

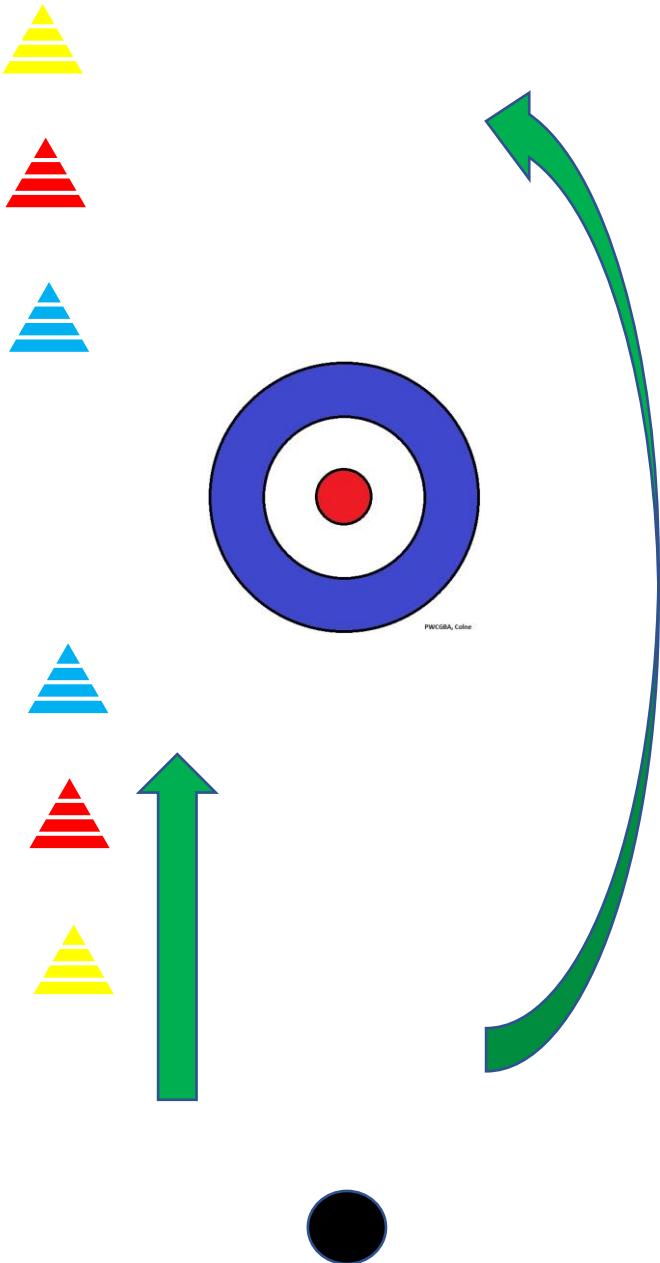
Crown Green Bowls

A Guide To Getting Started



Coaching Manual

Gauging Distances

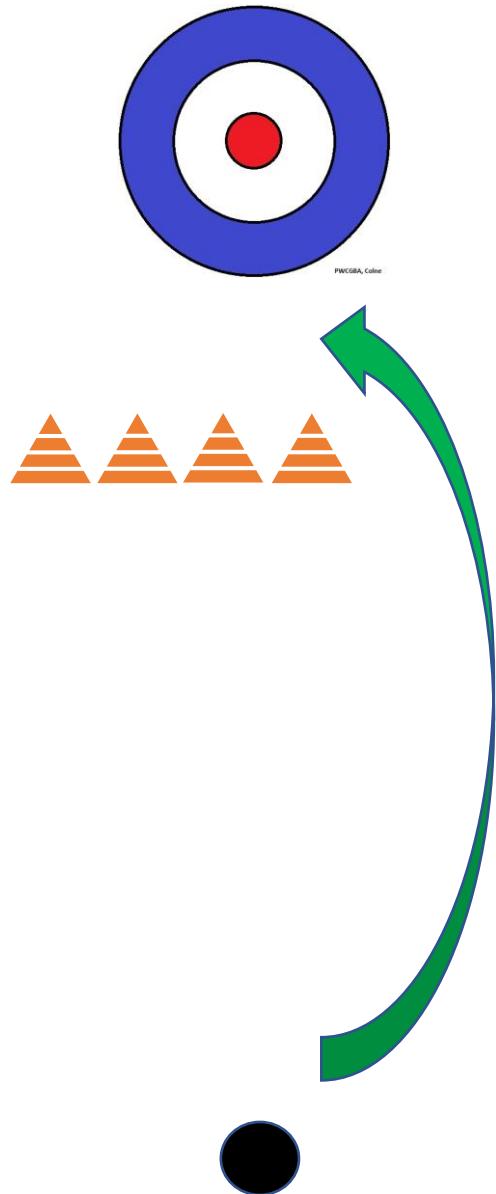


Objective – To be able to play a bowl either short of, or past the target.

Set Up – Set up the target at a distance of 24m. Place different coloured cones to highlight 3m, 2m and 1m both short of and past the target. The distance to the target can be varied for difficulty.

Practical – Spend around 15 minutes playing bowls both biases. Practice playing bowls with the aim of stopping in a certain colour zone. Do this for zones both short of and past the target.

Playing Nearest Bowl

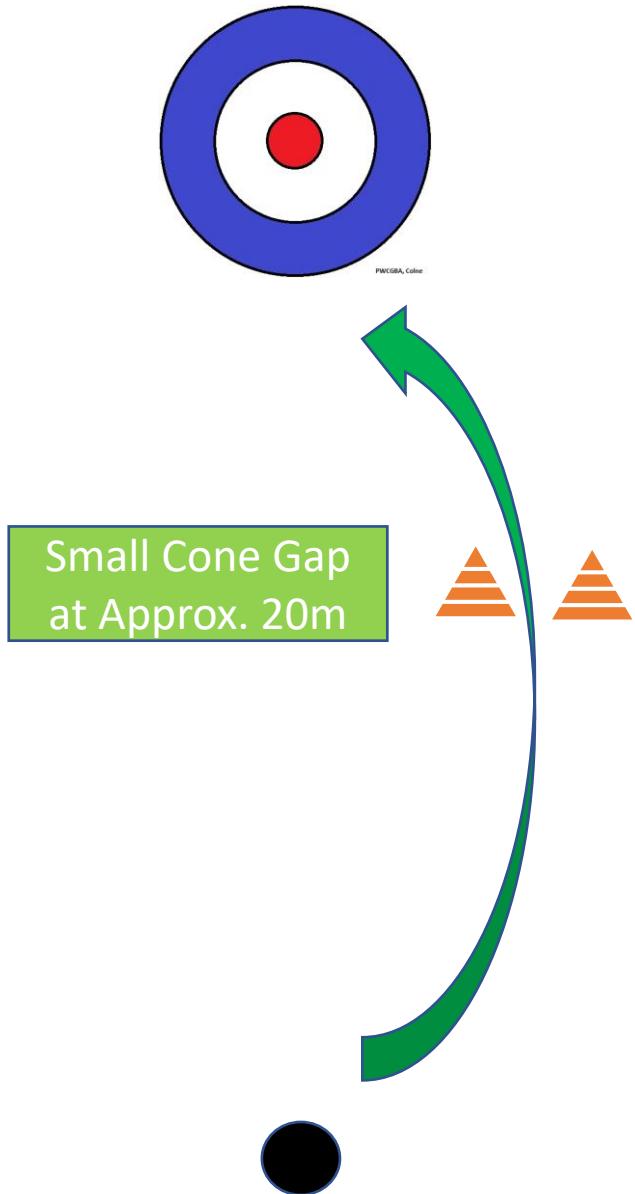


Objective – To get a bowl nearer than an opponent's bowl, but not necessarily close to the jack.

Set Up – Set up the target at a distance of 19m. Place cones to represent an opponent's bowl. The distance to the target can be varied for difficulty.

Practical – Spend around 15 minutes playing bowls both bias depending upon the set-up. The distance from the mat to the target, and of the cones to the target can be varied for difficulty.

Accuracy Over Distance

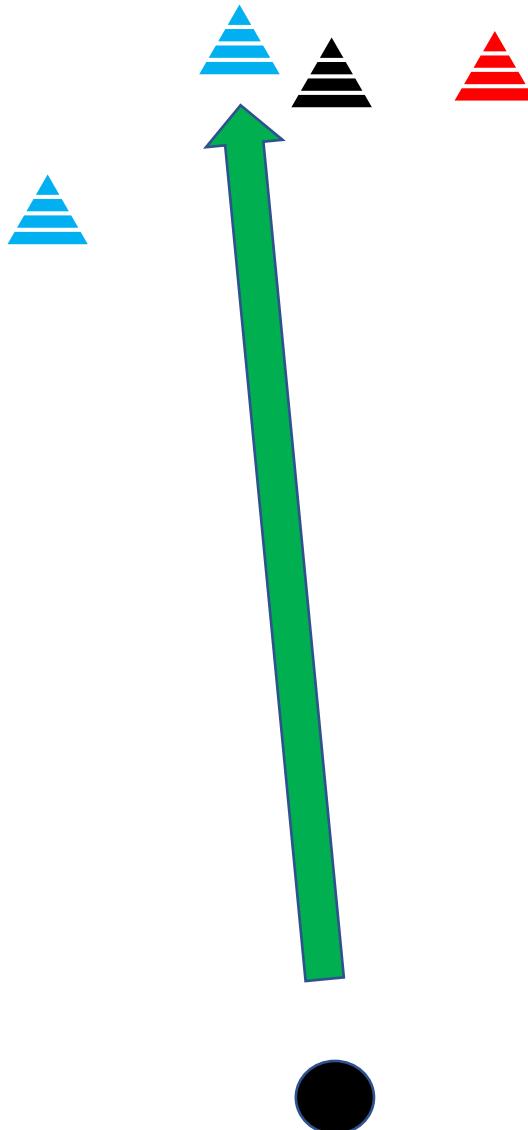


Objective – To get a bowl near to the target over a longer distance. This is designed to encourage people to use the same delivery rather than ‘throw’ the bowl much harder.

Set Up – Set up the target at a distance of 40m. Place cones to help with direction and to improve accuracy. The distance to the target can be varied for difficulty.

Practical – Spend around 15 minutes playing bowls both bias depending upon the set-up. The distance from the mat to the target, and of the cones to the target can be varied for difficulty.

Playing A Running Bowl

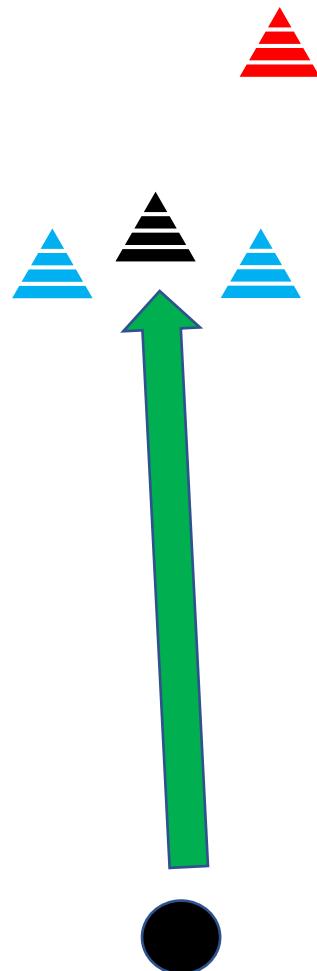


Objective – To play a bowl with the aim of moving either an opponent's bowl or the jack.

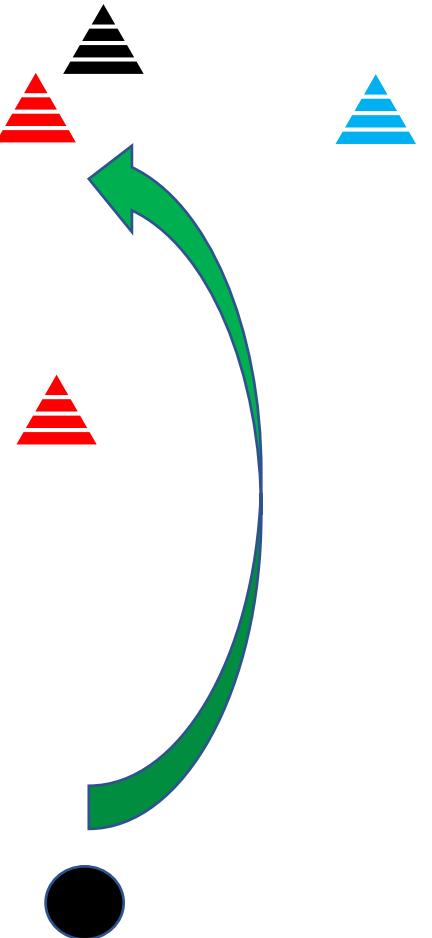
Set Up – Set up a cone, to represent the jack, at a distance of 19m. Place cones to represent an opponent's bowls. The distances can be varied for difficulty.

Practical – Spend around 15 minutes playing bowls both bias depending upon the set-up. The distance from the mat to the target, and of the cones to the target can be varied for difficulty. Other obstructions can be also be added to increase difficulty and strategy.

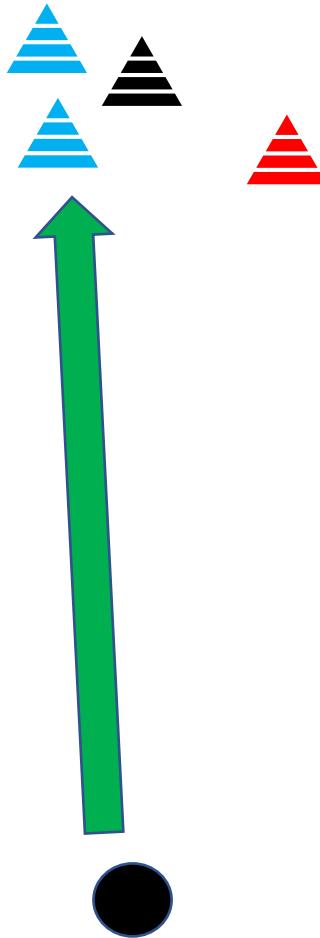
Playing A Running Bowl – Alternative Scenarios



Running Jack to Furthest Bowl

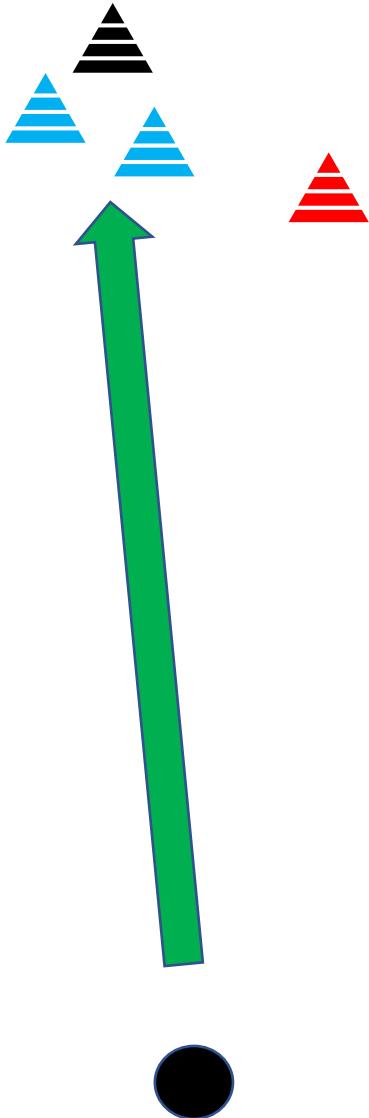


Removing Bowl Around a Short Bowl



Playing One Bowl on to Another Bowl

Striking At A Bowl/Jack



Objective – To play a strike with the aim of moving either an opponent's bowl or the jack off the green. It is essential to remember safety when striking and the need to make people aware.

Set Up – Set up a cone, to represent the jack, at a distance of 19m. Place cones to represent opponent's bowls around the jack. The distances can be varied for difficulty.

Practical – Spend around 15 minutes practicing striking. The distance from the mat to the target, and of the cones to the target can be varied for difficulty. Other obstructions can be also be added to increase difficulty and strategy. This practice should only be done in a safe environment with two people.

Playing a Short Bowl



Objective – To be able to deliver a bowl to block an opponent.

Set Up – Set up a target at a distance of 25m. Place a hoop/disc 4m short of the target. These distances can be varied to allow for differing difficulties.

Practical – Spend around 15 minutes playing bowls with an aim of stopping them in the hoop/disc. To visually assist, a jack and bowl could be used instead of the target, with the practical staying the same.