

Lesson 5 – History and Structure of the Game

1. 10 mins. - In the clubhouse the Head Coach will provide the bowlers with a narrative and explanation of:
 - Basic history of Bowls and the Parksville Lawn Bowling Club
 - How the Games Schedule works - explain sign up sheets for various club and other competitions
 - Entering draws - where the tags are, what to do with them, what is expected of a lead (take out the equipment)
 - How one club works with another and the hierarchy of Bowls BC, Bowls Canada, World Bowls Board
2. 5 mins. – Basic measuring technique
 - Set up a simple, jack to two bowls measurement. Have each bowler measure. Advise that thirds do the measuring except in singles. Tell students a measuring clinic will be held later in the season.
3. 15 mins. - Bowling to the Jack
 - bowlers to place the mat, deliver the jack to the assistant, centre jack, and deliver a bowl. This should be done as a sequence. Emphasize having their first bowl ready to deliver immediately after centering the jack.
4. 10 mins. – Bowls practice
 - remind bowlers of aim line and bias
 - each player in turn plays 4 consecutive bowls on forehand then 4 consecutive bowls on backhand.
5. 40 mins. - Set up the group for a game – 8 ends or 40 minutes whichever comes first.
 - If necessary, combine two groups that are both doing lesson 5 to balance out numbers so that you can play triples or fours. Avoid playing singles if possible. Pairs is ok if you don't have enough players to make up triples or fours
 - Have a helper or coach play skip, avoid having novices play skip if at all possible.

- The coach or helper will measure, if necessary, while the students watch.
 - Coaches should provide simple tactics and hand signals
 - Rotate positions so all get experience in delivering and setting the jack, scoring and signaling.
6. 5 mins. - Warm down - end by asking if there are any questions. Remind students to wipe off their bowls and return them to the correct box.

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