

HARROGATE BOWLING CLUB



Improvers Coaching

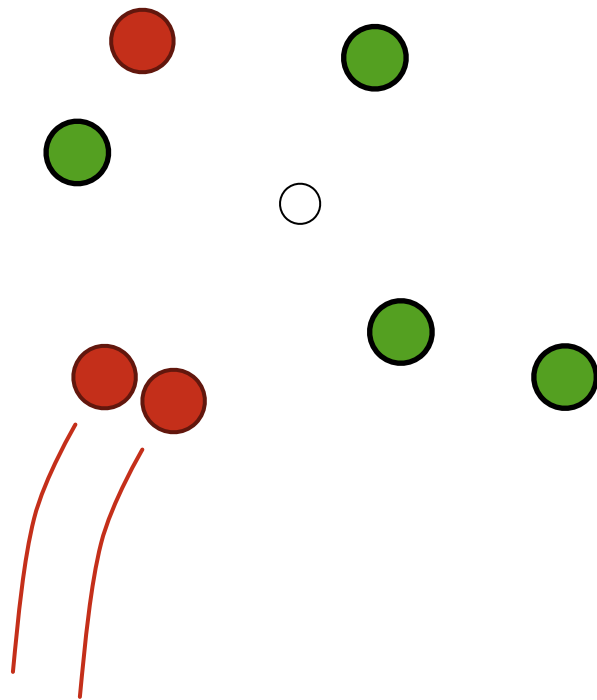
Week 8: Skills - Planting and Promoting

The 'Yard-On' Shots

- ▶ Yard-On shots are very versatile shots that are not much more than the Draw shot.
- ▶ They can be used to strengthen and alter a head in a positive way.
- ▶ How much do you need to adjust your weight and aiming point by?
- ▶ Examples include:
 - ▶ Plant bowls into the head
 - ▶ Promoting bowls into the head
 - ▶ Wrest bowls out of the head (aka Chop and Lie)
 - ▶ Split bowls out of the head

Activity 8.1: Promoting Bowls

- ▶ Play with just enough weight to promote bowls into a better position



It can be the percentage shot. If it reaches the head it ensures you have a well placed positional bowl in or just behind the head. If slightly narrow, it might wick in off a short blue bowl or knock a blue bowl out of the head!

Activity 8.1: The Promoting Shot

Place the jack on the 2m line, with a target wood, on each side, 2m in front

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

3pts: Hit bowl onto the Jack

2pts: Hit bowl to within 0.5m of the jack

1 pt: Get a lucky wick or trail the jack

	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.

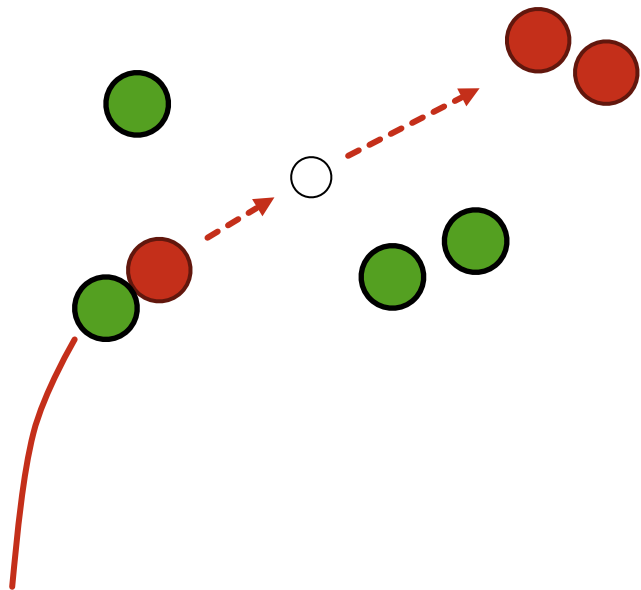
	F/hand	B/hand	F/hand	B/hand
1				
2				
3				
4				
T				
Total:			Total:	

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:	

Activity 8.2: The Plant Shot

- ▶ The purpose is to hit a bowl onto another bowl so that it achieves the same result as if you had a clear run at the jack.



Activity 8.2: The Plant Shot

Place the jack on the 2m line, with 2 woods touching, on each side, 2m in front

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

3pts: Hit plant onto the Jack

2pts: Hit plant to within 0.5m of the jack

1 pt: Get a lucky wick or trail the jack

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:		