

HARROGATE BOWLING CLUB



Coaching – 1: An Introduction

A coaching guide for new bowlers

Introduction

- ▶ At Harrogate Bowling Club we have a programme of beginners coaching held on a Tuesday morning (10.30 - 12.30 pm), run by a very dedicated team of qualified bowls coaches.
- ▶ The beginners coaching concentrates on basic delivery, the rules and etiquette of the game and the various formats we generally play, so that new members can feel confident in joining in club games and roll-ups.
- ▶ The course will take a minimum 6 sessions
- ▶ Housekeeping
 - ▶ Toilets & Fire Exits
 - ▶ First Aid
 - ▶ Entering and exiting the green safely

First Steps

- ▶ Delivery of a bowl, knowledge of the rules and etiquette and the formats we play are covered in the Tuesday morning beginners coaching sessions.
 - ▶ Eric Smith
 - ▶ Gary Preston
 - ▶ Christine Pickard
 - ▶ Frank Devaney
 - ▶ Mick Metson
 - ▶ Assistants:
 - ▶ Douglas McWee
 - ▶ Janet Preston

Delivering the Jack

- ▶ The Jack
 - ▶ Holding the Jack
 - ▶ Grip
 - ▶ Pendulum Action
 - ▶ Stance (Feet and Shoulders)
 - ▶ Delivery
 - ▶ At least one foot on or above the mat
 - ▶ Adjusting Aiming Point

Working with the Bowl

- ▶ Selecting appropriately sized bowls
- ▶ Grip
 - ▶ Cradle
 - ▶ Claw
- ▶ Stance (feet and shoulders)
 - ▶ Athletic
 - ▶ Fixed (crouch)
 - ▶ Semi -fixed (South African Clinic)
 - ▶ Shooter stance
- ▶ Bias
- ▶ Backhand & Forehand deliveries
- ▶ Understanding bias and establishing an aiming point
- ▶ Aim of the game is to get as close to the Jack as possible

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.

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