

HARROGATE BOWLING CLUB



Improvers Coaching

Week 2: Weight Control

The Basics Revisited

- ▶ Although everyone has their own style of stance and delivery, sometimes dictated by their physical abilities, the principles of bowls remain the same for ALL players and may well be worth re-visiting frequently:
 - ▶ Adopt a consistent stance on the mat, with feet pointing along the line of delivery;
 - ▶ Shoulders should be square to the line of delivery;
 - ▶ The 'step' (if taken) should be along the line of delivery;
 - ▶ Straight-line arm swing, with shoulder, elbow and wrist in line;
 - ▶ Follow-through along the line of delivery, ending palm-uppermost, with fingers pointing at the aiming point (along the delivery line).



Warm-up Exercises

- ▶ Bowls is not known for any need for any physical preparation before a match. However, a few stretches and bending exercises can prepare you better for the match ahead, and might extend your bowling career as you age.
- ▶ Opposite are three videos showing exercises recommended by Bowls England.
- ▶ Be careful to select stretches and exercises that suits your own personal physical capacity and condition.



Workout Number 1



Workout Number 2



Workout Level 3

Diet and Nutrition

- ▶ Minimise or delay fatigue
- ▶ Improve training and competition performance
- ▶ Promote fitness through effective training
- ▶ Promote health



Nutrition for Bowlers

- ▶ Refuel immediately after exercise by eating high carbohydrate foods and/or fluids
- ▶ Prepare appropriately by packing snacks
- ▶ Drink plenty of fluids, if you feel thirsty you are already dehydrated

- ▶ Stay hydrated to maintain concentration

Weight Control

- ▶ Adjusting Weight
 - ▶ Backswing
 - ▶ Length of step and follow through
 - ▶ Speed of Delivery
- ▶ Gauging length required?
 - ▶ Estimate length between 23m and 30m, by sight?
 - ▶ Distance from the mat or 23m line and calculate?
- ▶ How to adjust your weight if long/short

Avoid Bumping

- ▶ A wood not delivered at surface level, that is dropped from a height, will take some weight off the bowl.
- ▶ The problem is caused by our knees not bending as much as they used to when we were younger.
- ▶ The cure is ensure your knees are bent a little further when you take up your stance on the mat. Make sure they remain in that position.
- ▶ Consider adopting the semi-fixed stance (aka the South African Clinic stance)

Activity 2.1: Bowling Different lengths

▶ Learning Outcomes

- ▶ To develop the skill of bowling to jacks at different lengths

▶ The Game

- ▶ Place three jacks at short, medium and maximum lengths on the centre line.
- ▶ First bowl to be delivered to furthest Jack, the second to the middle jack and the third to the nearest jack. The fourth bowl to the jack you were furthest from.
- ▶ Complete on backhand one way, forehand coming back, forehand going up and backhand coming back
- ▶ Variation; Same as above but in reverse, start at the nearest jack, then middle jack, then the furthest jack.

Activity 2.1: Different Lengths				
Place 3 Jacks at short, medium & max lengths				
Play a wood to each jack, last wood to worst jack length				
3pts: Touching the jack				
2pts: Within 0.5m of the jack				
1 pt: Within 1 metre of the jack				
Name/Date		Name/Date		
Mat on the 2m line.				
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:		Total:		
Mat placed on 2m line.				
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:		Total:		
Mat on the 2m line.				
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:		Total:		
Grand Total:		Grand Total:		
Harrogate Bowling Club				

Activity 2.2: Adjusting Weight

► Learning Outcomes

- To develop the skill of fine adjustment of bowl speed

► The Game

- Place two jacks 4m apart on the centre line. (28m and 32m)
- First bowl to be delivered to finish between the two jacks, the second to finish past the first, and so on
- Variation; Same as above but in reverse, each subsequent bowl landing shorter than the previous bowl.

- Progression; reduce the distance between the two jacks to 3 metres.

Activity 2.2: Adjusting Weight

Place 2 Jacks 4m apart (28m & 32m)

First bowl to finish between the 2 jacks, the next to be shorter/longer of the first, and within the 2 jacks, etc

2pts: For each wood short/long of previous

1 pt: For each wood within the 2 jacks

Name/Date	Name/Date

Mat on the 2m line.

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

Mat placed on 2m line.

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

Mat on the 2m line.

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