

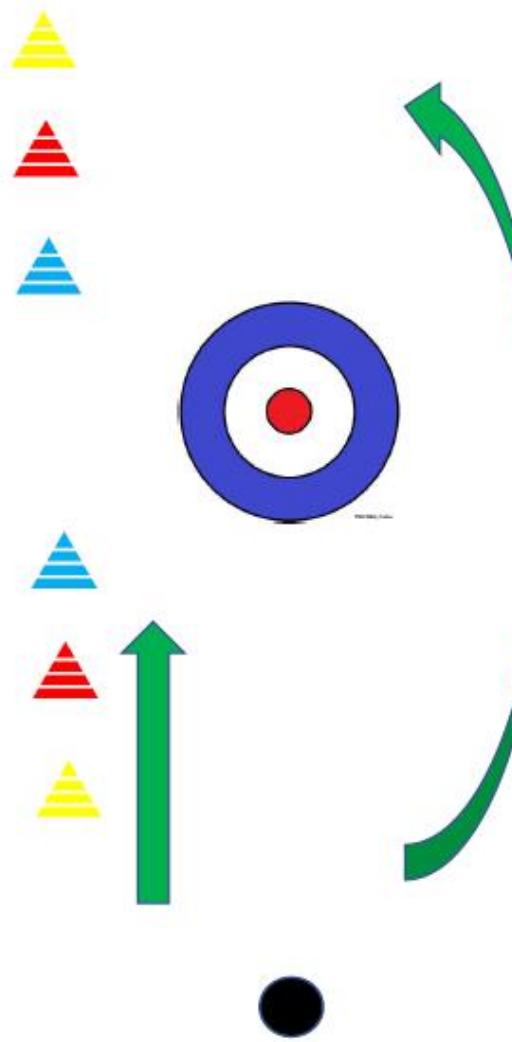


BBC Coaching

Basic Practice Techniques

Gauging Distances

- ▶ Objective - To be able to play a bowl either short of, or past the target.
- ▶ Set Up - Set up the target at 24m. Place different coloured cones to highlight 3m, 2m and 1m intervals both short and past the target. The distance to the target can be varied for difficulty.
- ▶ Practical - Spend 15 minutes playing bowls both biases. Practice playing bowls with the aim of stopping in a certain colour zone. Do this for zones both short and past the target.



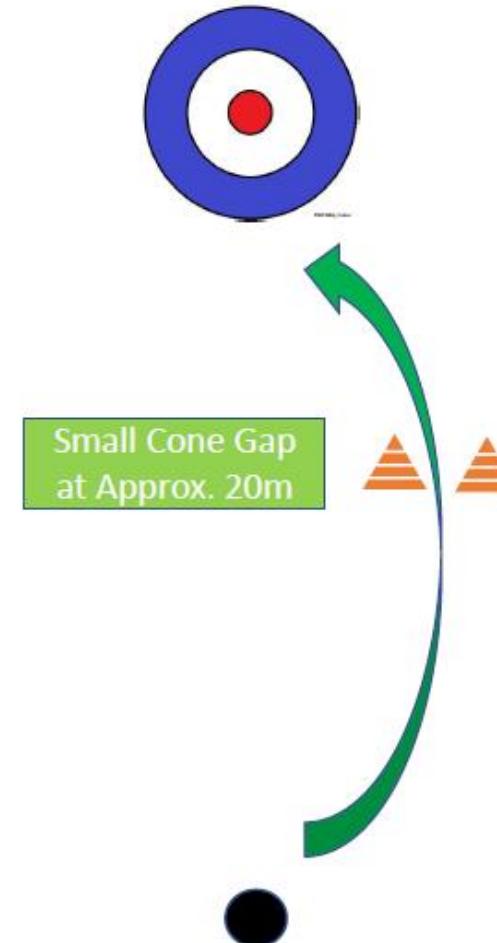
Playing Nearest Bowl

- ▶ Objective - To get a bowl nearer than your opponent's bowl, but not necessarily close to the jack.
- ▶ Set Up - Set up the target at 19m. Place cones to represent an opponent's bowl.
- ▶ Practical - Spend 15 minutes playing bowls both biases. The distance from the mat to the target, and of the cones to the target can be varied for difficulty.



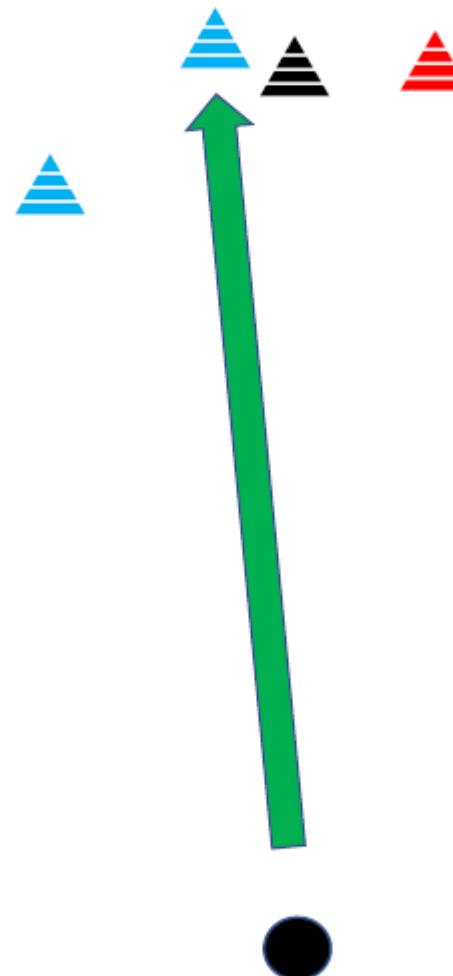
Accuracy Over Distance

- ▶ Objective - To get a bowl near to the target over a long distance. This is designed to encourage people to use the same delivery rather than 'throw' the bowl much harder.
- ▶ Set Up - Set up the target at 40m. Place cones to help with direction and to improve accuracy.
- ▶ Practical - Spend 15 minutes playing bowls both biases. The distance from the mat to the target, and of the cones to the target can be varied for difficulty.

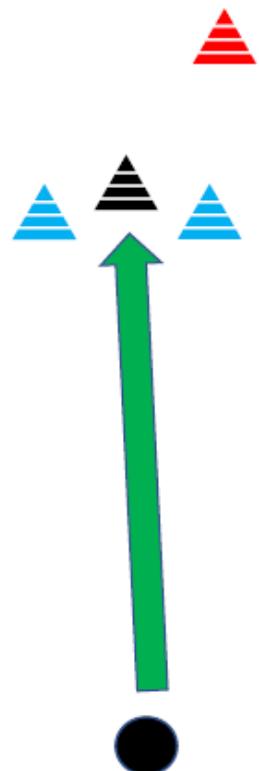


Playing a running bowl

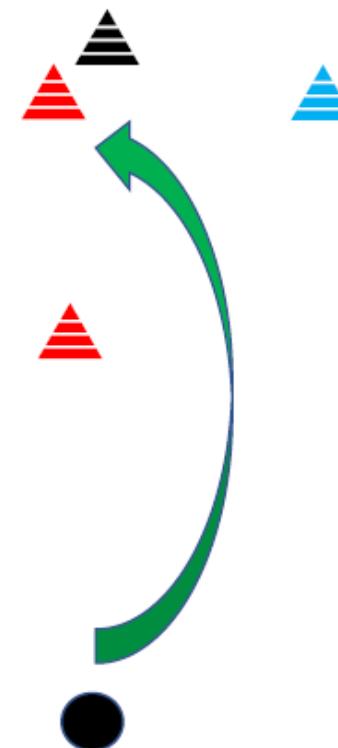
- ▶ Objective - To get a bowl with the aim of moving either an opponent's bowl or the jack.
- ▶ Set Up - Set up a cone as a target at 19m. Place cones to represent an opponent's bowls. The distance from the mat to the target can be varied for difficulty.
- ▶ Practical - Spend 15 minutes playing bowls both biases. The distance from the mat to the target, and of the cones to the target can be varied for difficulty. Other obstructions can be added for further difficulty.



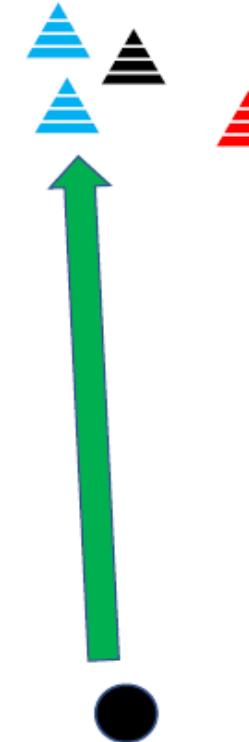
Playing a running bowl - practice



Running Jack to Furthest Bowl



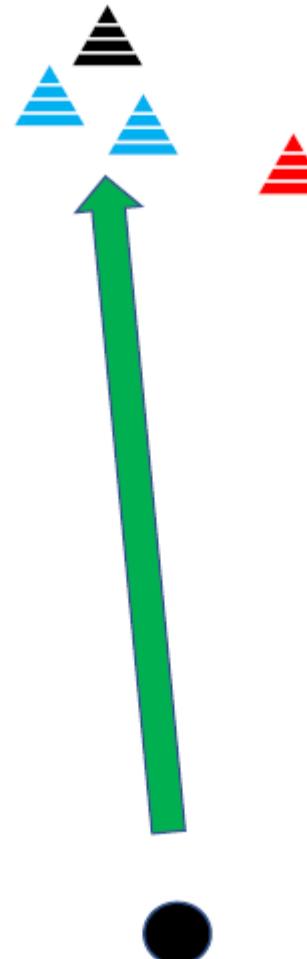
Removing Bowl Around a Short Bowl



Playing One Bowl on to Another Bowl

Striking at a bowl or jack

- ▶ Objective - To play a strike with the aim of moving either an opponent's bowl or the jack off the green. It is essential to remember safety when striking and the need to make people aware.
- ▶ Set Up - Set up a cone to represent a target at 19m. Place cones to represent an opponent's bowls around the jack. The distance from the mat to the target can be varied for difficulty.
- ▶ Practical - Spend 15 minutes playing bowls both biases. The distance from the mat to the target, and of the cones to the target can be varied for difficulty.
- ▶ This practice should only be carried out in a safe environment.



Playing a short bowl

- ▶ Objective - To be able to play a short bowl to block an opponent.
- ▶ Set Up - Set up a jack at 25m. Place a hoop or disc 4m short from the jack or target.
- ▶ Practical - Spend 15 minutes playing bowls both biases with the aim of stopping them in the hoop or disc.

