

## Lesson 4 – The Game

1. Have group set up rinks with equipment at both ends including score board.
2. 5 mins. - Explanation of the various formats of the game:
  - singles, pairs, triples, fours, mixed or not.
  - simple description of the various positions in a team game: lead, second, third (vice), skip
3. 5 mins. – Practice jack delivery.
4. 15 - 20 mins - Bowling to a jack at 30 yards
  - bowlers to place the mat, deliver the jack to approximately 30 yards and then centre jack
  - remind bowlers of aim line and bias
  - each player in turn plays 4 consecutive bowls on forehand. Then each in turn plays 4 consecutive bowls on backhand.
5. 5 mins. - Explain simple tactics on the green and Hand Signals
  - How the head develops
  - Importance of back bowls
  - How important it is that players do as the skip asks - the skip has a plan for the head
  - Demonstrate Hand Signals
  - Explain scoring and score board and signals used to advise skip of score.
6. 30 mins. – Play a 6 end game or 30 mins., whichever comes first.
  - Before the game reinforce the concepts of possession of the rink and etiquette when crossing to the opposite end. Go over 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 4, 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.
- 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.

7. 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.**