

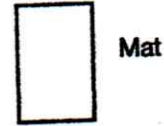
Seminar for Club Coach

Exercises on the Green

Rink One TEACHING THE BEGINNER

Rink Two

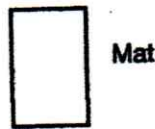
○ ○ ○ Jacks placed horizontally



Choose which jack to bowl to
Two forehand and Two backhand
(LINE)

Rink Three

○ ○ ○ Jacks placed diagonally



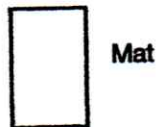
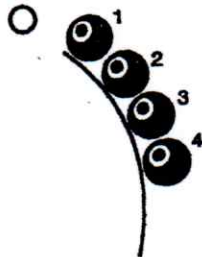
Choose which jack to bowl to
Two forehand and Two backhand
(LINE & LENGTH)

Rink Four



Decrease length with same line
Choose which side, once
successful change sides
(SAME LINE & VARY LENGTH)

Rink Five




This is far more difficult.
Decrease weight and alter line to follow
path. Choose which side, once
successful repeat on other side
(VARY LENGTH AND LINE)

Rink Six VIDEO CLINIC

Seminar for Level Twos

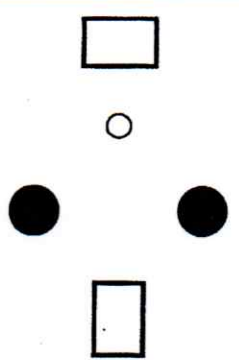
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Jack delivery




6 jacks, mat on T. 1st 2 jacks to full length, 2nd 2 to 27 metres, last 2 to 23 metres. Next end move mat ~ 1st on T, then up 4 metres, then up to 8 metres; all jacks to T. Aim to have all jacks within 1 metre of target.

Drawing around short bowls



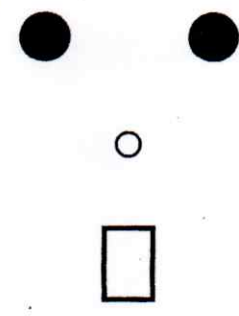
2 bowls 1 metre short of the jack, 30cms each side of the centre line. Mat placed horizontally 1 metre behind jack. 2 FH and 2 BH to draw between short bowl and mat to get shot. When successful, distances can be decreased. (Or increased for new bowlers.)

Hidden Jack



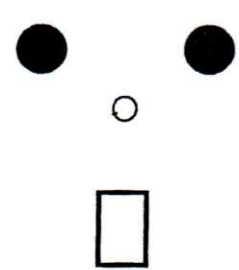
Draw around a short bowl (1 metre) which hides the jack. 2 FH and 2 BH to get shot. When successful, distance between jack and bowl can be decreased (Or can be increased for new bowlers.)

Drawing to Positional Bowls



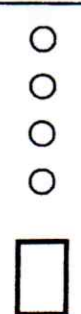
2 bowls placed 2 metres behind jack, about 60cms each side of centre line. 2 FH and 2 BH to draw as close as possible to back bowls. When successful, 2 bowls can be at different distances and widths, eg 1 metre behind and 30 cms wide of t centre line, and 3 metres behind and 120 cms wide.

Rest and Wrest



2 bowls placed about 30cms wide of, and behind, the jack. 2 bowls FH and BH. On one side, rest on the bowl; on other side turn it out. Then reverse sides. When successful, 2 bowls can be placed at different distances and widths from jack and each other.

Increase and decrease length



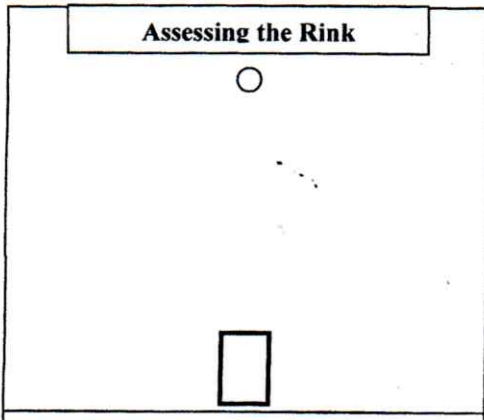
4 jacks placed 2 metres apart. Mat on T. On 1st end, 4 bowls on FH to each jack in turn, starting with the nearest. On 2nd end, 4 bowls on BH to each jack in turn, starting with the nearest. Repeat exercise but decreasing length from furthest to nearest jack. When successful, distances between jacks can be decreased.

Practices for 2s, 3s and Skips

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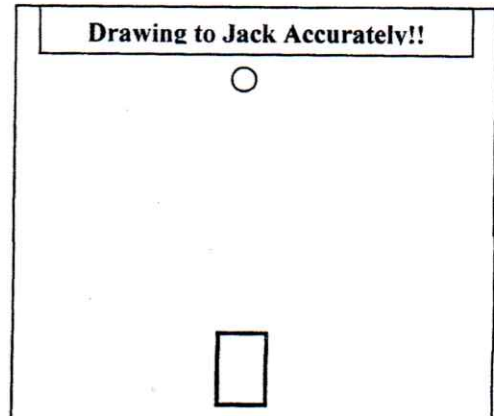
Warm up before you start bowling. In addition to bowling practice, also improve your physical and mental fitness, and practice strategies for relaxing when you are under pressure.

Assessing the Rink



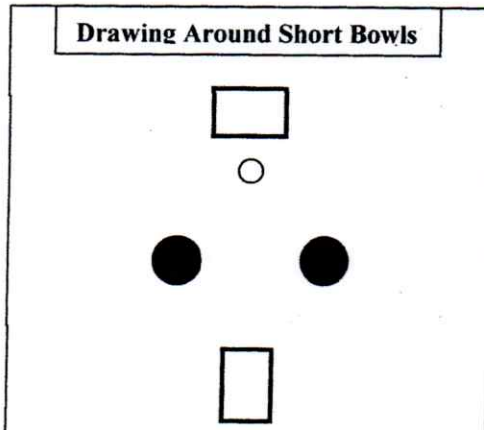
Place a mat about 4m from ditch with the jack about 4m from other ditch. 2 bowls FH and BH, assessing green on both hands. Keep mat and jack at same lengths on end 2, again assessing green on both hands. On 3rd end have very short jack, and on 4th end full length. Keep assessing the green. Try to be within 1m of jack with every bowl.

Drawing to Jack Accurately!!



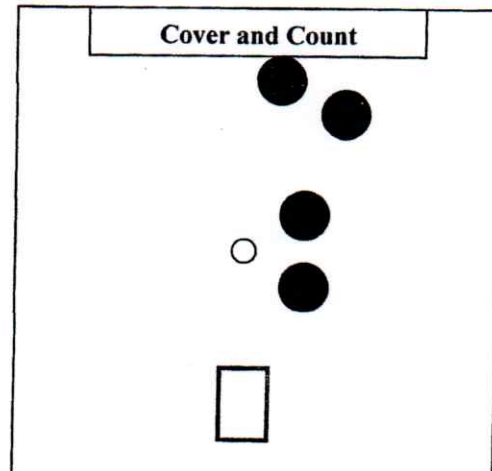
Bowl to jack on best side of rink. **YOU MUST BE UP!!** Work towards being within ½ m of the jack consistently. Repeat for 6 ends to a variety of jack lengths. If you have 2 bowls more than 1m away from the jack in any end, you must add an extra end for each time it happens! Floodlights needed?!

Drawing Around Short Bowls



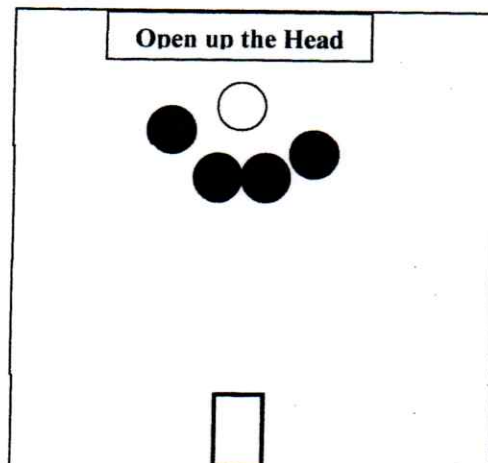
2 bowls 1 metre short of the jack, 30cms each side of the centre line. Mat placed horizontally 1 metre behind jack. 2 bowls FH and BH, drawing around, or under, the short bowl to get shot. Next end, reduce distance between jack and bowl, and jack and mat, to ¾m; then ½m, then ¼m.

Cover and Count



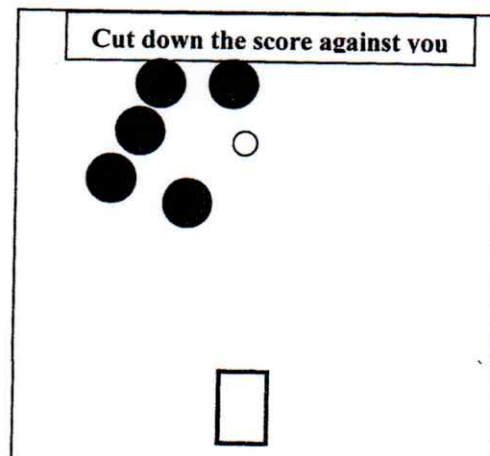
Your team holds 2 shots. The opposition have 2 bowls 1½m behind the jack. With your first 2 bowls, cover the back bowls and count. With your last 2 bowls, draw to the jack on the other hand.

Open up the Head



Your team is 4 shots down. You cannot draw to the jack. Play with sufficient weight, on the best hand, to open up the head. Do this with one of your first 2 bowls, so you can then draw for shot.

Cut down the score against you



You are 5 shots down; the nearest bowl is 1 foot away from the jack. The others are 15-18 inches away. You have 2 bowls to cut the score so you go no more than 1 shot down.


Scores for Twos, Threes, Skips
Name:

Drawing to Jack Accurately	Bowl 1	Bowl 2	Bowl 3	Bowl 4	Plus/Minus	Total
Within 1metre 2 points						
Within ½metre 3 points						
Under ¼metre 4 points						
All bowls within 1 metre, 1 bonus point						
All bowls within ½metre, 2 bonus points						
All bowls under ¼metre, 3 bonus points						
Any bowl more than 1 metre away, -1 point						
Any bowl more than 2 metres short, -3 points						
Total						
Drawing around Short Bowls	Bowl 1	Bowl 2	Bowl 3	Bowl 4	Plus/Minus	Total
Within 1metre 2 points						
Within ½metre 3 points						
Under ¼metre 4 points						
All bowls within 1 metre, 1 bonus point						
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Any bowl more than 1 metre away, -1 point						
Any bowl more than 2 metres short, -3 points						
Total						
Cover and Count	Bowl 1	Bowl 2	Bowl 3	Bowl 4	Plus/Minus	Total
Bowls 1&2, cover and count, 3 points						
Bowls 1&2, past back bowls, 1 point						
Bowls 1&2, short of front bowl, -3 points						
3&4, add to count, within 1m of jack, 3 points						
3&4, more than 1m short of jack, -3 points						
Total						
Cut down score	Bowl 1	Bowl 2			Plus/Minus	Total
1 point for every bowl cut out						
Get shot with 1st bowl and 2nd with 2nd bowl, extra 3 points						
Failure to reduce count at all, -3 points						
Total						
Open up the Head	Bowl 1	Bowl 2	Bowl 3	Bowl 4	Plus/Minus	Total
Open Head with Bowl 1, 4 points						
Draw shot with 2nd bowl, 4 points						
Open Head with Bowl 2, 3 points						
Draw shot with 3rd bowl, 3 points						
Open Head with Bowl 3, 2 points						
Draw shot with 4th bowl, 2 points						
Open Head with Bowl 4, 1 point						
Failure to reduce count at all, -3 points						
Total						
Grand Total						

Seminar for Level Twos

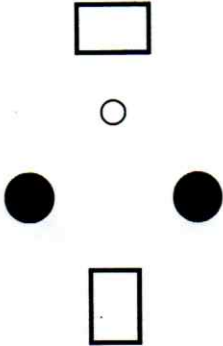
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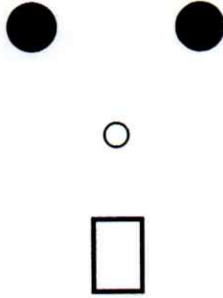
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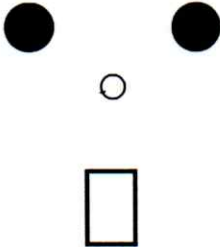
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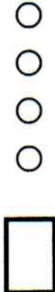
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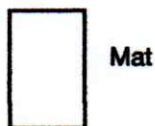
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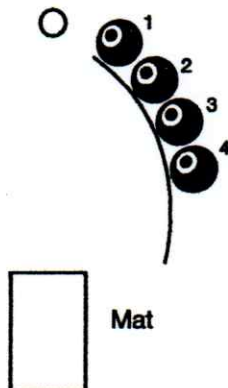
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