



# **Bowls4Free**

## **Session 1**

Introduction and shake hands. (Housekeeping / Health & Safety if not already covered).  
Ask if participants have experience of bowling whilst locating suitable size bowls.

- Ask participants to stand on mat and pick up jack.
- Roll jack straight up the green with sufficient weight and once smoothly delivered, roll jack at the coach who stands to the right and left of centre of rink. (*Participants asked about their body alignment*)
- Participants take turns delivering a bowl (coach to check grip and bias), Coach stands initially on suitable line on the rink for forehand and backhand - bowl to travel full distance once smooth delivery achieved.
- Coach to encourage participants to discuss each delivery and to answer participants questions
- Set up 2 bowls and jack target with participants

Information can include terms such as "heavy / line / length / grass and shoulder of green".

**CARE MUST BE TAKEN NOT TO GIVE TOO MUCH INFORMATION AT THIS STAGE**

## **Session 2**

- Recap of session 1 (delivery of jack followed by bowls to ensure smooth delivery).
- Set up practical exercises at length to suit participants abilities. Bowls to be delivered on both forehand and backhand.
- Continued encouragement by coach. Questions answered.

## **Session 3**

- Recap of line and length with participants delivering jack and bowling on both forehand and backhand.
- Explanation of various shots.
- Introduce scorecard and board.
- Explanation of fours, triples, pairs including number of bowls and positions.
- Fun competitions with other new members or club members.

## **Session 4**

- Various exercises to encourage pupils to think "line and length".
- Team game with club members.
- Measuring and bowls etiquette. (*this is normally covered when playing games / competitions in the sessions*)
- *Membership details made available and details of club nights.*

***Stress FUN and SOCIAL side first and foremost!***