

BSBC COACHING 2024

Coaching is free to club members.

BEGINNERS

Usually 3 sessions, each of between an hour and an hour and a half long-

- We advise on the **size** of bowl you need and discuss the different ways to **grip** the bowl. We will look more closely at why a bowl turns (**bias**) when rolled and how you use this turn (**line**) to guide it to the jack.
- Please note that it is not advisable to purchase a new set of bowls until you have had the opportunity to roll up with different kinds of bowls to enable you to decide which is best for you.
- We look at how to stand comfortably to roll the bowl (**stance and delivery**) up the rink and obtain the **length (or weight)** needed to get the bowl to reach the jack.
- We will discuss the importance of the various markings around the edges of the green and also where the mat can be placed in the rink.
- We move on to practice the important (but often overlooked) skill of **casting a jack** to a legal length and beyond.
- We will proceed at a pace suitable to each member and hope to end each session with a fun game to test your new found skills.

ALL MEMBERS

If any member feels they could benefit from coaching on a matter mentioned above, please let the coaches know and a one-to-one session can be arranged.

However, there will be separate skill sessions notified to members via Rinkdiary where it is intended that members can gain ideas and methods that they can use to improve the above skills.

IMPROVERS SESSIONS

Coaching is also available to practice further bowling skills such as to bowling to a designated position, to play weighted shots, to 'read the head' and to brush up your communication skills. The skills may be useful to both front and back end players.

Sessions are expected to be up to one and a half hours long and to cover the following:-

The importance of a 'drawing point' and how to move or use an opponent's bowl

- We discuss and practice drawing to a designated position.
- We consider what happens when a moving bowl contacts a stationary bowl (ballistics) and how to move or use opponents' bowls to gain an advantage.
- We practice a 'wrestling' shot (meaning to replace an opponent's bowl, which was holding shot, with your own).
- We practice a 'wick' shot and also to 'trail the jack'.
- We practice a 'follow through' shot, a split shot and how to 'fire' accurately.

Head reading skills

- We discuss what we need to consider before deciding the shot to play next.
- Max 4 members per session. Even a lead/2 player could find this useful when playing in pairs/triples competitions as they could have to guide the back end player.
- Session could be in the form of an Australian Pairs game.

Communication skills

We consider how to communicate clearly to a team member at the other end of the rink.

So, don't forget to look out for emails or Rinkdiary items about coaching events or simply contact the coaches direct.

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