

# HARROGATE BOWLING CLUB



## Improvers Coaching

Week 1: Back to Basics

# Delivering the Jack

- ▶ This is essential practice for a bowler specialising in the lead position.
- ▶ Practice delivering a jack to different lengths.
- ▶ Practice delivering a jack with the mat right up.
- ▶ Purposeful Practice (Requires 6 mats and 6 Jacks)
  - ▶ Set up a rink with 3 mats at different lengths, on both ends (6 mats)
  - ▶ Deliver a Jack from Mat A - Mat 1, and Mat 2, and Mat 3
  - ▶ Deliver a Jack from Mat B - Mat 2, and Mat 3
  - ▶ Deliver a Jack from Mat C - Mat 3
  - ▶ Repeat in Reverse order coming back down the rink
  - ▶ You can make it harder by turning the mats sideways

3

2

1

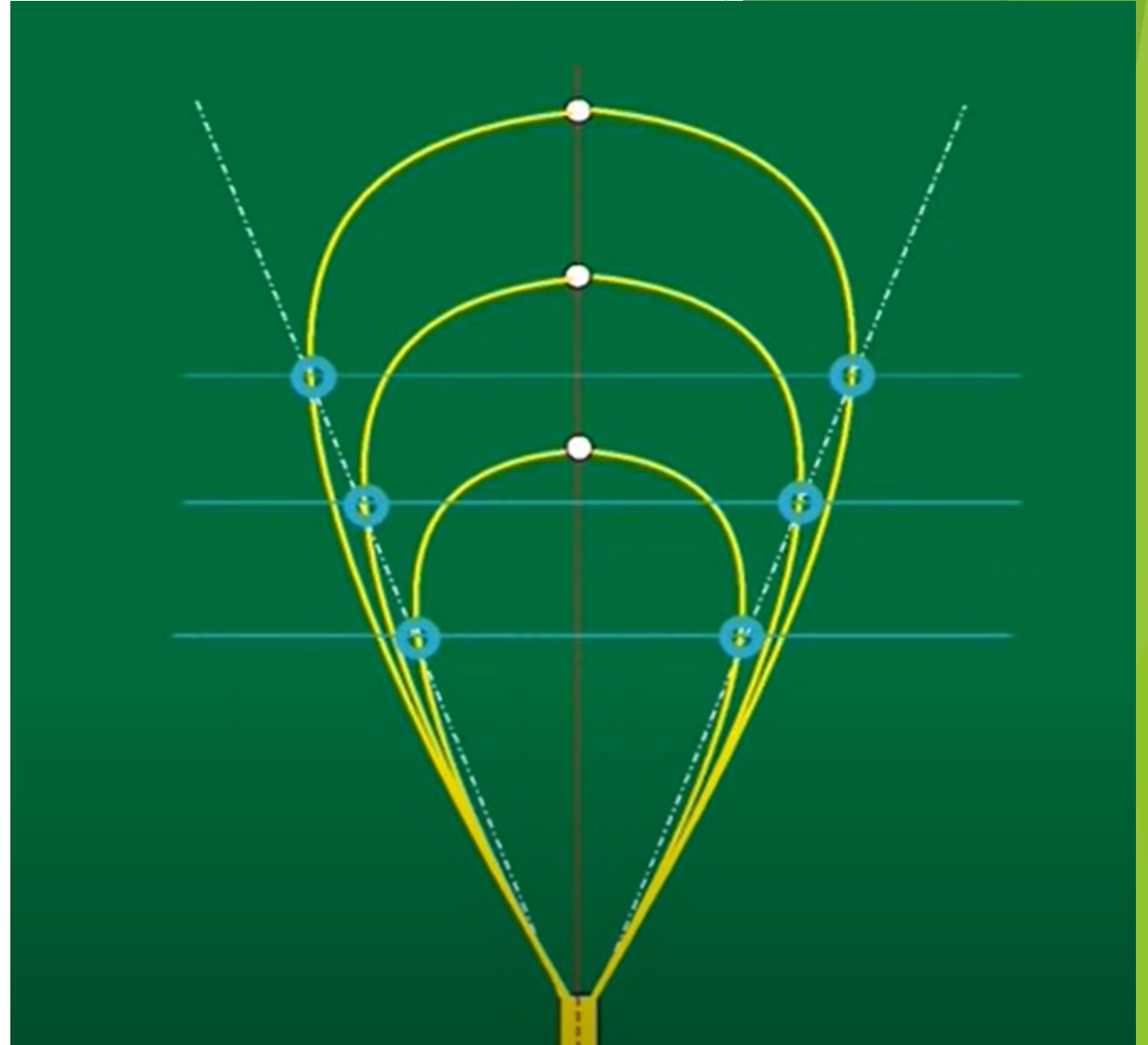
C

B

A

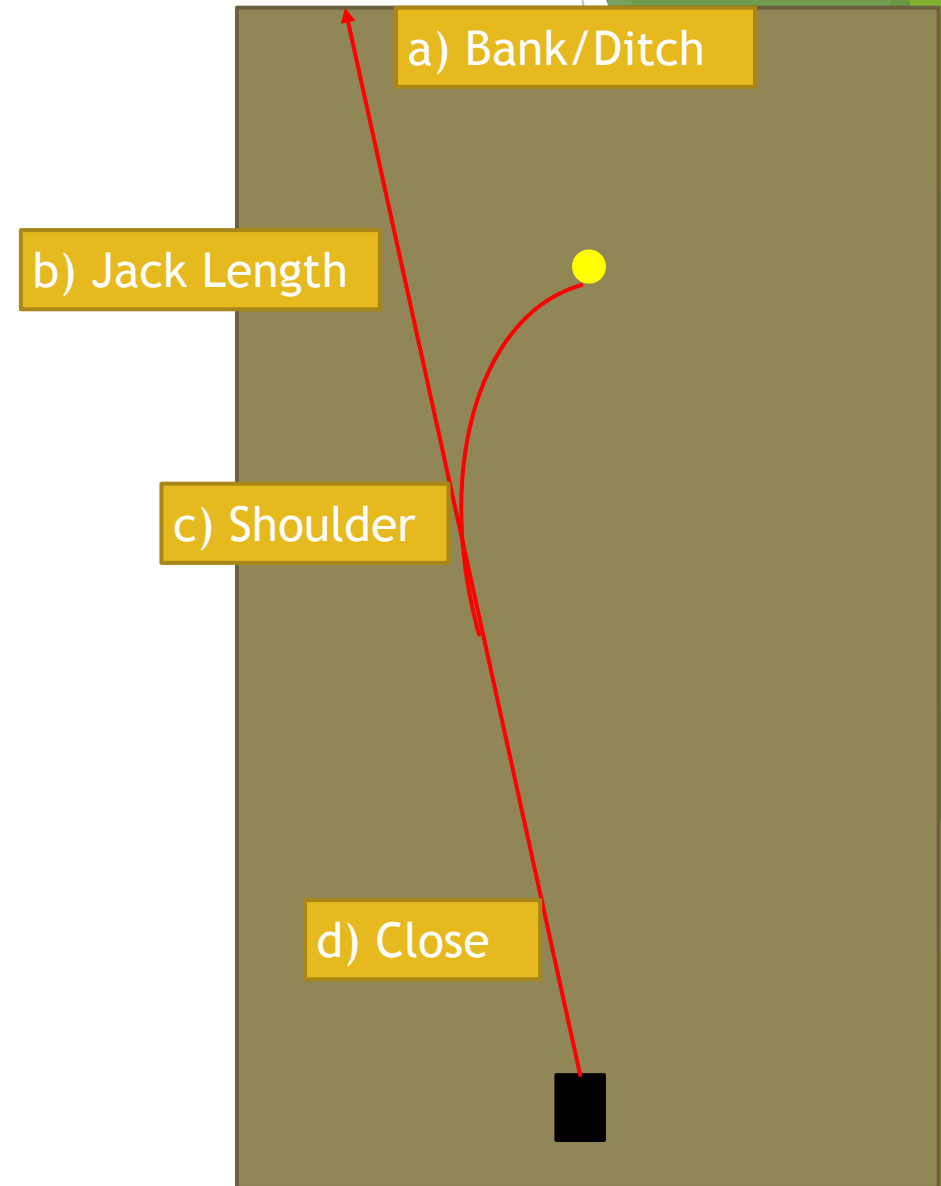
# Delivery and Line

- ▶ The aiming point, the line you are taking does not change with the length you are bowling.
- ▶ Very important to have a consistent bowling delivery
  - ▶ Approach the mat in line with your aiming point
  - ▶ Ensure your shoulders are square to your aiming point
  - ▶ Use a pendulum action that is square to your shoulders and in-line with your aiming point



# Aiming Points

- ▶ Bank or ditch
  - ▶ You can use the rink boundary markers as a point of reference.
- ▶ Jack Length
  - ▶ Also helps you to gauge the length required as well.
- ▶ Shoulder
  - ▶ The point at which your bowl starts to bend.
- ▶ Close
  - ▶ A point on the green 1 - 3 metres in front of the bowler



# Finding the Line when Drawing

- ▶ You will need 4 disks.
- ▶ Place the mat on the 2 metre point
- ▶ Bowl a forehand wood and ask a colleague to place a disk on the line your bowl took, about 3 metres from the front of the mat.
- ▶ Look at where your wood finishes, is it on the centre line?
  - ▶ If it finishes within 1 foot of the centre line your line is about right.
  - ▶ If it crossed the centre line you are too narrow.
  - ▶ If it did not cross the centre line you are too wide.
  - ▶ Adjust your disk appropriately (an inch this end is about a yard at the jack line)
- ▶ Do the same for both hands, from both ends.



# Activity 1.1: Finding the line

- ▶ Place the mat on the 2m line.
- ▶ Place a Jack midway past the 23m line. This is for guidance purposes only.
- ▶ Determine your line and place a disk about 3m in front of the mat to show the line needed. Do this for forehand and backhand.
- ▶ Bowl 2 woods forehand and 2 woods backhand
  - ▶ 3pts: bowl ends on the centre line (within a wood)
  - ▶ 2pts: bowl ends within 0.5m of the centre line
  - ▶ 1 pt: bowl ends within 1m of the centre line
- ▶ Did your woods go over the disk?
- ▶ Did your woods behave the same every delivery, did they take the same bias?
- ▶ Repeat with the jack at a midway point and at full length. Did your aiming point change?

## Activity 1.1: Finding the Line

Place the mat on the 2m line. Use disks to help determine your line.

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

3pts: Bowl ends on the centre line

2pts: Bowl ends within 0.5m of centre line

1 pt: Bowl ends within 1m of centre line

Name/Date	Name/Date

### Jack placed on 23m line

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

### Jack placed approx mid length

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

### Jack placed on 2m line

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

# The Mat and Jack

- ▶ **Placing the Mat.**
  - ▶ The front of the mat must be at least 2m from the rear ditch and 25m from the front ditch.
  - ▶ After 2 improper deliveries of the Jack, the jack is placed on the 2m line and the mat is placed by the team who went first. The Jack length cannot be questioned once the first bowl has been delivered.
  - ▶ If the mat is placed incorrectly, and the jack delivered, the opposing lead places the mat and delivers the Jack. The mat cannot be questioned once the first bowl has been delivered.
- ▶ **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.
- ▶ **Delivering the Jack**
  - ▶ Accurate Jack delivery can win matches! Practice if you are a lead or a singles player.

# Grip and Stance

- ▶ Grip
  - ▶ Cradle
  - ▶ Claw
- ▶ Stance (feet and shoulders)
  - ▶ Athletic
  - ▶ Fixed (crouch)
  - ▶ Semi -fixed (South African Clinic)
  - ▶ Shooter stance
- ▶ Consistent approach to the mat
- ▶ Consistent position on the mat
- ▶ Consistent delivery action!



# 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