

BRADLEY STOKE BOWLS CLUB- COACHING

Coaching is free to all club members.

BEGINNERS

Coaching is recommended for all new bowlers and is usually carried out in three sessions (preferably early in the season), each between one and one and a half hours long, covering-

1- Bias and finding the correct line. Includes a very short discussion on the importance of using the correct size of bowl and grip.

2- Recommended stance and delivery techniques. Includes tips on how to deliver a bowl to a required length.

3- Correct casting of jack to a legal or required length plus possible further practice on how to deliver a bowl to a required length. Includes a short discussion on legal mat positions and reasons for all the rink bank markings.

Sessions are usually scheduled for the early afternoon and new bowlers should contact the coaches about the sessions as soon as they can once they have joined the club.

ALL MEMBERS

Can request coaching at any time on matters relating to any of the issues mentioned above.

HEAD READING

This is a light hearted fun session in which members are presented with a scenario with which they have to consider the shot options available. It is suitable for any member, regardless of experience.

It is preferable to hold the session (or sessions) early in the season, although if there is on-going interest, sessions can be arranged later in the season.

Sessions will be notified on Rinkdiary.

IMPROVERS

Sessions include discussions and practice on playing weighted shots in order to use or remove other bowls in order to gain an advantage.

These sessions will only be useful to members who are confident in their own ability to find the correct length and line and are able to adjust these in changing circumstances.

Heavy emphasis will be placed on the need to continue to practice these skills on their own following the session(s).

Members should contact the coaches and, If there is sufficient interest, sessions can be arranged.

COMMUNICATION

The club notes the importance of good communication between players in a game. The club hopes to organise a light hearted fun session (or sessions) to discuss and practice this skill. Details to follow.

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