

BSBC COACHING 2024

Coaching will start as soon as the new season commences and is free to club members. Please look out for emails or Rinkdiary items about coaching events or simply contact the coaches direct.

BEGINNERS

All sessions should be between an hour and an hour and a half long.

New members- Size, grip, bias and line

In this session, which ideally should be the first, we will determine the size of bowl you need and discuss the different ways of gripping the bowl. We will look more closely at why a bowl turns when rolled and how you use this turn to guide it to the jack. We hope to end with a fun game to test your new found skill.

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.

New members- Stance/delivery/length

Now we look at how to comfortably roll the bowl up the rink and obtain the length needed (normally referred to as the 'weight') to get the bowl to reach the jack. Again, we hope to end with a fun game to practice what you have discovered from the session.

New members- Casting a jack to a legal distance and beyond

We 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 delivering (or casting) a jack. There will be a fun game to practice what you have learnt.

ALL MEMBERS

If any member feels they could benefit from coaching on any matter relating to the issues mentioned above, please let the coaches know.

Coaching is also available to practice the further skills of bowling such as to bowl 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 end and back end players as:-

- in 4 wood competitions you may need to think about moving or using an opponent's wood.
- bowls is a team game. Leads and 2's can still make a contribution to a discussion on what shot the back end players should play next.

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 'wresting' shot (meaning to replace an opponent's bowl, which was holding shot, with your own).

Weighted shots- further practice of using/moving opponents' bowls

We practice a 'wick' shot and also to 'trail the jack'.

Weighted shots- further practice of using/moving opponents' bowls

Continuing the theme of moving/using opponents bowls, we practice a 'follow through' shot and to 'fire'.

Head reading skills

- What do 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 backend player.
- Session could be in the form of an Australian Pairs game.

Communication skills

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