

HARROGATE BOWLING CLUB



Coaching – 4: Mat and Jack

A coaching guide for new bowlers

The Mat and Jack

▶ Placing the Mat.

- ▶ The front of the mat must be at least 2m from the back ditch and 25m from the front ditch.
- ▶ After 2 improper deliveries of the jack, the jack is placed on the 2m spot with the aid of the 2m stick, the mat may then be placed by the team who went first.

▶ Foot Faulting

- ▶ Before delivery, the player must be standing on the mat with all or part of one foot on the mat.
- ▶ At the moment of delivery the player must have all or part of one foot on or above the mat.

Off-Centre Jack

- ▶ Drawing to an Off-Centre Jack
 - ▶ How to calculate the adjustment needed in our line and/or aiming point?
 - ▶ Play across the head (inside-out) or
 - ▶ Play into the head (outside-in)

Activity 1: Drawing to an off-centre Jack

- ▶ Place two jacks level with the T (2m mark), but 2 metres from the centre line of the rink.
- ▶ Play 2 woods forehand and 2 woods backhand
 - ▶ 3pts: Within 0.5m of the jack
 - ▶ 2pts: Within 1m of the jack
 - ▶ 1 pt: Within 2m of the jack
 - ▶ 1 pt: Bonus for hitting the jack
- ▶ Draw to each Jack, using both forehand and backhand. Which is easier?
 - ▶ Is it better to play across the head (inside out)
 - ▶ Or is it better to play into the jack from outside the rink (outside in)

The Front Ditch

- ▶ Why we chalk 'Touchers'.
 - ▶ A wood that touches the jack on its original course is marked with chalk and is a live wood, even if it goes into the ditch
 - ▶ The position of any wood or jack in the ditch is indicated with a disk on the back face of the front ditch
- ▶ Jack in the ditch.
 - ▶ No wood can become a toucher
 - ▶ Measuring woods in the ditch
- ▶ When does a wood become 'Dead'?
 - ▶ Travels less than 14m
 - ▶ No longer on the rink, or is in the front ditch
 - ▶ A non-toucher that hits the bank and rebounds onto the rink

Displaced Bowls and Jacks

- ▶ If a non-toucher rebounds onto the rink and displaces a live bowl the opponent restores the displaced bowl to its original position.
- ▶ If a bowl is displaced or interfered with by a player the opposing skip has the following options:
 - ▶ Restore the displaced bowl or jack as near to its original position as possible
 - ▶ Leave the displaced bowl or jack where it rests
 - ▶ Declare the end dead and replay it

Etiquette - Key Principles

- ▶ Etiquette on the green refers to the way in which we play the game to ensure enjoyment for everyone and so that we all have the chance to play our best.
- ▶ Do not distract bowlers by moving and talking while bowlers are bowling towards you.
- ▶ Do not stand behind the Jack or in front of the rink markers. Keep at least 1 metre behind and to one side of the 'head'.
- ▶ When you walk to the other end, move in the centre of the rink and do it quickly.
- ▶ Possession of the rink must always be respected.
 - ▶ Possession of the rink goes to the team whose bowl is being played, and transfers to the other team when the bowl delivered comes to rest.
- ▶ The results of an end (including any measuring) should normally be conducted by the seconds in a triples game. Results must be agreed before declaring the result to the skips. Once declared the result cannot be changed.
- ▶ Do not 'call' your opponents bowls to go through gaps or get 'wrecked'.
- ▶ Congratulate good shots and learn to accept 'lucky' shots as being part of the game.



Activity 2: Playing a Game (Triples)

- ▶ Start by introducing yourselves and wishing every one a good game.
- ▶ Toss a coin to see who starts with the mat and jack. Skips stand at the head end.
- ▶ Leads bowl 3 woods in turn.
- ▶ Seconds bowl 3 woods in turn
- ▶ Leads/seconds and Skips swap ends. (The changeover).
- ▶ Skips bowl 3 woods in turn.
- ▶ Seconds agree the score, measuring if required.
- ▶ Seconds indicate the score to the skips. (Once signalled cannot be changed)
- ▶ Skips record the score on the Scorecard, the seconds on the scoreboard.
- ▶ At the end of the game the skips sign the card to say it is correct.

Introductory Videos



The Delivery Doctor, breaks down the delivery action into bite size sections.



How bowls are made, but look out for an aerial view of a lovely bowling green in Harrogate



The late, the great, David Bryant.



Coaching videos from Bowls New Zealand.



How to play Lawn bowls in easy steps.



Tony Allcock's, Art of Bowls, Vol 1