

## Lesson 3 – Length/Weight

1. Have your group set up a rink with mat, green sheet, jack and rake, one end only and get their bowls from shed.
2. 5 mins. – Explain basic rules of the game and expected etiquette:
  - starting the game; handshakes, when it is your turn to play; principles of scoring
  - where you should stand and where you are allowed to stand during a game;
  - explain possession of the mat and rink, and how to keep the game moving. Be ready with your bowl in hand as soon as possession of the mat is yours. Give up possession of the mat as soon as your bowl stops in the head.
  - advise that players should walk down the centre of the rink when changing ends, so as not to disturb the other rinks.
  - emphasize that the team which has possession of the rink may have discussions while changing ends and may stop in the head. The opposing team should proceed directly to the other end without stopping and wait behind the head.
  - explain where to stand when at the head end of the rink.
  - responsibilities of lead, how and when to rake
  - movement, noise level, questions
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
  - Practice jack delivery to different lengths and centering of the jack.
4. 15 - 20 mins. - Bowling to a jack at 30 yards
  - bowlers to place the mat, emphasize that the mat should not be placed at the 2 metre mark every time and that the skip may ask the lead to move the mat up or back.

- Explain how to measure mat distance from the 2 metre mark when there is doubt about the jack length which must be a minimum of 23 metres from the front of the mat. Hand out supplied diagram.
  - remind bowlers of aim line and bias
  - each player in turn plays 4 consecutive bowls on forehand. The each in turn plays 4 consecutive bowl on backhand.
  - Helper to stand at jack and call or indicate distance of each bowl in front or behind. Helper to remove each bowl after delivery.
  - Explain how to increase or decrease length. Watch for errors in delivery and foot position on mat.
5. 30 mins. – Play a 4 end game or 30 mins., whichever comes first.
- Before the game give a basic explanation of touchers, chalking and bowls in the ditch.
  - Format of the game will depend on the number of players you are coaching. Singles or Pairs works best for this lesson. If another coach is also teaching lesson 3, combine the two groups to create a game if you don't have enough players. Have the helpers play skip in the head. i.e. The novices deliver the bowls but the helper does all the other "skip" duties.
  - Rotate positions so all get experience in delivering and setting jack, scoring and signaling. Explain that rotating is only for practice purposes and is not done in regular games.
  - The coach or helper will measure, if necessary, while the students watch.
  - Coaches should provide feedback throughout the game on simple tactics and hand signals.
6. 5 mins. - Warm down - end by asking if there are any questions. 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.**