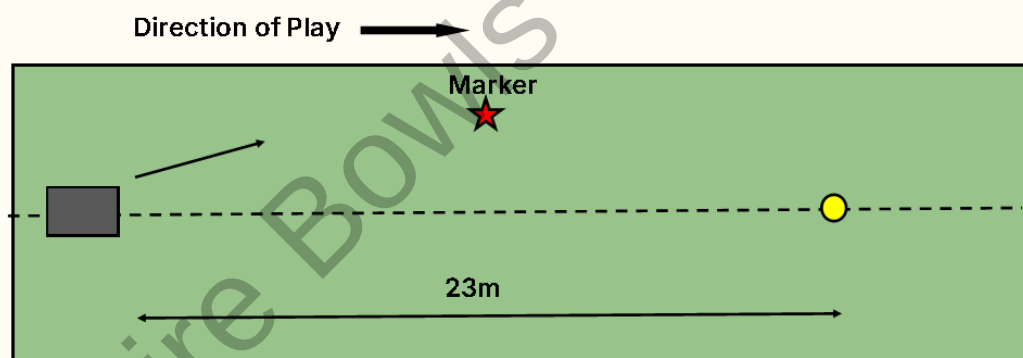
Notice how shoulder direction affects the line. Adjust body alignment and test on the second bowl.

Coaching Insight

Beginners often look at the jack but send the bowl where their body points.

This practice links visual aim and physical alignment.

Practice 2– Finding the Centre Line



Task

Deliver two bowls crossing the marker and finishing within 2m of the Jack. Repeat on the other hand.



Scoring

10pts cross marker + within 1.5m,
5pts cross marker + within 2m



Self-Reflection

Notice how the shoulder direction affects the line. Adjust body alignment and test on second bowl.



🎯 Practice 3 – Line and Length Ladder

🎯 Purpose

To practise varying length while maintaining identical technique.

⚙️ Setup

Three targets along the centre line: short 23 m, medium 27 m, long 31 m.

🧩 Task

Bowl two bowls to each target in sequence on one hand; repeat other hand.

🏆 Scoring

3 pts – within 2 m • 6 pts – within 1.5 m • +10 bonus if all six within 2 m

🔍 Self-Reflection

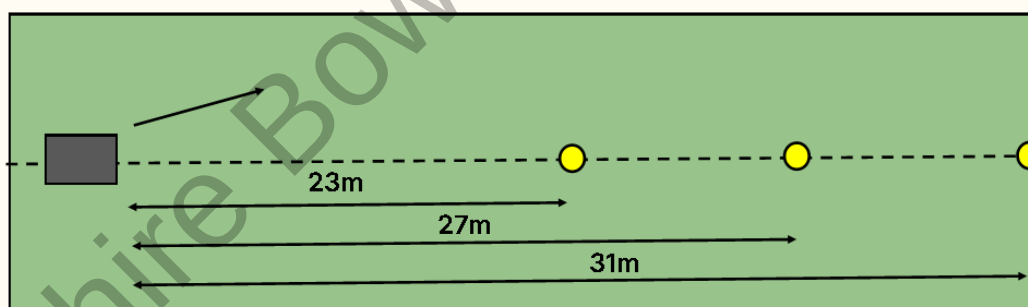
Keep rhythm identical; only adjust swing length. Compare short vs long feel. Did you extend the swing naturally or push harder?

💡 Coaching Insight

Length variation teaches controlled acceleration — the mark of developing touch, not brute force.

Practice 3– Line & Length Ladder

Direction of Play →



🧩 Task

Deliver two bowls to each target in sequence on one hand; repeat on the other hand.



Scoring

3pts within 2m, 6pts within 1.5m, +10 bonus if all six within 2m.



Self-Reflection

Keep rhythm identical; only adjust swing length. Compare short vs long feel.



Practice 4 – The Target Zone Game

Purpose

To make draw accuracy engaging and competitive while reinforcing gentle weight control.

Setup

Draw rings around the jack at 30 cm, 1 m, 2 m.

Task

Deliver two bowls per hand aiming for the smallest ring.

Scoring

10 pts – inner 30 cm • 5 pts – 1 m • 2 pts – 2 m

Self-Reflection

Which bowl finished closer—the first or the second? What change worked?

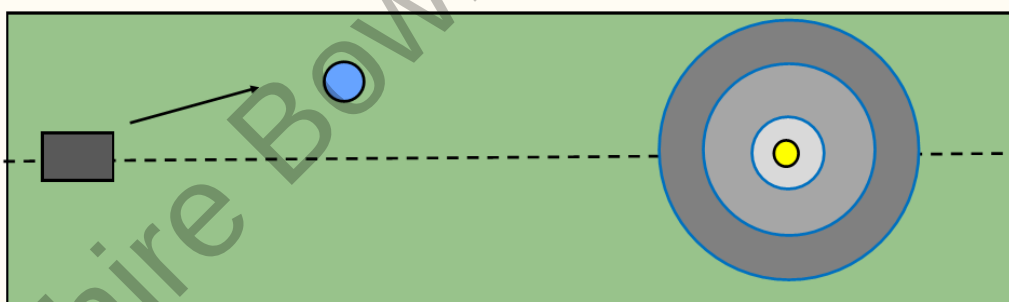
Coaching Insight

Turning precision into a game keeps motivation high.

It builds natural feedback loops: result → adjustment → improvement.

Practice 4– Target Zone Game

Direction of Play →



Task

Draw rings around the Jack at 30cm, 1m and 2m Deliver two bowls per hand, aiming for the smallest ring.

Scoring

10pts inner 30cm, 5pts for 1m, 2pts for 2m.

Self-Reflection

Which bowl finished close– the first or second? What change worked?



🎯 Practice 5 – Mirror Delivery

🎯 Purpose

To build equal confidence and rhythm on both forehand and backhand deliveries.

⚙️ Setup

Two jacks ≈ 27 m, 1m apart from C/L.

🧩 Task

Deliver two consecutive bowls to the **forehand** jack, then two to the **backhand** jack. Maintain an identical setup, timing, and follow-through on both sides.

🏆 Scoring

10 pts – both bowls within 1.5 m • 5 pts – within 2 m

🔍 Self-Reflection

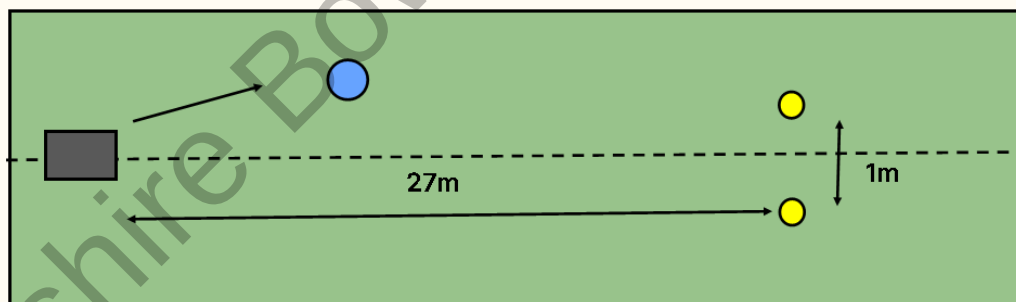
Which side feels easier? Aim to make both feel natural.

💡 Coaching Insight

This correct layout keeps both targets playable and symmetrical. Balanced hand development prevents tactical limitations later.

Practice 5– Mirror Delivery

Direction of Play →



🧩 Task

Delivery two bowls on one side and then two on the other side.

🏆 Scoring

10pts both bowls within 1.5 from the jack. 5pts within 2m

🔍 Self-Reflection

Which side feels easier? Aim to make both feel natural



🎯 Practice 6 – Find the Finish

🎯 Purpose

To develop touch — learning to control the stopping distance precisely.

⚙️ Setup

Jack ≈ 27 m; mark a line 1.5m behind it.

🌱 Task

Deliver two bowls per hand that reach the jack area but stop before the line.

🏆 Scoring

10 pts – between jack and line • 5 pts – within 2 m

🔍 Self-Reflection

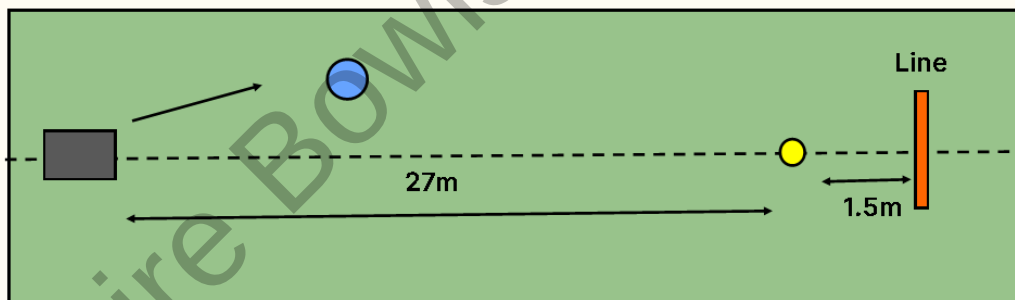
Feel the gentle deceleration as the bowl stops; replicate it on the second.

💡 Coaching Insight

Most novices play heavy; this exercise introduces finesse and the concept of *arriving weight*.

Practice 6– Find the Finish

Direction of Play →



🌱 Task

Delivery two bowls on one side and then two on the other side.

🏆 Scoring

10pts both bowls within 1.5 from the jack. 5pts within 2m

🔍 Self-Reflection

Which side feels easier? Aim to make both feel natural



Summary – Moving from Beginner to Intermediate

When you can:

- Regularly finish most bowls **within 2 m**,
- Deliver confidently on **both hands**,
- And understand **how** to correct your own line or weight,

You're ready to explore **intermediate-level** purposeful practices.

Those will add mild obstacles, simple tactical choices, and new types of shots.

