

HARROGATE BOWLING CLUB



Improvers Coaching

Week 4: The Running Shot

The Drive or the Firing Shot

- ▶ To execute effectively you must deliver your bowl with sufficient force to counteract the bias of the bowl.
 - ▶ No bend and as quick as you can bowl it!
- ▶ Can be used to remove opponents bowls from the head, to change the shape of an unfavourable head or to move the jack.
- ▶ Should only be used if you have back woods?
- ▶ Not to be used if you have only 1 bowl in the head?
- ▶ Requires a straight step up the green on delivery.
 - ▶ A longer step will gain some force, with a longer backswing, but do not overstep as you will lose balance
- ▶ If you drive too fast you will lose control of the bowl.

Activity 1: Firing Shots

- ▶ You will need to adapt your delivery style
 - ▶ Your stance will need to be adapted, straighter. It is a shot that requires lots of practice.
 - ▶ Straighter step and more follow through with your arm along the delivery line.
- ▶ Place a jack on the 2m spot), with the mat at 23m
 - ▶ Play 2 bowls forehand, and 2 bowls backhand, for 4 ends.
 - ▶ Score 3 pts for each bowl that hits the jack into the ditch
 - ▶ Score 2 pts for each bowl that hits the jack but the jack does not end up in the ditch
 - ▶ Score -1 pt for each bowl that does not end up in the ditch
- ▶ Repeat with the mat at 26.5 metres and 30 metres, 4 ends each.
- ▶ Keep a scorecard and note your successes on both hands and compare at the end . . . Which hand is your strongest?

Activity 4.1: Firing Shots				
Place a jack on the 2m line.				
Play 2 woods f/hand and 2 woods b/hand.				
3pts: Hit Jack into the Ditch				
2pts: Hit Jack but it doesn't end in the ditch				
-1 pt: Bowl does not end up in the ditch				
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:		
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Running Shots

- ▶ These are ditch weight shots.
- ▶ The weight used depends on the line required to hit the target.
- ▶ Can be used to get under/inside blocking woods.
- ▶ Requires a slightly wider step, allowing for some bend on the bowl.
- ▶ You must practice the Running Shot to work out your optimum speed of delivery, that which gives you the most chance of hitting your target.
 - ▶ Try different strength of bowl. How far do you need to adjust your aim for the different strength of bowl to be delivered.
 - ▶ What is your favoured speed of delivery and how much do you need to adjust your aim?

Activity 2: Running Shots

- ▶ Place a jack on the 4m spot with the mat at 23m
 - ▶ Bowl 2 bowls forehand, and 2 bowls backhand, for 4 ends.
 - ▶ Score 3 pts for each bowl that hits the jack.
 - ▶ Score 2 pts for each bowl that passes between the jack and a side bowl
 - ▶ Score 1 pt for each bowl that hits a side bowl
- ▶ Repeat with the mat at 26.5 metres and 30 metres, 4 ends each.
- ▶ Keep a scorecard and note your successes on both hands and compare at the end . . . Which hand is your strongest?
- ▶ Progression:
 - ▶ After each running shot, try drawing to beat the side bowls.
 - ▶ Score 5 points for each successful draw shot

Activity 4.2: Running Shots				
Place a jack on the 2m line, with a wood either side about 1ft away				
Play 2 woods f/hand and 2 woods b/hand.				
3pts: Hit the Jack				
2pts: Passes between jack and bowl				
1 pt: Hit one of the side bowls				
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:		
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Attacking Play

- ▶ Defeating an opposing bowl that is within 15cm of the front of the jack is not easy. The jack will be hidden from view and it may be impossible to draw around it. The solution - Drive it away!
- ▶ Practice with the jack at the 2 metre mark (on the T) with an opponents bowl 10-15cm in front. Drive at the bowl with at most 2 metres of weight.
- ▶ Remove any woods that finish short or go into the ditch.
- ▶ If you remove the wood, draw to the jack.
- ▶ If you move the jack, draw to it.
- ▶ If you ditch the jack; 0 points!
- ▶ When should you be attacking and when should you not be attacking?



10-15cm in front of the jack

Attacking Play Challenge!

- 1 point for each winning shot.
- 1 bonus point for 3 winning shots
- 2 bonus points for 4 winning shots

Attacking Play!

- Over 6 ends (30 mins)
 - 12+ Excellent, the win is in the bag!
 - 9+ Very Good, you are going to win!
 - 6+ Good, but are you concentrating enough
 - 3+ Okay, but are you concentrating