

# HARROGATE BOWLING CLUB



## Coaching – 3: Adjusting Length

A coaching guide for new bowlers

# 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).



# Weight Control

- ▶ Adjusting Weight
  - ▶ Backswing
  - ▶ Length of step and follow through
  - ▶ Speed of Delivery
- ▶ Gauging length required?
  - ▶ Estimate length between 23m and 38m, by sight?
  - ▶ Distance from the mat or the 23m line and calculate?
- ▶ How to adjust your weight if long or 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.
- ▶ If all else fails, consider adopting the semi-fixed stance (aka the South African Clinic style)



# Activity 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 long length, on the centre line.
- ▶ First bowl to be delivered to long Jack, the second to the middle jack and the third to the short jack. The fourth bowl to the jack you were furthest from.
  - ▶ Deliver two bowls forehand and two bowls backhand
- ▶ Same as above but in reverse, start at the short jack, then the middle jack, then the long jack.

## Activity 2: Playing a Game (Pairs)

- ▶ 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 all 4 woods in turn.
- ▶ Leads and Skips swap ends. (The changeover).
- ▶ Skips bowl all 4 woods in turn.
- ▶ Leads agree the score, measuring if required.
- ▶ Leads indicate the score to the skips. (Once signalled cannot be changed)
- ▶ Skips record the score on the Scorecard, the leads 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