



Introducing new players to Bowls – The Fundamentals

Introduction: Hi, my name is I'm the Club Coach.

Information Gathering: Before we get started I need to ask.... Do you have any injuries, illnesses, disabilities that I need to be aware of? Particularly with your knees, ankles or back?

Safety Issues: Before we step onto the green, there are 4 safety issues I need to make you aware of:

1. **Slip, slap, slide and slurp** -- Slip on a hat. Slap on some sunscreen. Slide on your sunglasses. And last, but not least – (Slurp) drink plenty of water. Don't allow yourself to become dehydrated – remember alcohol does not hydrate the body.
2. **Step sideways on and off the green** (demonstration) – Couple of reasons for this – main one being to reduce the possibility of soft tissue damage to the knees.
3. **Don't step backwards** – You'll notice that the bowls are roundish as are the jacks –if you step back onto either one of these, there is the likelihood of cracking your head open when you fall!
Our saying is: "we never take a backward step in Bowls!"
4. **Don't stop a bowl with your hand or your foot** – There are lots of small bones in your foot – broken bones will keep you out of the sport for some time.

Bias of the Bowl: the bowl turns because of the bias – (hold the bowl in front of your chest) – if you look closely you will see that on one side of the surface of the bowl, it curves away a little more than the other side – as your bowl travels along its trajectory and begins to slow it will tilt to one side (always the same side) and turn in towards that side. Show the small emblem/large emblem.

Laying the mat: To start the game, place the mat on the center line – to do this, we step out, turn and face the rink number, lay down the mat and center with rink number - demonstrate by grasping the mat by the corners and laying it down.

Demonstration of delivery: (students are asked to stand on dominant hand side of the coach – 45 degrees approximately, 2 yards in front.

Step onto the mat, placing your right/left foot (depends which is your dominant hand) with the big toe on the center line approximately 2 inches from the front of the mat. That foot should be pointing along your intended aiming line – align your body so that your shoulders form a "T" with the aiming line.

Depending upon any stated injuries, etc. – basic starting point is upright, knees slightly bent, one foot slightly in front of the other (South African stance), bowling arm bent at the elbow so that the forearm is parallel to the ground – other hand resting lightly on the top of the left thigh.

In bending and stepping forward (an average walking pace) for a right-handed bowler, the right-hand swings down and back in a pendulum like action, the left-hand glides down to rest on the knee – right hand swings through releasing the bowl directly beneath the head just in front of the front foot – stay

down, until the bowl has traveled approximately 10 yards – the bowling arm should follow through – palm up directly along the aiming line.

Coach places a CD along the aiming line 8-10 yards out and invites the student to stand facing that point and deliver the bowl as demonstrated.

When the new players have delivered all 4 bowls, pick up the mat and walk down to the other end – upon arriving where the bowls are, say to the players – we kick the bowls back by using the balls of the foot not with the side – demonstrate.

Ensure that the bowls are placed at least 6 feet from the back of the mat – reminding players that we do this to ensure that the other players do not trip over the bowls nor step back on them.

Repeat demonstration of delivery on the other hand (if first end is forehand, second end is backhand by staying on the same side of the rink)

Have players do this for 6 – 10 ends, if the coach feels confident in their ability to deliver the bowls effectively and they have a reasonable concept of the aiming line – it is now time to introduce the jack – explaining that it is perfectly round hence no bias – delivery action is the same as that for the bowl.

Deliver the Jack - Grip – lay the Jack on the fingers of the non-dominant hand, bring the other hand over finger around the Jack until fingers of the dominant hand touch those of the other hand – turn the dominant hand over gripping the Jack with thumb resting on the top of the Jack.

Have the player stand on the side of the mat –so that their arm is above/along the center line –deliver the Jack along the Center Line. Coach centers the jack –invites players to use the same aiming line as before to try and get their bowl close to the Jack.

It is important the player is the focus of the coach –many novice coaches will turn to watch the trajectory of the bowl – if the coach does this, they cannot see the if the player stays down or steps forward.

Ask the player: “Did you hit your aiming point/ how is the weight?”

Coaches working with new players should not wander about – looking at players from behind etc. Stand on the players’ dominant hand side – 45 deg. About 2 yards in front.

COACHING SESSION PLANNER #1				
DATE	ATTENDANCE	RINKS NEEDED 3 rinks – 4 players to a rink	EQUIPMENT 3 mats 3 jacks 3 cones Bowls	SESSION GOAL Deliver bowls smoothly without dumping and go through the cones
VENUE	TIME & DURATION 1 hour			
INTRODUCTION & WARM-UP 5 min	MAIN ACTIVITY 40 mins		COOL DOWN 5 mins	
Hallo – my name is..... No harm – duty of care Lunges for stretching Arms stretches Risk Management – Are you OK Any special needs – hips, knees etc	Comfortable grip Balanced stance Smooth delivery Backhand draw: Rink 1 – demonstration – backhand draw though 2 cones Rink 2 – draw drill – backhand draw to jack around cone.		Help collect equipment Show where the equipment is placed.	
DON'T FORGET NOTES 2 mins	Delivery action			
Slip Slap Slide and Slurp – no alcohol on green Describe other club activities, open bowls, etc	Pendulum swing Allow the weight of the bowl to take the arm back.			
COACHING TIPS 3 mins C B S Aiming line			CONCLUSION 5 mins Did these instructions help?	

COACHING SESSION PLANNER #2				
DATE	ATTENDANCE	RINKS NEEDED 3 rinks – 4 players to a rink	EQUIPMENT 3 mats 3 jacks 3 cones Bowls	SESSION GOAL Review backhand draw Learn forehand draw Achieve 30% success going through cones
VENUE	TIME & DURATION 1 hour			
INTRODUCTION & WARM-UP 5 min		MAIN ACTIVITY 40 mins		COOL DOWN 5 mins
<p>Hallo – my name is.....</p> <p>No harm – duty of care Lunges for stretching Arms stretches Should rolls</p> <p>Any special needs – hips, knees etc</p>		<p>C-B-S 4 step demonstration</p> <p>Review Backhand draw: 1) Stress the importance of reproducibility</p> <p>Forehand draw Rink 1 – demonstration – backhand draw though 2 cones Rink 2 – draw drill – backhand draw to jack around cone.</p>		<p>Help collect equipment</p>
DON'T FORGET NOTES 2 mins				
<p>Slip Slap Slide and Slurp – no alcohol on green</p> <p>Any club news – encouragement</p>				
COACHING TIPS 3 mins				
<p>C B S Pick up your bowl in opposite hand used to deliver - demonstrate</p>				<p>CONCLUSION 5 mins Review the session Build enthusiasm for the next lesson.</p> <p>Get feedback from the student(s)</p>

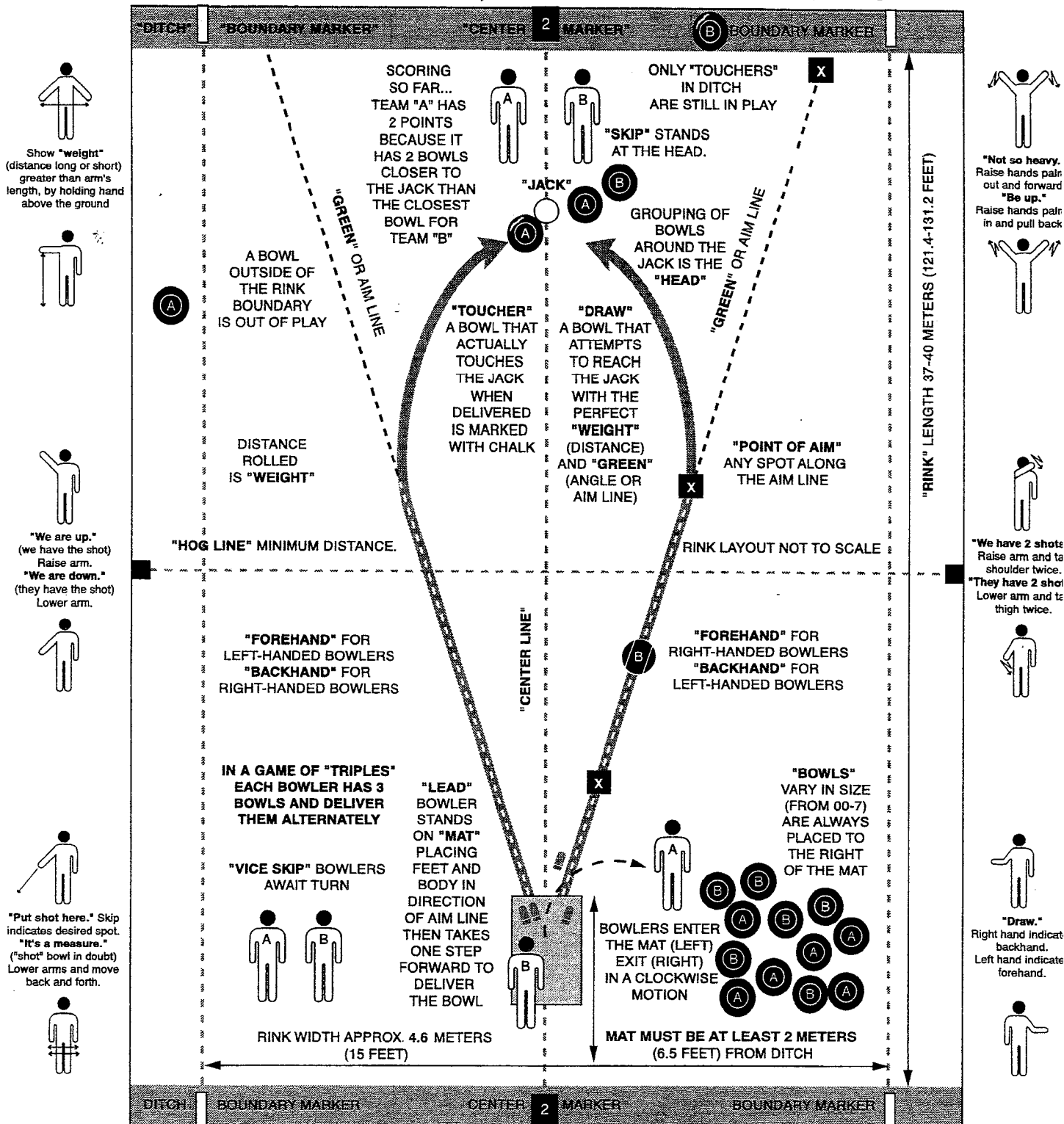
COACHING SESSION PLANNER #3

DATE	ATTENDANCE	RINKS NEEDED 1 rink with center line marked	EQUIPMENT Bowls 2 mats	SESSION GOAL Learn to adjust line and weight
VENUE	TIME & DURATION 1 hour			
INTRODUCTION & WARM-UP 5 min	MAIN ACTIVITY 40 mins		COOL DOWN 5 mins	
Stretching, shoulder rolls, lunges	<p>C-B-S 4 step demonstration</p> <p>No Jack Review backhand and forehand Explain that the goal is to have bowl come to rest on the center line</p> <p>Aiming line and explain visualization. Can use marks to gauge draw</p> <p>With Jack Place one short jack and one long jack. Explain the concept of "weight" and "weight and line" Roll 2bowls to the long jack: Then 2 bowls to the short jack Reverse in the other direction.</p> <p>Touchers get 1 point.</p> <p>Points awarded towards rewards!</p>		<p>Help collect equipment</p> <p>Provide "reward" if earned. Soda, candy, other!</p>	
DON'T FORGET NOTES 2 mins				
Slip Slap Slide and Slurp – no alcohol on green Any club news – encouragement				
COACHING TIPS 3 mins C B S Reproducibility Take time to set stance to obtain balance			<p>CONCLUSION 5 mins Review the session Build enthusiasm for the next lesson.</p> <p>Get feedback from the student(s)</p>	

Lesson #4

DATE	ATTENDANCE	RINKS NEEDED 1 rink	EQUIPMENT Bowls Jack 2 mats Scoreboard/scorecard	SESSION GOAL Understand line and weight in a game and scoring in a game. Singles/cutthroat
VENUE	TIME & DURATION 1 hour			
INTRODUCTION & WARM-UP 5 min	MAIN ACTIVITY 40 mins		COOL DOWN 5 mins	
Stretching, shoulder rolls, lunges	C-B-S 4 step demonstration Introduce competitive play. Explain/demonstrate delivery and centering of the jack Use correct hand gestures Cut-throat to 10 points Explain scoring Demonstrate scoring, measuring for shots		Help collect equipment Review scorecard, if used	
DON'T FORGET NOTES 2 mins				
Slip Slap Slide and Slurp – no alcohol on green Position of bowls behind mat.				
COACHING TIPS 3 mins C B S Game etiquette Gracious winning/losing	Explain and demonstrate position of bowls when on the mat – (4 feet to the right and behind the mat)		CONCLUSION 5 mins Introduce game play – triples, pairs Get feedback from the student(s)	

LAWN BOWLING TERMS, RINK DIAGRAM & HAND SIGNALS



NOTE: Participation in SELBC activities is voluntary. Participants will hold SFLBC harmless of any claims and suits arising out of, or caused by, participation in the these activities. Participants further recognize that there may be inherent risks associated with such participation in lawn bowling activities and personally accept responsibility for those risks.



GOLDEN GATE PARK, SAN FRANCISCO, CA.

ESTABLISHED 1901

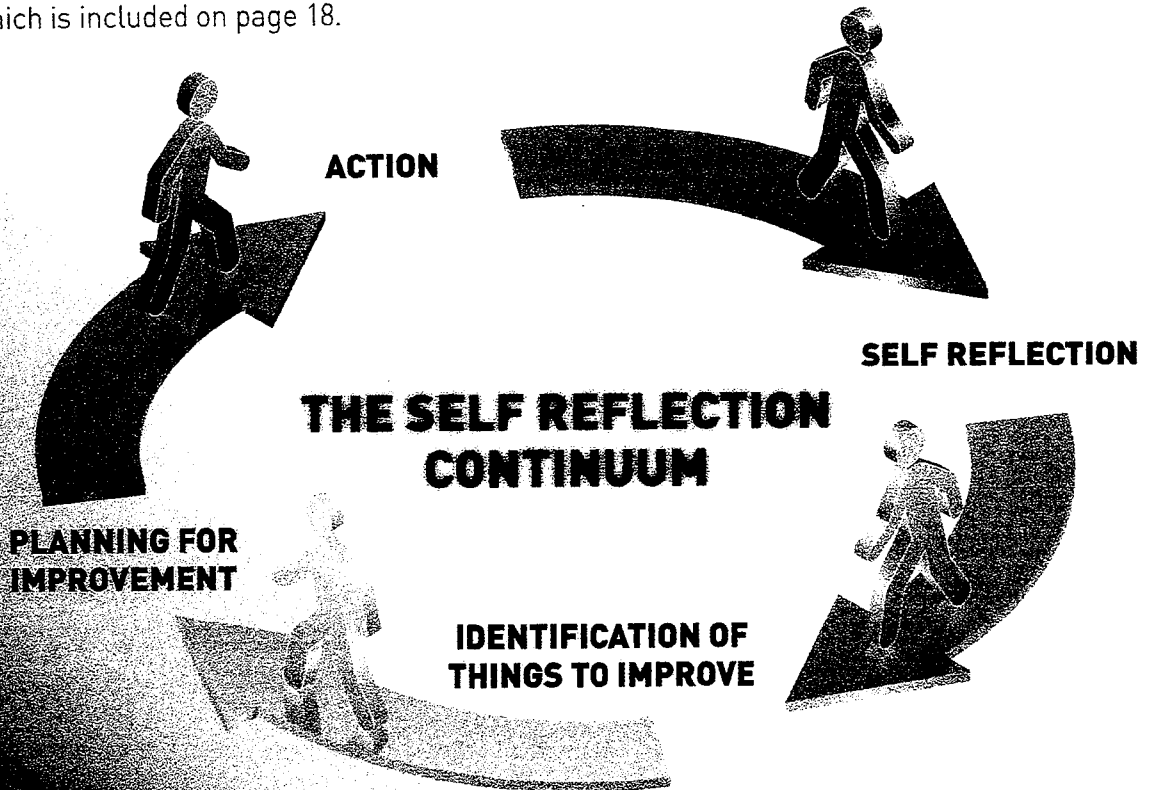
America's Oldest Municipal Lawn Bowling Club



SELF REFLECTION

Self reflection is an extremely effective learning tool for any coach as it allows them to assess their own development. Most coaches will self reflect on a mental level but when completed in a more structured manner it has even greater benefits. Feedback can come from many sources and it is always constructive to get some input from your players. If you are employing good communication skills you will constantly be seeking feedback from your players and listening to their responses.

A simple method of self reflection can be to complete a Coaching Session Review Form, a template of which is included on page 18.



After a session you can work through this process step by step, start by identifying what worked well and also what you would like to undertake to do differently:

THE SELF REFLECTION CONTINUUM

ACTION

What did you do well at? What did you do that you were proud of? What did you do that you were not proud of? What did you do that you were not proud of?

SELF REFLECTION

How did you feel about what you did? How did you feel about what you did? How did you feel about what you did? How did you feel about what you did? How did you feel about what you did?

IDENTIFICATION OF THINGS TO IMPROVE

How can you improve? How can you improve? How can you improve? How can you improve? How can you improve?

PLANNING FOR IMPROVEMENT

What are you going to do? What are you going to do? What are you going to do? What are you going to do? What are you going to do?

GLOSSARY OF BOWLS TERMINOLOGY

AIMING LINE	an imaginary line the player aims along to allow for the bias of the bowl
AIMING POINT	A point on the aiming line where the bowler focuses during delivery of the bowl
BANK	The area above the ditch, not part of the green
BIAS	Refers to the shape of the bowl and its effect whereby the bowl will curve in its path to the side of the bow's bias
BOUNDARY PEGS	White, orange or yellow poles, situated on the bank which indicate the boundary of each rink
CENTER LINE	Line marked at each end of the rink indicating the middle of the rink – the mat is placed on the center line; after being rolled, the jack is also straightened to rest on the line
DELIVERY	The action of rolling the bowl or jack
DITCH	The gutter around the outside edge of the green, usually filled with sand
DRAW SHOT	The standard shot where players aim to deliver their bowl as close as possible to the jack or a designated position
END	Each 'end' begins with the placement of the mat and the rolling/placement of the jack; the end concludes once all players have delivered all their bowls and the shots have been declared
GRASS	A reference is sometimes made to delivering the bowl wide enough, or with 'enough grass' to allow for the bias of the bowl
GREEN	The rectangular playing surface covered in grass or synthetic grass between 100 to 130 feet long
HEAD	The group of bowls, including the jack that has come to rest within the boundary of the rink
HEAVY	When a bowl is unintentionally delivered beyond the target; also refers to a slow green
JACK	The small white or yellow unbiased ball which is the target for the game
JACK HIGH	If a bowl is jack high it means it has reached a position whereby its nearest part is laterally aligned with the jack; effectively, it means the bowl and jack are level
MAT	A non-slip area form where players must deliver their bowls, with some part of their foot on or over the mat upon release
NARROW	When a player has insufficiently allowed for the bias, the bowl will curve too far in front of the jack and finish wide of the mark; this is referred to as being 'too narrow'
PLINTH	The edge of the grass which meets the ditch
RINK	The playing area for each game indicated by the boundary marks; usually a green is divided into 7 or 8 rinks
SHOT	Shot can have several meanings – the shot or shots are the number of points scored in an end; it can also mean the type of delivery; e.g., a drawing shot, and during an end, the bowl that is currently nearest the jack
TOUCHER	Is a bowl that touches the jack and remains in play which is marked with spray/chalk to signify it as being a toucher
WEIGHT	The amount of force applied to the bowl when delivered
WIDE	When a player has allowed too much for the bias, the bowl will curve behind the jack and finish wide of the mark; this is referred to as being 'too wide'

Code of Bowling Etiquette

Bowls' Etiquette, proudly observed and honored by lawn bowlers over time as *the unwritten laws of the sport*, is foundational to the game's legendary sociability. The canons of etiquette are a combination of good sportsmanship and good manners. They are not optional.

1. Be conversant with the Laws of the Sport of Bowls and observe them at all times.
2. When bowls need to be measured, the team or singles player that will probably or certainly concede a shot(s) should do the measuring and place identified counters together.
3. Be punctual and come to each game properly attired.
4. The player whose turn it is should step onto the mat from its left side and exit to the right.
5. Keep quiet and refrain from moving when players are on the mat.
6. Stand behind the mat while your opponent is delivering a bowl.
7. The team or singles player that rakes the bowls should mark the scoreboard if one is being used.
8. Always stand still at the head when a player is about to bowl. Movement, talking or gesturing at the head is very distracting and is considered gamesmanship. Do not use gamesmanship to beat your opponent. Win your matches on the green.
9. Always pay your skip the respect of waiting for his/her instructions.
10. Keep track of play and be ready *with bowl in hand* to step on the mat when it is your turn.
11. Be sure that complete access to the head is accorded to the team with possession of the rink.
12. Neither applaud nor complain about lucky results. Accept them graciously, knowing that they equal out over time.
13. Never say "thanks" for a bad shot that goes your way.
14. Never shout instructions for your opponent's bowl to miss its target or fail in its intended task.
15. Admit a "fluke" in good spirit.
16. Learn to be a good marker. Markers can make or break a game. Obtain a current copy of the Laws of the Sport of Bowls to learn the duties of a marker.
17. Compliment a team member or an opponent for a good shot.
18. When an umpire is called, retire away from the head as you no longer are part of the decision making. Respect the decision made.
19. Players should assist in collecting bowls when the end is complete. The lead who will roll the jack should hasten to gather and place the mat in preparation for the next end.
20. Walk close to the center of the rink with minimum delay when changing ends as you could distract play on adjacent rinks.
21. Respect the green at all times. Do not drop or loft bowls. Walk on greens only when playing.
22. Always inform your opponent if you wish to leave the green.
23. If you lose, be a good loser. Don't blame your loss on other people, the green, weather conditions, etc.
24. After each game, congratulate the winners and shake hands with all. Don't be too impressed with your win today as positions could reverse tomorrow.
25. Be a bowler who is renowned for always helping put the equipment away.
26. When playing singles, whether you have won or lost, be sure to thank the marker. Remember that markers are volunteers and have given their time to assist you in your game. Your courtesy is their only payment.
27. It is always gracious and appropriate to thank event administrators and the umpire(s) before leaving the green.
28. Skips should always remember that the players on their team are doing their best.
29. Above all, enjoy the game of bowls for the fun, fitness, pleasure and the lasting friendships it provides.

ROLE OF THE LEAD, SECOND, THIRD AND SKIP

In a team, each player has a different role – it is important to understand these differences.

LEAD

- In team games places the mat at the discretion of the skip
- Delivers the jack as close as possible, to a distance determined by the skip
- Plays draw shots close to the jack to lay a good foundation for the development of the head
- A lead should practice the art of delivering the jack and try to perfect the basic shot of the game – “the draw shot”

SECOND

- Introduces the team to opposing players
- When in a team of four, the Second should have the capabilities to draw to the jack or to a position as requested by the skip
- Should be a competent “on shot” player
- Needs to be a versatile and competent player

THIRD

- Should be a versatile and experienced player
- Should be competent in playing all shots: draw, yard on, wresting shot and drive
- Is the director for the time spent at the head
- Acts as the measurer at completion of an end
- Should have a good knowledge of the rules

SKIP

- Is the person in charge of the team
- Needs to have tactical and bowling skills
- Directs the players to develop the head
- Should be a capable exponent of the game
- Should have the capabilities to get the best from the team
- Should have a comprehensive knowledge of the rules
- Must display encouragement and never be critical
- Keeps the score at each end on the card provided
- Checks score after each end with opponent
- Records the progressive score on the scoreboard, at each alternate end (when playing at home)
- Checks the total score at the end of game with opponent

RICE