



BOWLS

NEW ZEALAND

SKILLS AND DRILLS

A Resource for Coaches



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FORWARD

This Skills and Drills manual has been developed to support coaches as they increase the hours of training that players participate in. To improve the quality and consistency of performance at all levels coaches need to be encouraging players to attend regular training sessions. To make this both developmental and fun coaches need to be able to provide planned sessions that contain purpose and variety.

Thanks go to Roger Munro for the work he put into developing this resource. Ann Muir has added value by providing a circuit training session that she has used with the players she coaches. Other ideas for this manual have also been provided by coaches in New Zealand as well as the “Queensland Bowler” and we thank all those that have assisted in this way.

If you have other Skills & Drills that you use please get them to me –
we want to continue to grow this size of this manual.

The manual has 4 sections:

1. Skills
A series of skill drills from the basic “draw” shot through to the more advanced shot selections.
2. Charts
For each of the skills being used there is an accompanying “record chart” for that exercise which allows the bowler to keep accurate records of their training and progress.
3. Games
Included are basic ideas for games that may be used to further coaching whilst maintaining interest. There are also progressive games contained in the skills section. Further games may be added from time to time.
4. A Circuit
Circuit Training is the best way to provide that competitive edge that players want to develop.

Good luck – and go Coach!

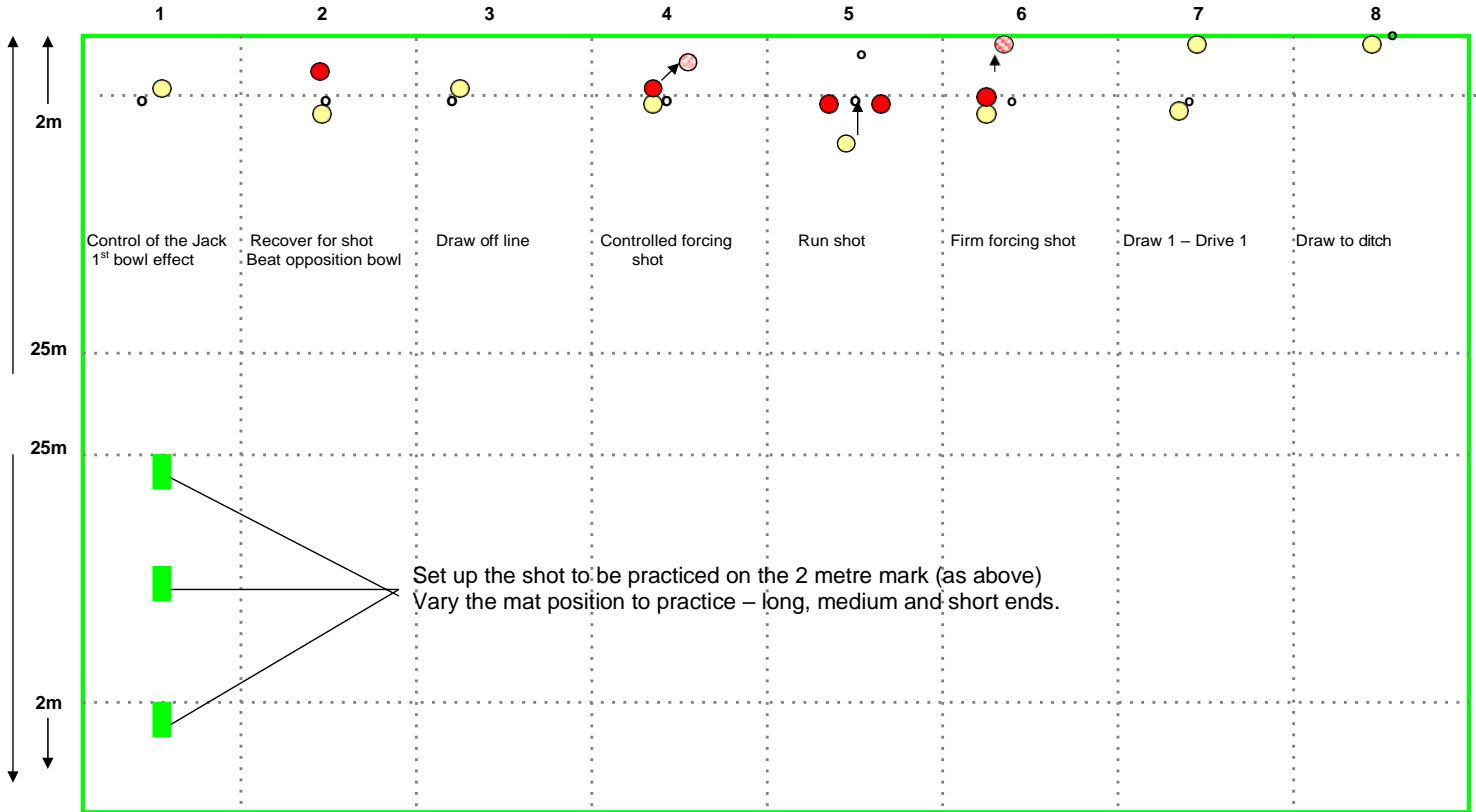
Remember that “**Coaching is the KEY!!**”

Bowls New Zealand Inc.

PART 1 - SKILLS

- 8 RINK SKILLS MASTER LAYOUT
- BASIC SKILLS 1 TO 8
- SKILL EXERCISES 1 TO 4
- SKILL EXERCISES 5 TO 9 (Bruce Clark)
- A 40 BOWLS EXERCISE
- A 50 BOWLS EXERCISE

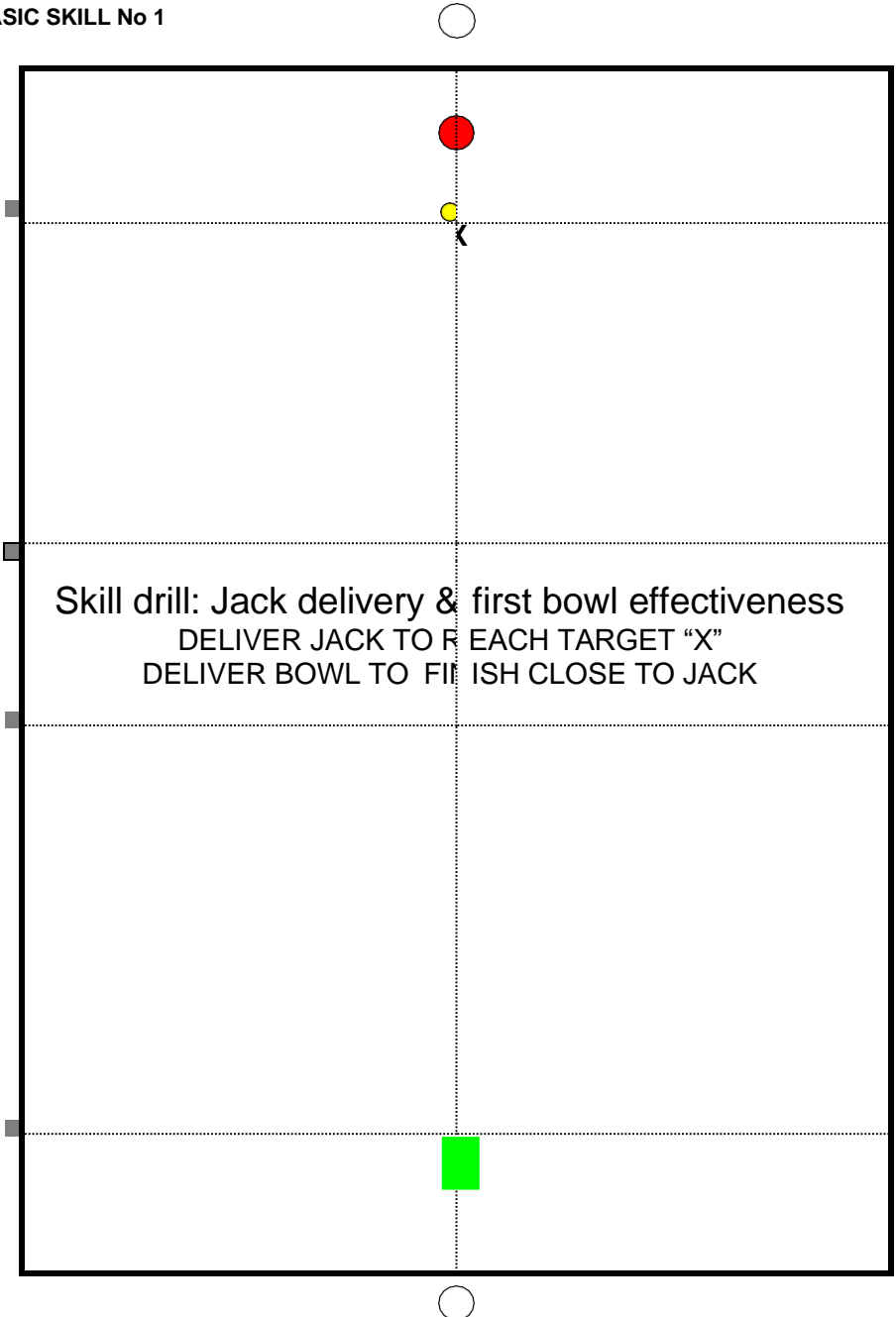
8 RINK SKILLS MASTER LAYOUT



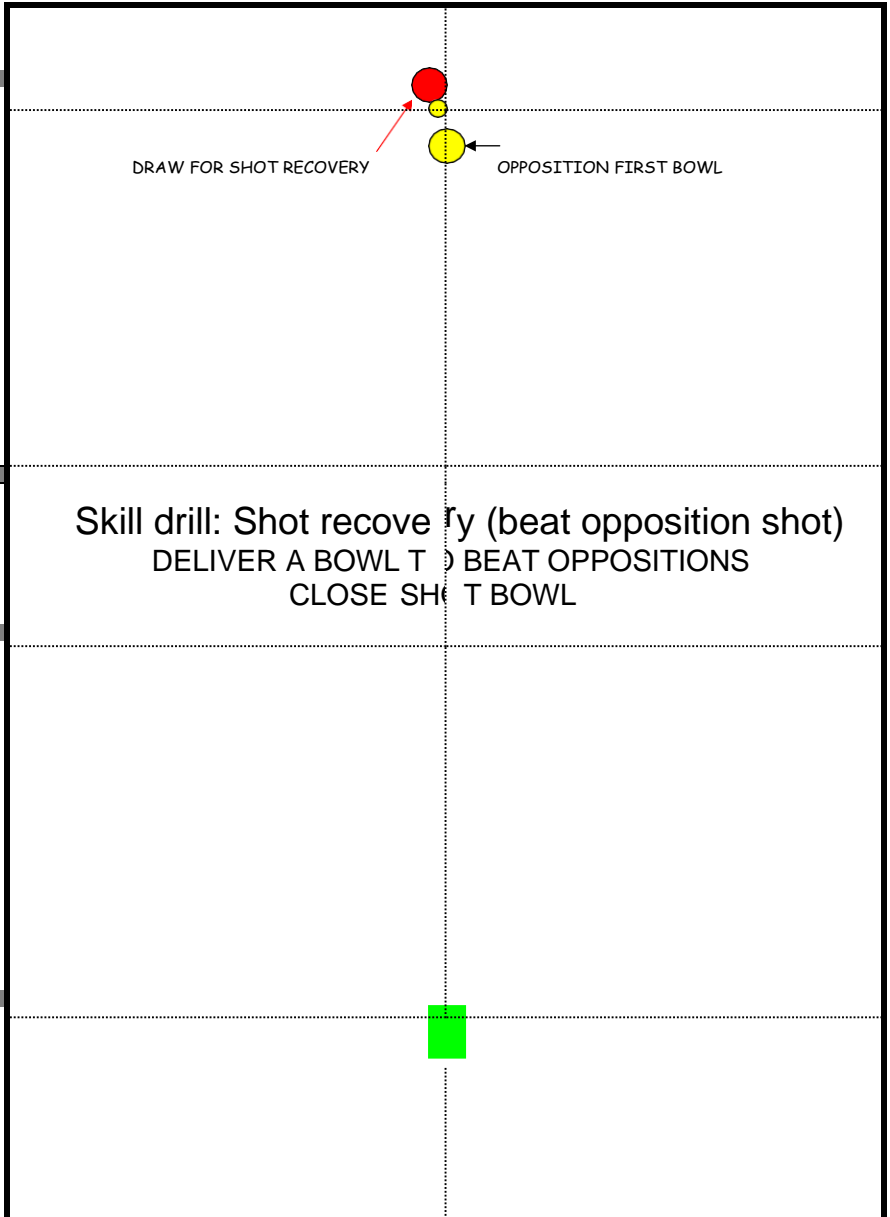
BASIC SHOT PLAY PRACTICES

BASIC SKILLS 1 TO 8

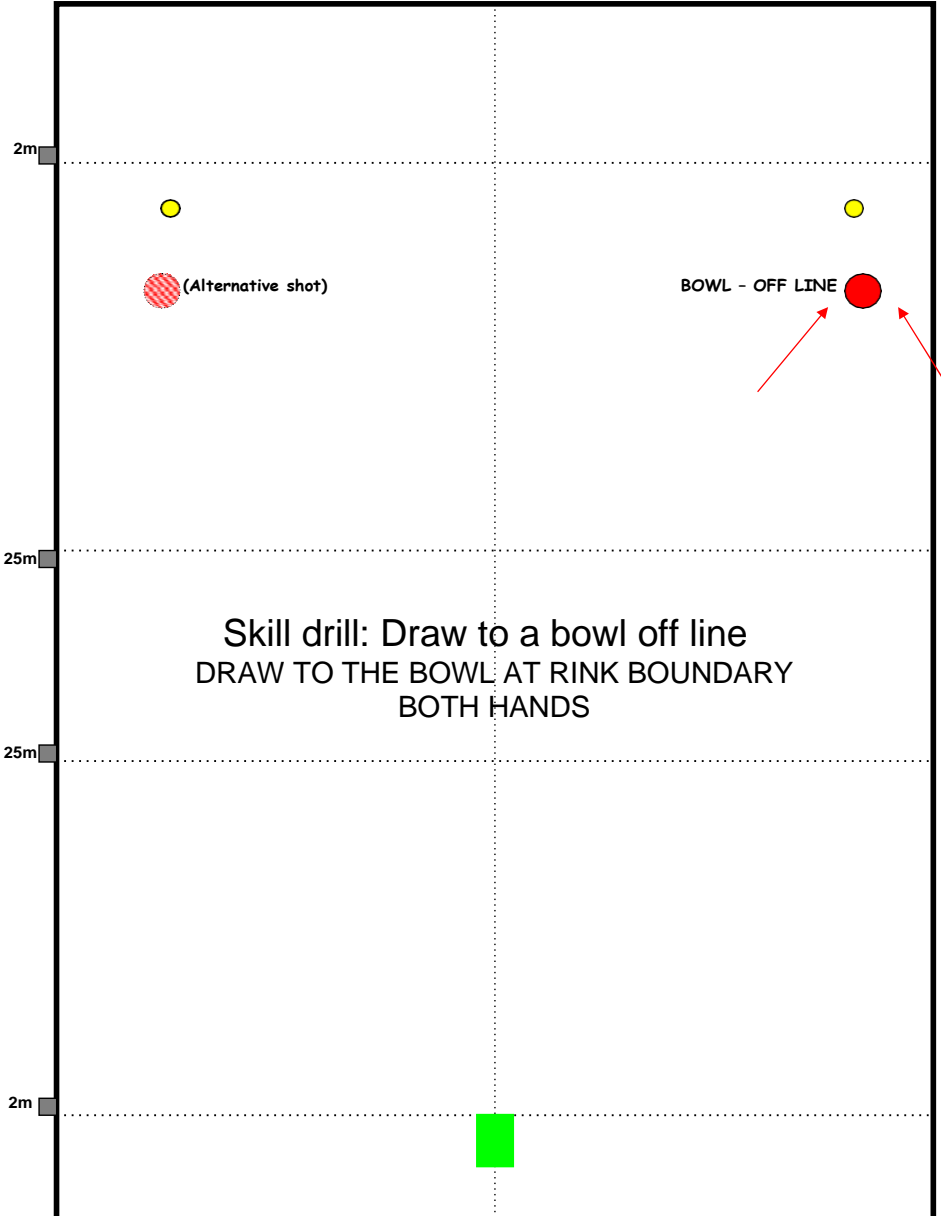
BASIC SKILL No 1



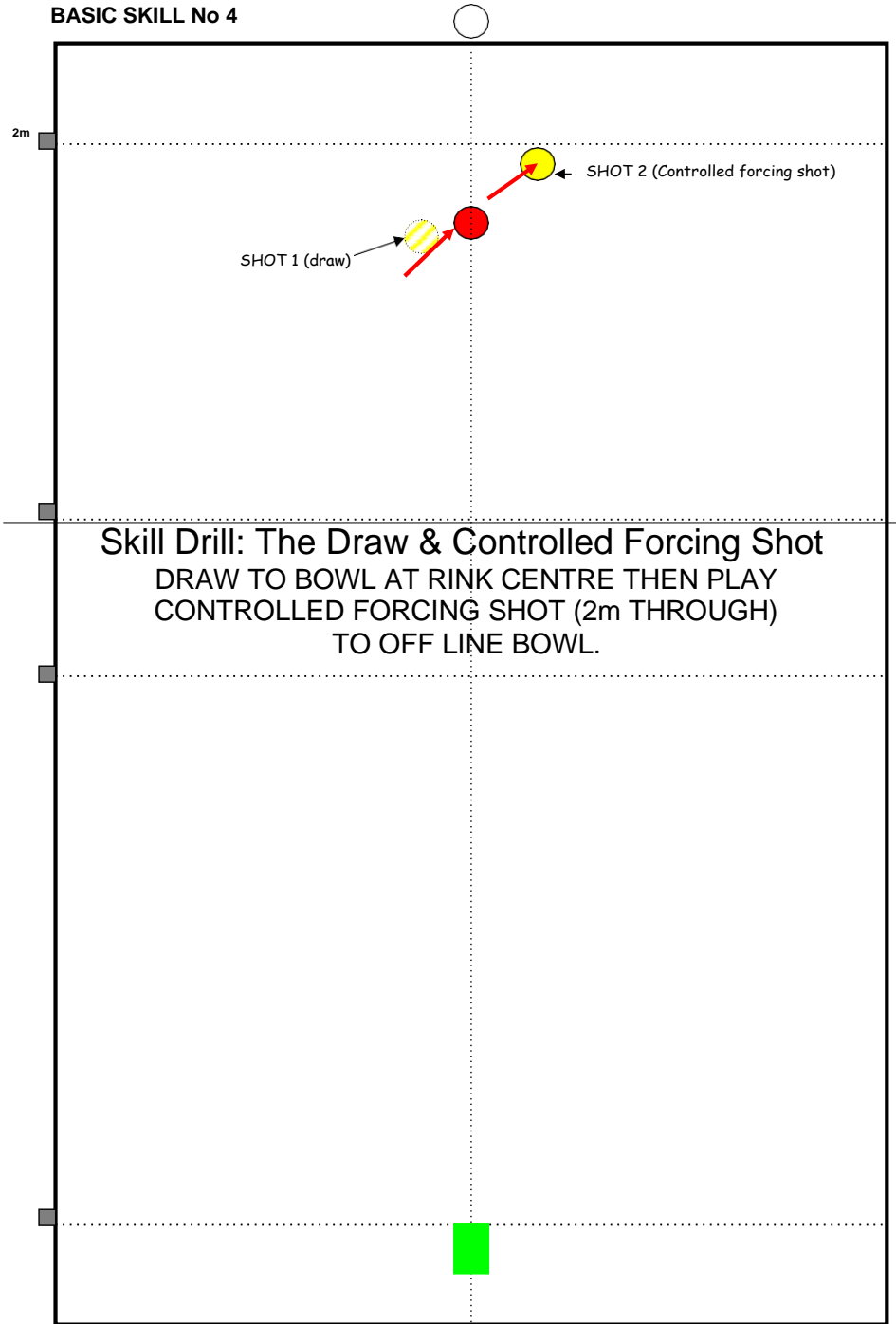
BASIC SKILL No 2



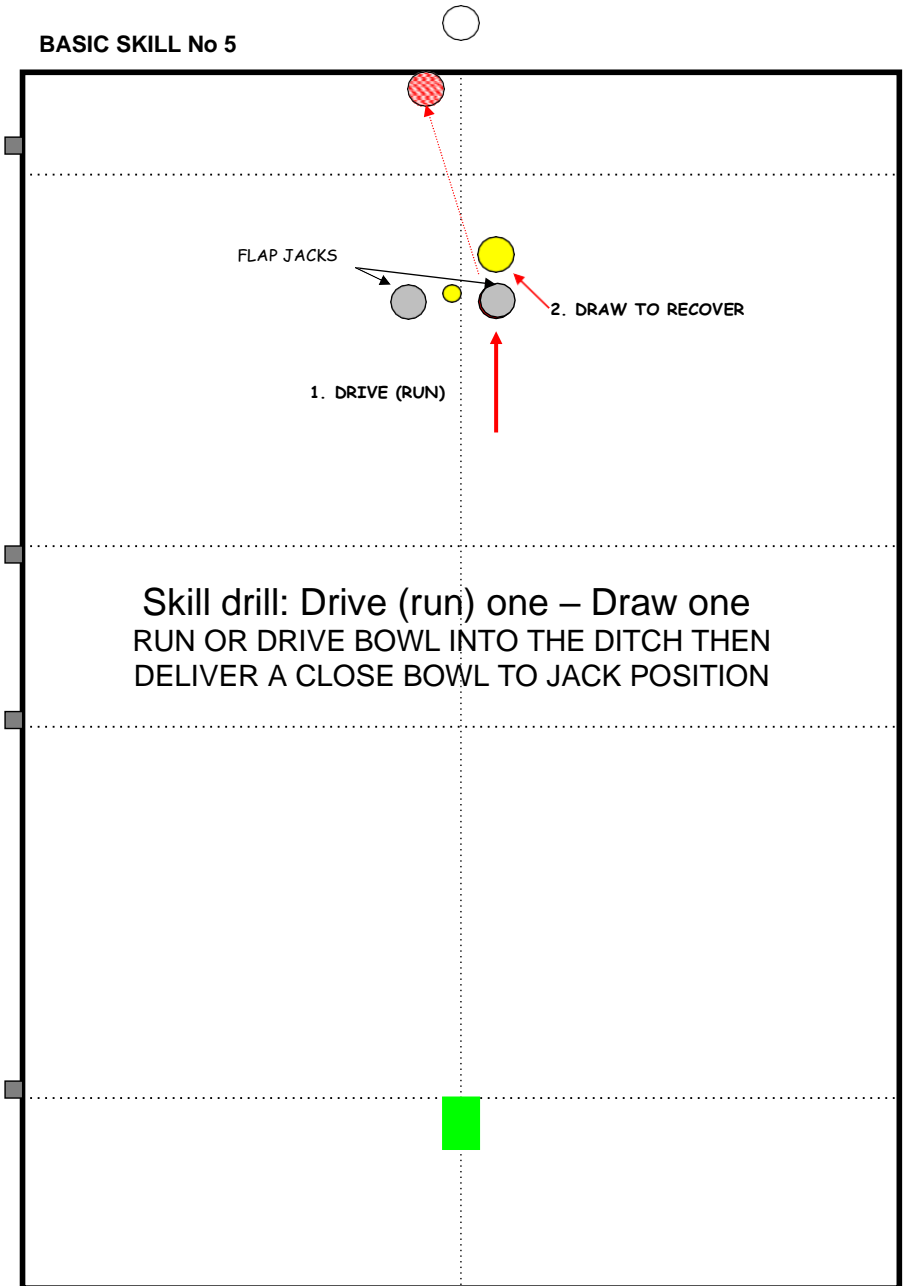
BASIC SKILL No 3



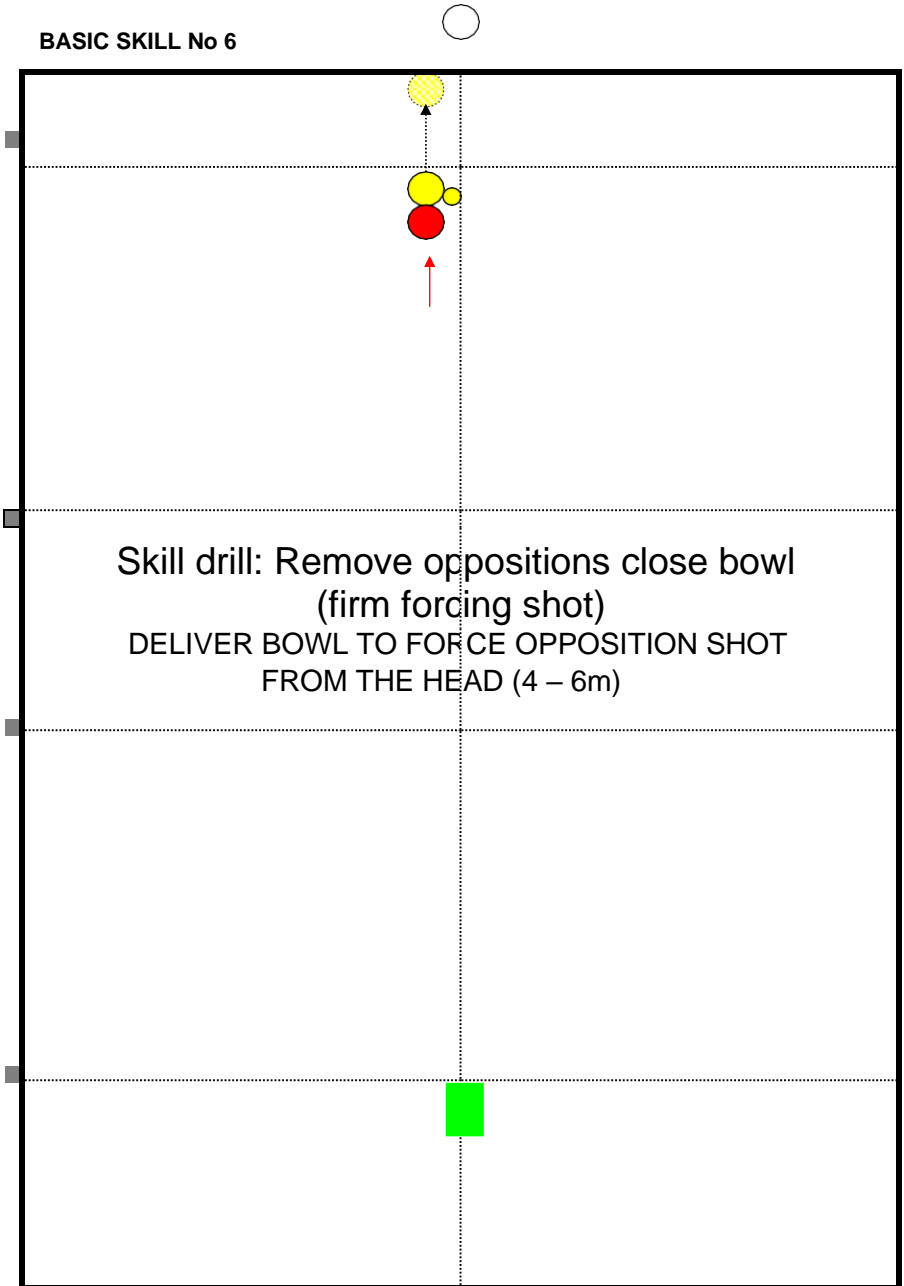
BASIC SKILL No 4



BASIC SKILL No 5

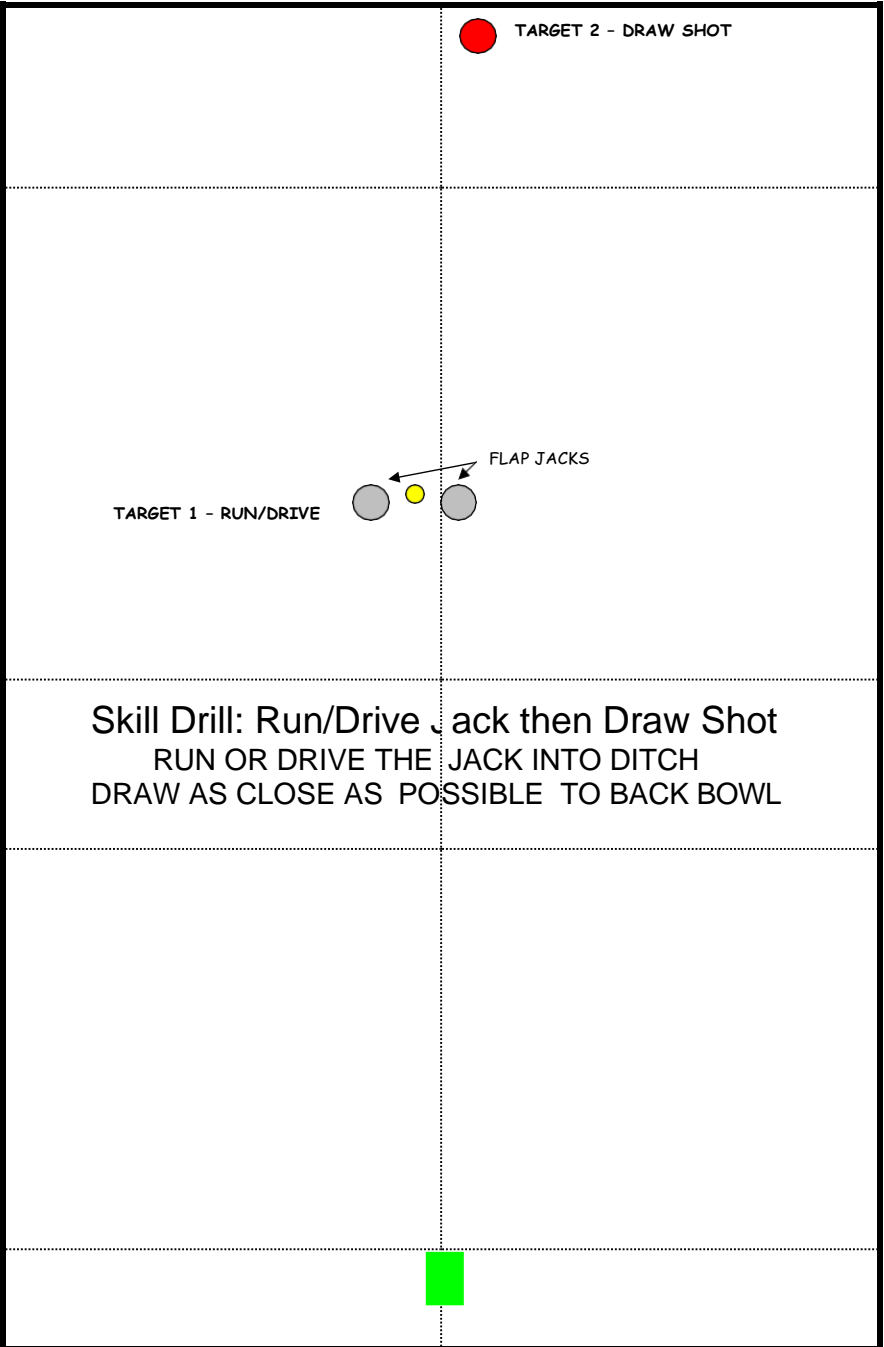


BASIC SKILL No 6



Skill drill: Remove oppositions close bowl
(firm forcing shot)
DELIVER BOWL TO FORCE OPPOSITION SHOT
FROM THE HEAD (4 – 6m)

BASIC SKILL No 7 & 8



SKILL EXERCISES 1 TO 4

SKILL EXERCISE No 1 INTRODUCTION

- Delivery to Line

(The "Warm up drill")

The warm up drill, using two discs placed along the intended delivery line is fully described in the six session training manual. It is one of the few training skills used where the outcome is not important as emphasis is placed on the bowlers delivery action.

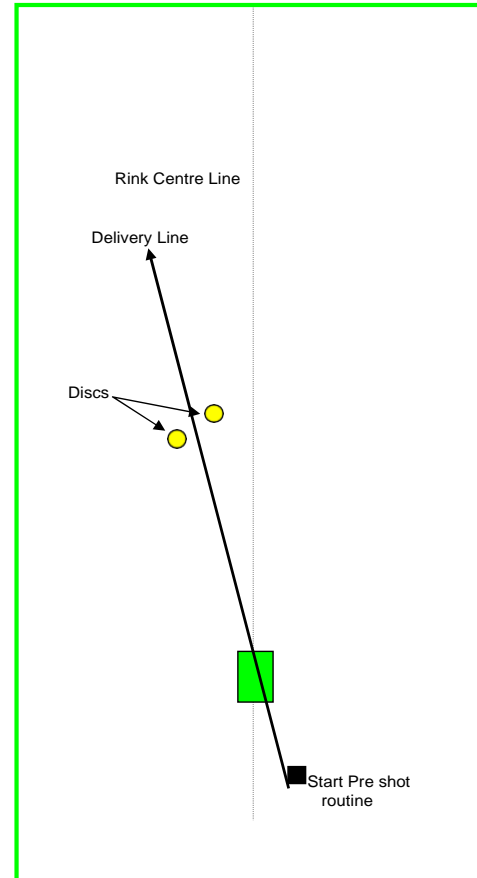
Coaches can use this skill session to good effect by checking each players delivery technique for errors and consistency.

This drill also allows the *new bowler* to draw along a definite line without the pressure of having to determine the imaginary line from the bank.

Throughout each session the coach can work with each player to develop their individual delivery movements along the desired line.

The skill can be assessed at all stages –

1. the Pre shot routine.
2. movement onto the mat
3. the mat drill
4. the delivery action
5. the follow through.



SKILL EXERCISE No 2 DRAWING

A PROGRESSIVE SKILLS DRILL

This drill allows the consistency of each player taking part to be monitored in their execution of the **draw shot** including their **first bowl effectiveness**.

This is usually a two bowl exercise. Three players per rink. Bowls are played in turn to a placed jack where the intention is for the players to draw as close as possible. Results are recorded on each rink as follows:-

Scoring and Progression

The player that has the **closest** bowl (to the jack) removes both of their bowls and moves **up** one rink.

The player with the **furthest** bowl removes both their bowls and moves **down** one rink.

The **remaining** player **stays** on that rink for the next round.

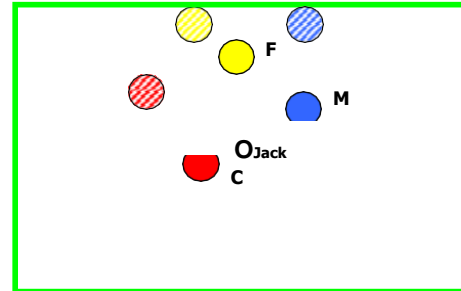
On end rinks the following applies: for the **top** rink – only the player with the **furthest** bowl moves (down). On the **lowest** rink only the player with the **closest** bowl moves (upwards) maintaining 3 players per rink.

This skill will show those players with a good consistent draw who will mostly finish at the top end each time. It also allows coaches to track those players who are stronger on one hand as well as indicating “first bowl effectiveness” and Line Speed corrections.

In the example the red bowl is closest **C** ●

The blue bowl is in the middle **M** ●

Has finished the farthest **F** ●



Example chart:

End	F/H	B/H	C	M	F	Scoring bowl	New rink
1	X		X			1	3
2	X		X				4
3		X		X			4
4	X		X			1	5

For above chart entries:

- 1st End Played Forehand Closest 1st bowl scored To rink 3
- 2nd End Played Forehand Closest 2nd bowl scored To rink 4
- 3rd End Played Backhand Middle 2nd bowl scored Stay rink 4
- 4th End Played forehand Closest 1st bowl scored To rink 5

SKILL EXERCISE No 3 LINE/SPEED ADJUSTMENTS

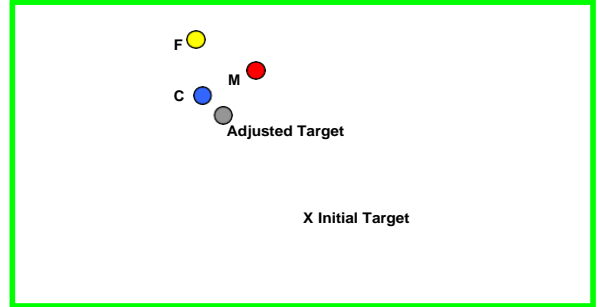
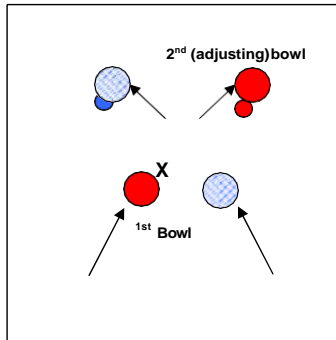
(Played same as the Progressive Drawing Skill use chart 7)

This drill allows for players consistency to be monitored in their ability to make small adjustments to Line and Speed.

This drill is played and scored in the same manner as the progressive drawing skill. The emphasis shifts to the ability of the player to make then necessary Line/Speed adjustments.

It is also practical for the player to draw to the new target from outside of the rink to return alive. The player initially draws to the target **x** at rink centre then adjusts to the new target **a** positioned by the coach.

Initial Target X or Adjusted Targets ● ●



Note:

When using Chart 7 for this exercise record the result of the initial bowl under the Scoring bowl column with a tick or cross and then record the finish position of the adjusting bowl.

Example:

End	F/H	B/H	C	M	F	Scoring bowl	New rink
1	x		x			/	3
2		x	x			x	4
3	x				x	x	3
4	x			x		/	3

↑
↑
↑

the hand played
position of adjusted bowl
1st bowl good/ poor

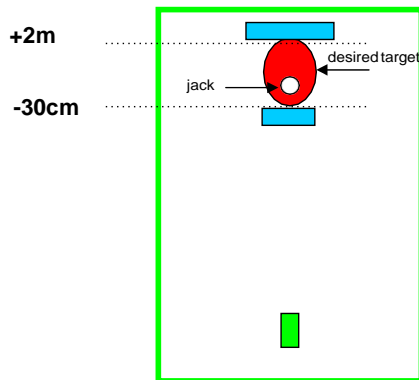
SKILL EXERCISE No 4

a. Elimination of Short Bowls

Played as a normal game however players are penalised for playing short bowls.

As bowls come to rest – any bowl shorter than 30cm (1ft) of the jack is immediately removed from the head. This penalty is also applied to any bowl finishing further than 2 metres beyond the jack.

The bowls that are removed CANNOT be played on the next end but are returned for play on the next end thereafter.



Example: A player who delivers two short bowls on the first end will lose these bowls for play on the second end and be required to sit out that end.

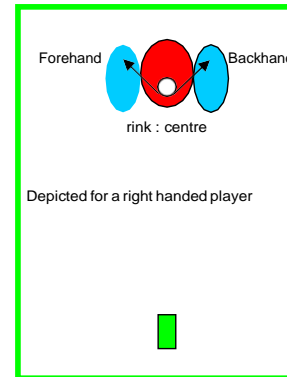
The player will then be permitted to play two bowls again on the third end and so on for the remainder of the game.

b. Elimination of Narrow Bowls

Played the same as the elimination of short bowls game but players are this time penalised for playing narrow bowls.

As the bowls come to rest any bowl that has crossed the centre line of the rink by more than 1 metre (narrow) is immediately removed and CANNOT be played on the next end.


The bowls removed are available for play again after one end penalty is observed.



Example: A player who delivers two narrow bowls (either hand) on the first end will lose these bowls for play on the second end and be required to sit out that end.

The player will once again be permitted to rejoin the game on the third end as indicated for Short bowl elimination game.

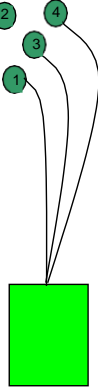
SKILL EXERCISES 5 to 9 (Thanks, Bruce Clark)



Skill one: Grouping

No jack is required for this exercise. Bowl your first bowl which becomes the jack. The next three bowls are bowled to the first bowl.

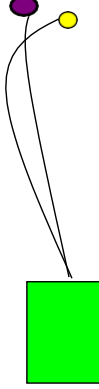
This is a good exercise to gain confidence in establishing line and length – the basis of the game.



Skill two: Drawing to the ditch

Place a jack on the two metre mark. All four bowls are then delivered to finish between the jack and the ditch.

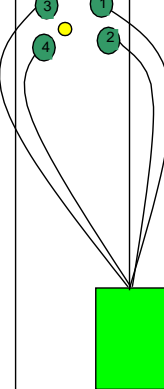
A bowl short of the jack is a bad bowl, as is a bowl that falls into the ditch.



Skill Three: Drive one, draw one

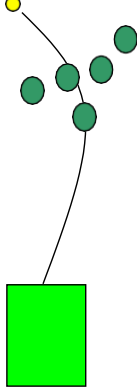
It has been said that this is the hardest combination of shots in the game but is undoubtedly a match-winning skill. It is therefore essential to practice this discipline which is best done with the use of flapjacks.

Place a flapjack bowl and jack about 15cm apart to create the target. The first bowl is a drive which should hit the bowl. The second bowl is a draw to the jack. First two bowls on the backhand, next two bowls on the forehand.



Skill Four: Off-line draw

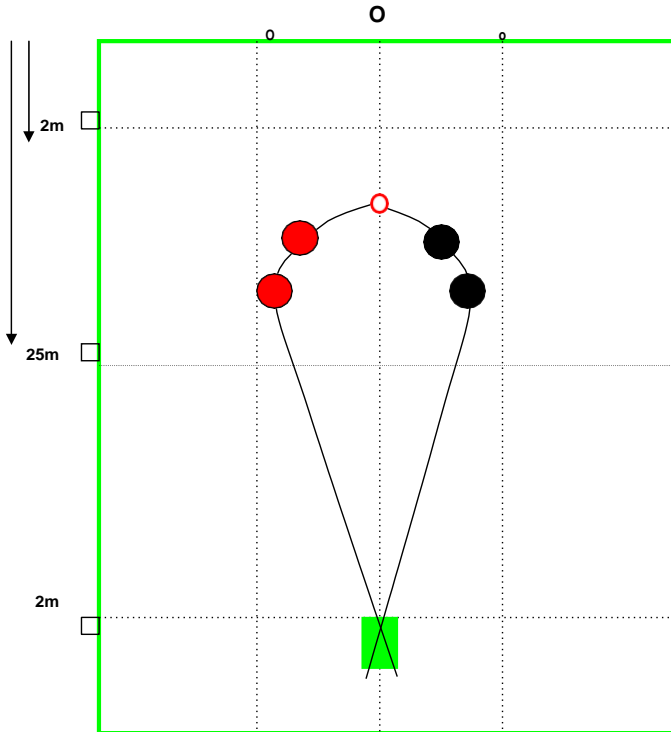
Place a jack close to the edge of the rink and draw two bowls to the jack on the forehand and then draw the remaining two bowls to the jack on the backhand.



Skill Five: Playing through the wall

Set four bowls in an arc approximately one metre short of the jack. Play your bowls with sufficient speed to hit on to one of the bowls in the fence and then run on through for shot. A bowl that only reaches the wall is a bad bowl. This is an excellent exercise for playing through short bowls. It is best done with the assistance of a coach on the head.

A 40 BOWL EXERCISE

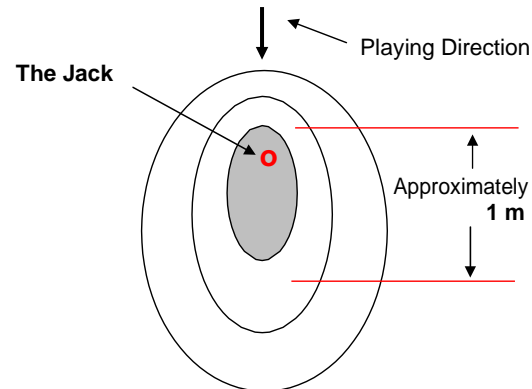


40 BOWL SKILLS DRILL

1. Deliver the jack which is then centered
2. Deliver TWO bowls on each hand as indicated

The 40 Bowl Skills Drill (10 ENDS, 4 BOWLS EACH END SAME RINK) Use Skill chart No 5

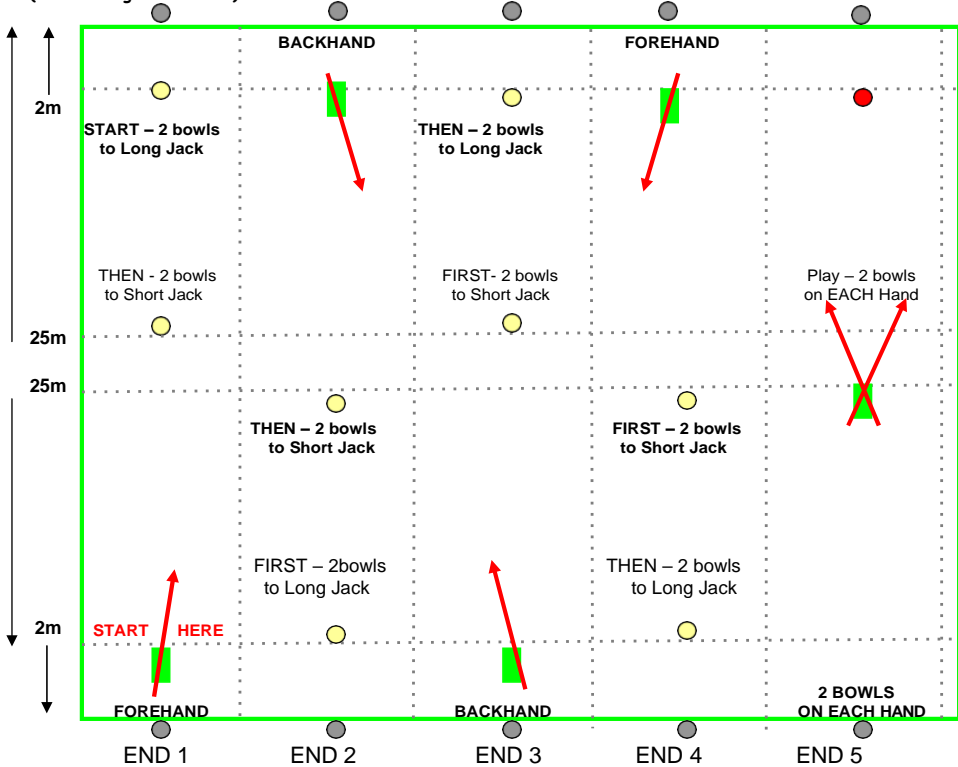
1. The player lays the mat (length own choice) each end.
2. The player delivers the jack to their desired length – (record).
(If out of bounds to be placed on the 2m mark)
3. Four bowls to be played on each end as follows:
 - ◆ For first five ends – 2 Forehand then 2 Backhand
 - ◆ For next 5 ends – 2 Backhand then 2 Forehand
4. Record the bowl finish position in relation to the jack.
(the visual scoring grid may be used for this exercise)



A Typical Scoring Grid

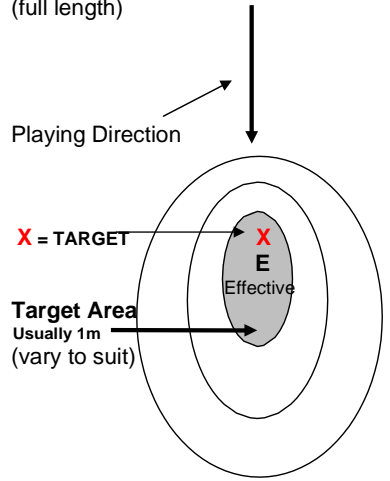
A 50 BOWL EXERCISE

(Use Scoring Chart No 6)



Note: ALL BOWLS ARE PLAYED ON THE SAME RINK
(diagrams spread to indicate shots to be played only)

Ends 6-9: as for ends 1-4 but played on OPPOSITE hands
End 10: As for end 5 but play 2m to 2m (long)
Ends 11 & 12: Repeat ends 1 & 2
End 13: Mat on 2m to Jack on 2m (full length)



A Typical Scoring Grid

PART 2 - CHARTS

- CHARTS 1 TO 4 Basic Shot Practice
- CHART 5 40 Bowls Skills
- CHART 6 50 Bowls Skills
- CHART 7 & 8 Progressive Drills
- CHART 9 The Coaches Checklist
- CHART 10 A Player Visual Scoring Grid
- CHART 11 to 14 Player Game Analysis Sheets

CHARTS 1 TO 4 Basic Shot Practice

Chart 1

SKILLS DRILL - DRAW TWO BOWLS
 Name..... Date.....
 Surface..... Speed.....
 Conditions.....

END	Distance	F/H	F/H	B/H	B/H
1					
2					
3					
4					
5					

END	Distance	B/H	B/H	F/H	F/H
6					
7					
8					
9					
10					

Notes:

SKILLS DRILL - DRAW TWO BOWLS
 Name..... Date.....
 Surface..... Speed.....
 Conditions.....

END	Distance	F/H	F/H	B/H	B/H
1					
2					
3					
4					
5					

END	Distance	B/H	B/H	F/H	F/H
6					
7					
8					
9					
10					

Notes:

SKILLS DRILL - DRAW TWO BOWLS
 Name..... Date.....
 Surface..... Speed.....
 Conditions.....

END	Distance	F/H	F/H	B/H	B/H
1					
2					
3					
4					
5					

END	Distance	B/H	B/H	F/H	F/H
6					
7					
8					
9					
10					

Notes:

Chart 2

SKILLS DRILL – CONTROLLED FORCING SHOT 1-2 METRE THROUGH						
Name.....		Date.....				
Surface.....		Speed..... SECS				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

SKILLS DRILL – CONTROLLED FORCING SHOT 1-2 METRE THROUGH						
Name.....		Date.....				
Surface.....		Speed..... SECS				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

SKILLS DRILL – CONTROLLED FORCING SHOT 1-2 METRE THROUGH						
Name.....		Date.....				
Surface.....		Speed..... SECS				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

Chart 3

SKILLS DRILL – FIRM FORCING SHOT						
Name.....		Date.....				
Surface.....		Speed.....				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

SKILLS DRILL – FIRM FORCING SHOT						
Name.....		Date.....				
Surface.....		Speed.....				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

SKILLS DRILL – FIRM FORCING SHOT						
Name.....		Date.....				
Surface.....		Speed.....				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

Chart 4

SKILLS DRILL - DRIVE						
Name.....		Date.....				
Surface.....		Speed.....				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

SKILLS DRILL - DRIVE						
Name.....		Date.....				
Surface.....		Speed.....				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

SKILLS DRILL - DRIVE						
Name.....		Date.....				
Surface.....		Speed.....				
Conditions.....						
END	Distance	F/H	F/H	B/H	B/H	
1						
2						
3						
4						
5						
END	Distance	B/H	B/H	F/H	F/H	
6						
7						
8						
9						
10						
Notes:						

CHART 5 40 Bowls Skills

40 BOWL SKILLS DRILL								
End No	Length	Hand	Bowl 1	Bowl 2	Hand	Bowl 3	Bowl 4	
1		F/H			B/H			
2		F/H			B/H			
3		F/H			B/H			
4		F/H			B/H			
5		F/H			B/H			
6		B/H			F/H			
7		B/H			F/H			
8		B/H			F/H			
9		B/H			F/H			
10		B/H			F/H			

Enter length played each end

Score as:- E effective, S short, L long, W wide or N narrow bowl

40 BOWL SKILLS DRILL								
End No	Length	Hand	Bowl 1	Bowl 2	Hand	Bowl 3	Bowl 4	
		F/H			B/H			
		F/H			B/H			
		F/H			B/H			
		F/H			B/H			
		F/H			B/H			
		B/H			F/H			
		B/H			F/H			
		B/H			F/H			
		B/H			F/H			
		B/H			F/H			

Enter length played each end

Score as:- E effective, S short, L long, W wide or N narrow bowl

40 BOWL SKILLS DRILL								
End No	Length	Hand	Bowl 1	Bowl 2	Hand	Bowl 3	Bowl 4	
1		F/H			B/H			
2		F/H			B/H			
3		F/H			B/H			
4		F/H			B/H			
5		F/H			B/H			
6		B/H			F/H			
7		B/H			F/H			
8		B/H			F/H			
9		B/H			F/H			
10		B/H			F/H			

Enter length played each end

Score as:- E effective, S short, L long, W wide or N narrow bowl

40 BOWL SKILLS DRILL								
End No	Length	Hand	Bowl 1	Bowl 2	Hand	Bowl 3	Bowl 4	
		F/H			B/H			
		F/H			B/H			
		F/H			B/H			
		F/H			B/H			
		F/H			B/H			
		B/H			F/H			
		B/H			F/H			
		B/H			F/H			
		B/H			F/H			
		B/H			F/H			

Enter length played each end

Score as:- E effective, S short, L long, W wide or N narrow bowl

CHART 6 50 Bowls Skills

50 BOWL SKILLS DRILL							
End No	Hand	Length	Bowl 1	Bowl 2	Hand	Bowl 3	Bowl 4
1	F/H	Long			Short		
2	B/H	Long			Short		
3	B/H	Short			Long		
4	F/H	Short			Long		
5	Both	Short			Short		
6	B/H	Long			Short		
7	F/H	Long			Short		
8	F/H	Short			Long		
9	B/H	Short			Long		
10	Both	Long			Long		
11	F/H	Long			F/H		
12	B/H	Long			F/H		
13	1Each	2m-2m					

Score as:- E effective, S short, L long, W wide or N narrow bowl

50 BOWL SKILLS DRILL							
End No	Hand	Length	Bowl 1	Bowl 2	Hand	Bowl 3	Bowl 4
1	F/H	Long			Short		
2	B/H	Long			Short		
3	B/H	Short			Long		
4	F/H	Short			Long		
5	Both	Short			Short		
6	B/H	Long			Short		
7	F/H	Long			Short		
8	F/H	Short			Long		
9	B/H	Short			Long		
10	Both	Long			Long		
11	F/H	Long			F/H		
12	B/H	Long			F/H		
13	1Each	2m-2m					

Score as:- E effective, S short, L long, W wide or N narrow bowl

50 BOWL SKILLS DRILL							
End No	Hand	Length	Bowl 1	Bowl 2	Hand	Bowl 3	Bowl 4
1	F/H	Long			Short		
2	B/H	Long			Short		
3	B/H	Short			Long		
4	F/H	Short			Long		
5	Both	Short			Short		
6	B/H	Long			Short		
7	F/H	Long			Short		
8	F/H	Short			Long		
9	B/H	Short			Long		
10	Both	Long			Long		
11	F/H	Long			F/H		
12	B/H	Long			F/H		
13	1Each	2m-2m					

Score as:- E effective, S short, L long, W wide or N narrow bowl

50 BOWL SKILLS DRILL							
End No	Hand	Length	Bowl 1	Bowl 2	Hand	Bowl 3	Bowl 4
1	F/H	Long			Short		
2	B/H	Long			Short		
3	B/H	Short			Long		
4	F/H	Short			Long		
5	Both	Short			Short		
6	B/H	Long			Short		
7	F/H	Long			Short		
8	F/H	Short			Long		
9	B/H	Short			Long		
10	Both	Long			Long		
11	F/H	Long			F/H		
12	B/H	Long			F/H		
13	1Each	2m-2m					

Score as:- E effective, S short, L long, W wide or N narrow bowl

CHART 7 & 8 Progressive Drills

Chart No. 7 2 BOWL PROGRESSIVE DRAWING DRILL									
Scoring:									
Closest bowl C -			Player moves Up 1 Rink						
Farthest bowl F -			Player moves DOWN 1 Rink						
Middle bowl M -			Player remains ON Rink						
Name: Date:									
						Starting Rink:			
		Played		Drawing Position		Scoring Bowls			
End No	F/H	B/H	C	M	F	1	2	New Rink No.	
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
Note: Movements on END rinks as follows									
Top Rink – Player with Closest bowl remains with Middle player									
Lower Rink – Player with Furthest bowl remains with Middle player									

Chart No. 7 2 BOWL PROGRESSIVE DRAWING DRILL									
Scoring:									
Closest bowl C -			Player moves Up 1 Rink						
Farthest bowl F -			Player moves DOWN 1 Rink						
Middle bowl M -			Player remains ON Rink						
Name: Date:									
						Starting Rink:			
		Played		Drawing Position		Scoring Bowls			
End No	F/H	B/H	C	M	F	1	2	New Rink No.	
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
Note: Movements on END rinks as follows									
Top Rink – Player with Closest bowl remains with Middle player									
Lower Rink – Player with Furthest bowl remains with Middle player									

Chart No. 8

Rotating positions – Reduced number of bowls

Scoring: Each position in team – max 2 points

Add number of scoring shots held by Team

Indicate each set win/loss

Set	No	Team Position	Team A	Team B
	1	Lead		
	2	Two		
1	3	Three		
	4	Skip		
	5	Team Score		
		Set W L		
	1	Lead		
	2	Two		
2	3	Three		
	4	Skip		
	5	Team Score		
		Set W L		
	1	Lead		
	2	Two		
3	3	Three		
	4	Skip		
	5	Team Score		
		Set W L		
	1	Lead		
	2	Two		
4	3	Three		
	4	Skip		
	5	Team Score		
		Set W L		
		Winners		

Chart No. 8

Rotating positions – Reduced number of bowls

Scoring: Each position in team – max 2 points

Add number of scoring shots held by Team

Indicate each set win/loss

Set	No	Team Position	Team A	Team B
	1	Lead		
	2	Two		
1	3	Three		
	4	Skip		
	5	Team Score		
		Set W L		
	1	Lead		
	2	Two		
2	3	Three		
	4	Skip		
	5	Team Score		
		Set W L		
	1	Lead		
	2	Two		
3	3	Three		
	4	Skip		
	5	Team Score		
		Set W L		
	1	Lead		
	2	Two		
4	3	Three		
	4	Skip		
	5	Team Score		
		Set W L		
		Winners		

CHART 9 The Coaches Checklist

Chart No 9		Coaches checklist for players - Pre-shot to Bowl Delivery.	
Name:		Date:	
The Pre Shot Routine			
Starting 1 m behind the mat in the direction of the intended line			
1. Correct laying of the mat for each applicable end.	<input type="checkbox"/>		
2. Decision as to the bowls objective.	<input type="checkbox"/>		
3. Take up the bowl in the NON bowling hand:-	<input type="checkbox"/>		(check for suitable size)
	<input type="checkbox"/>		Place bowling hand on top of the bowl.
	<input type="checkbox"/>		Middle finger centred on running surface.
	<input type="checkbox"/>		Index & 3rd fingers on outer rings.
	<input type="checkbox"/>		Thumb on rings above index finger.
	<input type="checkbox"/>		Little finger allowed to rest on side of bowl. (without pressure)
4. Commence concentration.	<input type="checkbox"/>		
5. Confirm Bowl objective.	<input type="checkbox"/>		
6. Establish the correct Line.	<input type="checkbox"/>		
7. Visualise the shot to be played reaching objective.	<input type="checkbox"/>		
8. Reconfirm the Line and establish the Focus point.	<input type="checkbox"/>		
9. Move onto the mat (along the required Line).	<input type="checkbox"/>		
The Address Position			
10. Place the Anchor foot 5 - 10 cm from front centre of the mat and pointing along the Delivery Line.	<input type="checkbox"/>		
11. Left foot adjacent and parallel to the anchor foot.	<input type="checkbox"/>		
12. Maintain width at base, approx hip width apart.	<input type="checkbox"/>		
13. Shoulders hips square to line.	<input type="checkbox"/>		
14. Head centred and still.	<input type="checkbox"/>		
15. Revisualise shot to be played.	<input type="checkbox"/>		
16. Reconfirm the Focus Point.	<input type="checkbox"/>		
17. Body relaxed in a upright/semi upright position:-	<input type="checkbox"/>		
	<input type="checkbox"/>		Knees slightly flexed,
	<input type="checkbox"/>		Upper trunk slightly forward,
	<input type="checkbox"/>		Weight over balls of feet
	<input type="checkbox"/>		Right arm sufficiently elevated outside body.
	<input type="checkbox"/>		Left hand NOT drawing right hand off square.
18. Attention directed forward at Focus point.	<input type="checkbox"/>		
The Bowling Action - "Pendulum Swing"			
19. Right arm drops downwards and backwards.	<input type="checkbox"/>		
20. Left heel lifts as right arm passes hip.	<input type="checkbox"/>		
21. Left foot advances as forward swing commences.	<input type="checkbox"/>		
22. Step length dependant on bowl speed.	<input type="checkbox"/>		
23. Left foot placed parallel to Delivery Line	<input type="checkbox"/>		
24. Right knee moves slightly behind Left ankle.	<input type="checkbox"/>		
25. Left arm slides down thigh, rests on left knee.	<input type="checkbox"/>		
26. Bowl Release at vertical directly UNDER shoulder.	<input type="checkbox"/>		
The Follow Through			
27. Keep hand aligned BEHIND the bowl during delivery	<input type="checkbox"/>		
28. Right arm extends along the Line. Palm upwards.	<input type="checkbox"/>		
29. Stay down on delivery and complete weight transfer.	<input type="checkbox"/>		
30. Step FORWARD off the mat. Watch the bowl to the destination.	<input type="checkbox"/>		

CHART 10 A Player Visual Scoring Grid

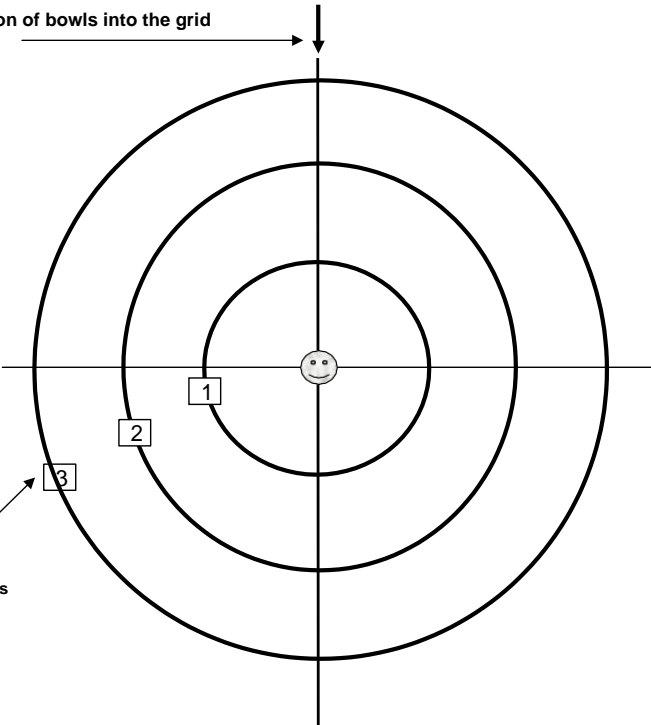
Name(s)	
Date:	Sheet No:
<p>Establish scoring zone distances with the player(s) on each occasion.</p> <p>Use a different colour indicator for each player with a dot in the grid.</p> <p>Green Speed Seconds Weather conditions.....</p> <p>Indicate if used during a game - or a practice session</p> <p>Direction of bowls into the grid</p> <div style="text-align: center;">  </div> <p>Scoring zones</p> <p>Grid zone distances (from the target) 1m 2m 3m <small>ie: 1 m, 1.5m, 2m.</small></p> <p>Marker.....</p> <p>Notes:</p>	

CHART 11 to 14 Player Game Analysis Sheets

SCORECARD (Individual)

Player _____ **Position** _____

Club _____ **Date** _____

END		BOWL No				SCORING:
1	1	2	3	4		E - An Effective bowl
2						S - A bowl Short of the target
3						L - A bowl played beyond the target (Long)
4						N - A Narrow bowl
5						W - A bowl Wide of the target
6						
7						
8						
9						Personal assessment (with comments if applicable)
10						Technical Correctness:
11						
12						
13						
14						Attitude
15						
16						Compatibility
17						
18						Adaptability
19						
20						Determination
21						

Points		Shot selection
Total		

TOTAL		Head building

% ACHIEVED	Assessment: (x) Excellent Average Poor
	Assessor _____

Player: _____

General Comment:

Event: _____

SCORE CARD SINGLES

Date played _____ Scoring grid _____ m Compiled by _____

Player 1 _____ V Player 2 _____

Club _____ Club _____

End length	End	Bowl No				End	Bowl No				Player 1	End	Player 2	
		1	2	3	4		1	2	3	4				
	1					1						1		
	2					2						2		
	3					3						3		
	4					4						4		
	5					5						5		
	6					6						6		
	7					7						7		
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	34					34						34		
	35					35						35		
	36					36						36		
	37					37						37		
	38					38						38		
Shot totals	E					E					E	: Effective		
	S					S					S	: Short		
	L					L					L	: Long		
	N					N					N	: Narrow		
	W					W					W	: Wide		

PART 3 - GAMES

- GAME 1 ROTATING POSITIONS – REDUCED NO OF BOWLS
- GAME 2 TACTICAL & SHOT SELECTION DRILL
- GAME 3 SUPER CHALLENGE
- GAME 4 TACTICAL – THE PHANTOM BOWLER
- GAME 5 A MAGNETIC BOWLS GAME

GAME 1 ROTATING POSITIONS - REDUCED NO OF BOWLS

Use Chart NO. 8

Normally played as a FOURS discipline (four ends per set).

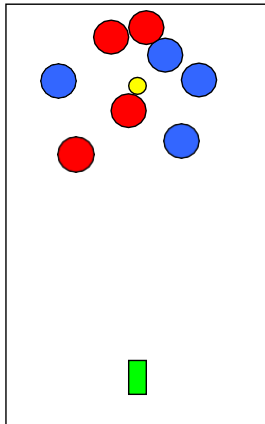
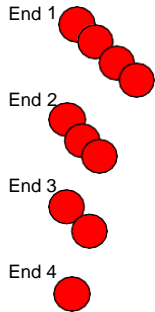
Each player starts with four bowls reducing by one each end.

Players rotate downwards Lead to Skip, Skip to three and so on.

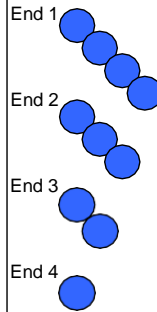
All positions in the team compete with their opposing player for the two points available to the winner in each playing position for each end. (Max 8 points per end.)

The number of shots which are held by the team at the completion of the end being played are also added to this score.

Bowls per player – Team A



Team B



Example above: (only four bowls of each team shown)

On completion of the end Team A have scored **3 points**.

2 points for the closest bowl, (A beats B) plus 1 point for winning this end.

Clarification – (first end example)

Team A wins the toss & play first - each player delivers 4 bowls on this end.

Result after each player plays	Score A	Score B
Lead A holds shot over Lead B	2 = 2	0 = 0
Second B holds shot over Second A	0 = 2	2 = 2
Third A holds shot over Third B	1 = 3	0 = 2
Skip A holds shot over Skip B	1 = 4	0 = 2
At completion of the end Team B holds 1 shot		1 = 3

Thus Team A win this end 4 3

**Players now rotate – Lead to Skip
Skip to Three
Three to Second
Second to Lead
And play with three bowls**

Then
Rotate positions and play with two bowls

Then
Rotate positions and play one bowl each

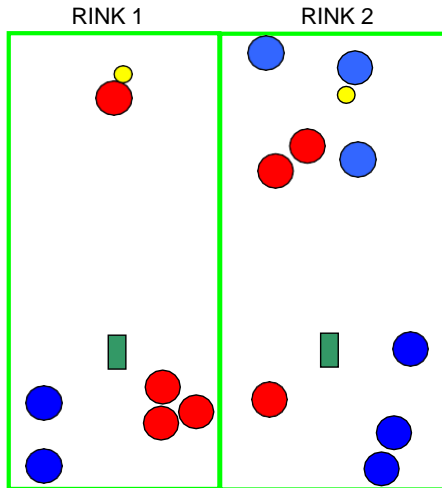
GAME 2 TACTICAL AND SHOT SELECTION DRILL GAME 3 SUPER CHALLENGE

Normal game disciplines, players alternate delivery between the two teams.

Played on **TWO rinks** with each team initially delivering a jack on one of the two rinks.

Skips to decide which rink their players will deliver their bowl on. Shot selection and accuracy being important.

The Aim is to minimise opposition opportunities whilst maximising own team opportunities.



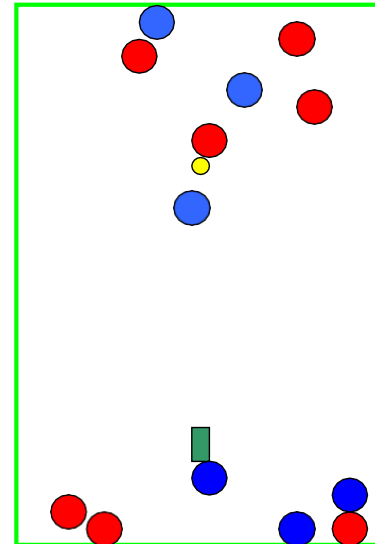
Example: Mid way through a game

Divide the players in the training squad into two opposing teams.

Each team is to compete against each other with **ONE bowl** over **TWO ends** to find a winner.

Can also be called the **Super 10, 12** or however many players are taking part.

The Aim is to have the closest counting bowls at the completion of the two ends (set).



Example:
Mid way
through a
SUPER 12
game

GAME 4 TACTICAL - THE PHANTOM BOWLER

TACTICAL TRAINING **With the Phantom Bowler**

1. The Phantom Bowler is a coach, acting as the opposition, who places (rather than plays) the opponents bowls on a head. To accomplish this the coach needs enough bowls to match the total number being played by the players under instruction. This allows the team under training to play shots against an opponent whilst being trained in reacting to the various tactical situations. Team positional play can be coached at the same time as bowling skills are being refined.
2. It should not be the intention of the coach to beat a bowl every time but rather to develop the construction of a head for the benefit of the players being coached.
3. With this type of practical coaching the coach needs to be able to assess the standard of bowls being played and mirror that standard with the bowls being placed. There is the danger for the coach to play the perfect shot too often so coaches using this technique need to be made aware of this.
4. It is best for the first bowl to be placed by the coach as this then means that the skip will have the last vital bowl on each end and be able to play to the head formed by bowls actually played by their own team.
5. Players need the opportunity to test their skills in whatever playing position they may be. For example, if the coach places bowls in a blocking position on the hand that the lead is favouring will the skip then force the lead into playing the other hand against their wishes? Will the lead ask or gesture to change their hand? Or will the lead still draw the shot on the blocked hand? Whatever now results may prove to be a point for discussion at the completion of the end or game.
6. There are no hard and fast rules as to when the coach and the players discuss head building. It is important that everyone involved agree there is not only one correct answer, but, rather it is the result that counts. Where a situation requires discussion and is not to be immediate the coach will need some form of system to accurately record the details for later discussion. A camera being excellent or perhaps make use of a tape recorder.
7. Coaches should be encouraged to develop a series of training requirements. These will need to be either player shot training or tactical head building exercises. Avoid the temptation of being over critical towards any of the players but particularly the skip in relation to either direction of the head or their personal play, a quiet word during the end may point the team in a different direction.

Always finish these sessions with a discussion on what has taken place during the practice sessions and note any refinements and criticisms. Wherever possible the coach should ask questions rather than make statements and ensure that the players do not leave without a clear understanding of the exercise.

GAME 5 A MAGNETIC BOWLS GAME

"Lets Play Bowls"

A magnetic board game

(Designed to coach player roles and tactics.)

EQUIPMENT NEEDED:

Magnetic Board- Playing rink outlined.
2 sets magnetic discs (bowls)
Magnetic "mat" and "jack".
A "Shot Dice".

RULES:

Participants:

Two teams which may be either drawn or open.
A critique panel that roll the "shot dice" and advise players of the result.
A Controller (coach) who may also act as the umpire.
Any type of game may be played for any duration.
Players advise their playing positions if the teams are not drawn.

THE GAME:

The "Laws of the Game" apply in respect of control but should any dispute arise the critique panel will determine the action to be taken. Any unresolved disputes are to be handled by the controller/umpire who' decision is final.

Each player in turn, and alternating with their opposition, nominate the shot they wish to play.

It is permissible for the "perfect shot" to be played each time.

The chosen delivery line and intended bowl speed must be declared before each bowl is played.

The critique panel will then roll the dice and advise the player where their bowl is to be placed on the board.

The player now places the bowl in this position on the board.

Play continues until the game is completed.

For training purposes the critique panel may be asked to make comment on the shot selection or tactics employed. It is important for all participants to bear in mind that there is not necessarily any one correct shot, rather, it's the result that counts.

The end results may be recorded if so desired. For coaching purposes the controller may discuss the tactics, choice of shots or other detail at any stage during the game.

See over for Dice shot indications.

SHOT DICE - INDICATIONS

FOR ALL SHOTS LESS THE DRIVE

1. Shot achieved desired result
2. Finished short of target by 1-2m
3. Shot played too fast 4-6m beyond target
4. Shot finishes wide of target
5. Shot finishes narrow of target
6. Shot finishes in a good position

SHOT INDICATIONS FOR THE DRIVE

1. Hit the target
2. End Killed
3. Just misses the target
4. Bowl delivered too wide
5. Bowl delivered too narrow
6. Removed own close bowl

PART 4 - CIRCUIT TRAINING

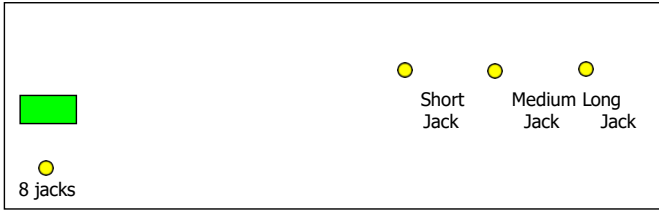
SKILLS SESSION - by Ann Muir

8 Rinks used – 4 bowls on rinks 3 to 8

Keep individual scores on a card.

N.B Arrows indicate player movement as they finish each end.

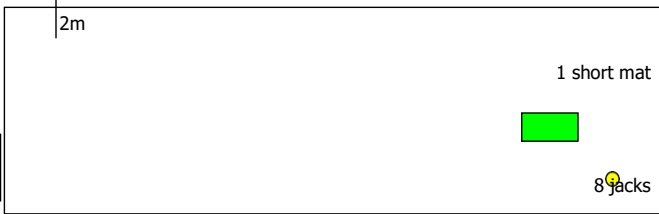
1.



Score number of jacks within zone: player picks marker they are sending it to.

8 jacks in bucket throw 2 to each marker.

2.



Score only jacks within ditch and 2m mark

8 Jack throw within 2m and ditch. Take bucket collect jacks back to rink 1

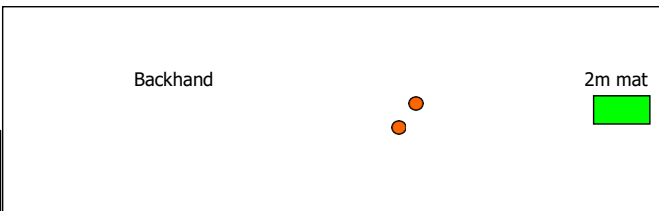
3.



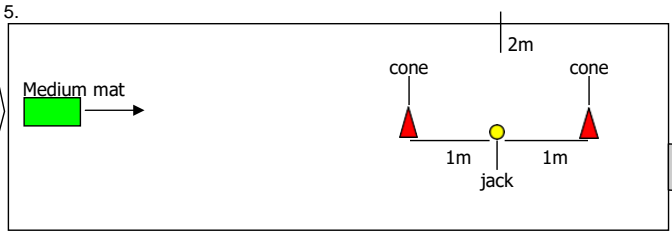
Line Taking

Bowl between markers. 4 bowls. Gradually move until only going over discus.

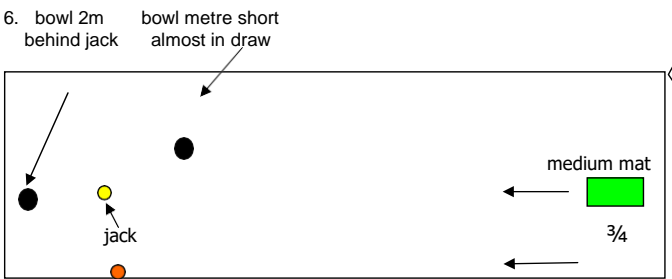
4.



Bowl needs to come back to centre or 30cm either side of centre to score

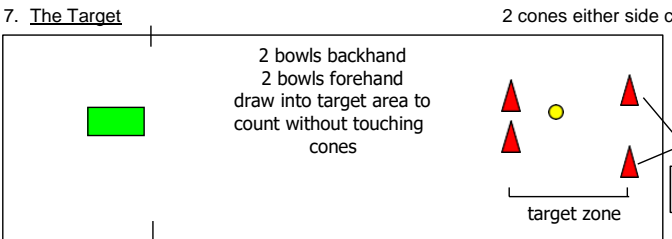


5. Playing in the 2m zone. Deliver bowl between cone and Jack 2m in front of Jack. Two on back hand 2 on forehand



6. bowl 2m behind jack bowl metre short almost in draw

Playing around a bowl
Playing cover shot
Draw around a wing bowl to Jack 1st bowl
Draw between Jack and bowl 2m behind 2nd bowl same activity on other hand but move wing bowl.

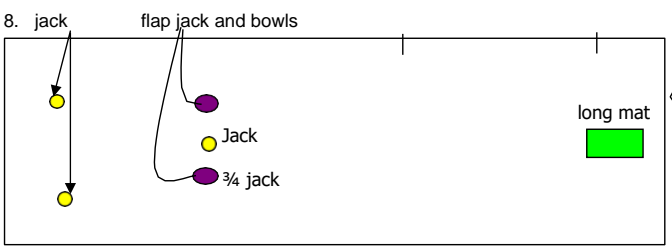


7. The Target

2 bowls backhand
2 bowls forehand
draw into target area to count without touching cones

2 cones either side centre line by 30cm and 30cm in front of jack

2 cones 1m behind jack



8. jack flap jack and bowls

long mat

Show and Dough
Score if they hit target score if they are within 30cm of jack on the draw.

- 1. Firm forcing shot
 - 2. Controlled forcing shot
 - 3. Drive one then draw to off line jack
- 2 bowls backhand
 - 2 bowls forehand

Individual Competition

Need cards so players keep their score
Have a winner

If you want to make it harder, player stay at rink till they have a 50% or greater achievement rate.

Players move along rinks Rink 8 goes to Rink 1

Keep actively moving