

Lesson 2 – Point of Aim

1. Have your group set up a rink with mat, green sheet, jack and rake, one end only. Then their bowls from shed (review correct size)
2. 5 mins. - Safety tips and explain basic terminology such as end, forehand, backhand, toucher, hogline. Explain that bowls should be placed in a group to the right of the mat. Stress exiting the mat to the right. Explain that the bowler **must** be at mat level or behind when their bowl stops.
3. 10 mins. - Review and demonstration of full delivery sequence:
 - Each bowler to practice the movements without a bowl or jack and get feedback from coach
 - Place bowlers in pairs about 10 feet apart. They bowl the jack to each other.
4. 10 - 15 mins. - Point of aim and bias -
 - explain the concepts of point of aim and bias - demonstrate what happens with different aim lines taken
5. 20 - 25 mins. - Bowlers practice bowling along a point of aim
 - show both methods of placing the mat, minimum 2 metres from ditch, to be centered with rink number. Assistant should confirm that mat is straight and centered. Introduce signals for centering mat. Reinforce foot position on the mat. Watch for foot faulting and correct.
 - how to deliver jack correctly and how to centre jack. Introduce signals for centering jack.
 - place jack at about 30 yards then show how to stand on mat and alter position for aim line
 - point out that if bowl comes to rest in line with mat and jack, the delivery line is good and it is a matter of adjusting the length
 - each player plays 4 consecutive bowls on forehand. Coach corrects and compliments
 - each player plays 4 consecutive bowls on the backhand. Coach corrects and compliments

5. 10 mins. - Have a mini competition. Have your helper place a green mat on the centre line approximately half way between the hog line and the ditch. Have the bowlers deliver **the bowl** to the green mat. Score 5 points if delivered anywhere on the mat, 3 points to either side but still in bounds, 1 point if in front or behind the mat and still in bounds. If time permits, put the green mat at different lengths.
6. 5 mins. - Warm down - end by asking if there are any questions. Reiterate the importance of having the correct size bowl and remind students to wipe off their bowls, to return them to the correct box and to remember the bowl size for next lesson.

Join the new bowlers for tea, coffee, juice and cookies after the lesson.