

HARROGATE BOWLING CLUB



Improvers Coaching

Week 7: Skills - Controlled Weight: The Cover and Trail Shots

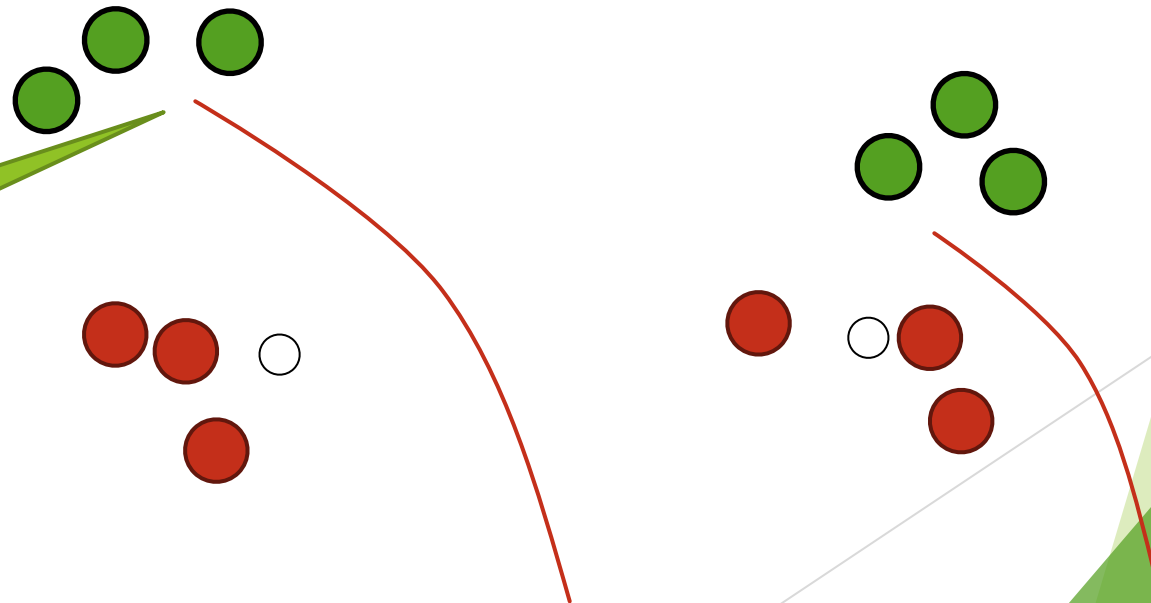
Controlled Weight

- ▶ The Covering or Positional shot and the Trail shot are very controlled shots, they may not be much more weight than a Draw shot.
 - ▶ How much do you need to adjust your weight and aiming point by?
- ▶ The Covering Bowl
 - ▶ A draw shot behind the head to cover the back woods of your opponent.
 - ▶ It is an 'insurance' shot to reduce the odds of your opponent trailing the jack.
 - ▶ It can also be a shot to get the best back to reduce the threat of a firing shot moving the jack back to the ditch. You might have a very large target area.
- ▶ The Trail Shot
 - ▶ A very effective shot at converting the head to your advantage.
 - ▶ It must be played with just the right weight, to move the jack to your waiting bowls.

Activity 7.1: The Covering Bowl

- ▶ This is a shot using very controlled weight, it is an extension of the draw shot, designed to cover opponents back woods. You will need to bowl slightly wide of the head as you do not wish to move the jack yourself.
- ▶ Tip: Pick the spot you wish your covering bowl to finish and make that your target.

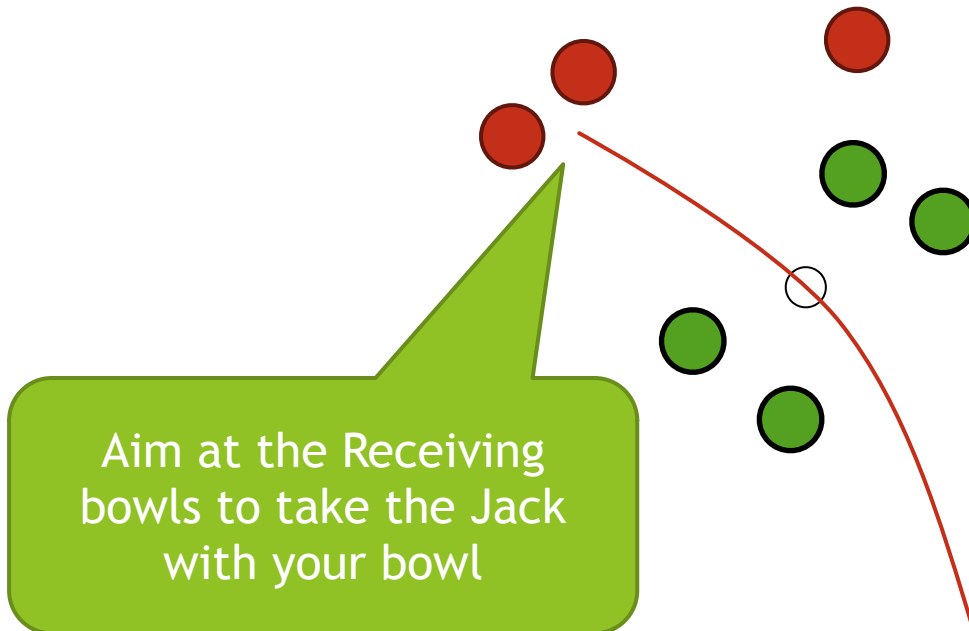
Aim at the spot you want you bowl to finish



Activity 7.1: The Cover Bowl				
Place the jack on the 2m line. Place target bowls 1m behind & 0.5 m to each side of the jack				
Play 2 woods f/hand and 2 woods b/hand.				
3pts: Behind & touching target bowl				
2pts: Behind & within 0.5m of target bowl				
1 pt: Behind & within 1m of target bowl				
Name/Date		Name/Date		
Mat on the 23m line (Mat up).				
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:		Total:		
Mat approx midway.				
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:		Total:		
Mat on the 2m line (Full length).				
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:		Total:		
Grand Total:		Grand Total:		
Harrogate Bowling Club				

Activity 7.2: The Trail Shot

- ▶ This is a shot using very controlled weight, it is an extension of the draw shot, designed to move the jack 1-3m back to your waiting bowls. Too much weight will destroy the head or move the jack too far away from your waiting bowls.
- ▶ Tip: Pick the spot you wish your trail shot to finish and make that your target.



Activity 7.2: The Trail Shot

Place the jack on the T (2m mark). Place 2 bowls in receiving positions 1m behind jack on both sides as target woods

Play 2 woods f/hand and 2 woods b/hand.

3pts: Jack moves to 0.5m of target bowls

2pts: Jack moves to 1m of target bowls

1 pt: Jack is touched

Name/Date	Name/Date

Mat on the 23m line (Mat up).

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

Mat approx midway.

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

Mat on the 2m line (Full length).

	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	
Grand Total:			Grand Total:	

Using The Mat

- ▶ A change in the foot fault rule in 2015 effectively doubled the width of the mat. We now must have only part of one foot on the mat at setup, and on or above the mat at point of delivery.
- ▶ By repositioning on the mat we can bowl around or inside blocking woods but we must get our weight and line right!
- ▶ Finding your aiming point
 - ▶ The bank aimer
 - ▶ Move to the inside of the mat and bowl at your usual aiming point on the bank.
 - ▶ Move to the outside of the mat and move the aiming point by the distance moved on the mat.
 - ▶ The Visualizer
 - ▶ Move to the outside of the mat, the side you are bowling on and aim at the same angle. The bowl will move parallel to a normal bowl, and finishing off centre by the distance moved on the mat.
- ▶ Both methods require you to bowl with the perfect line and weight!