

Crown Green Bowls

A Guide To Getting Started



Coaching Manual

How To Start – Holding The Bowl

There are lots of different sizes and weights of bowls and your Coach will help to establish which one will be best for you to start off with. The bowl needs to fit comfortably in your hand for you to be able to send it confidently. So how do you hold it? Here are the basic techniques:

- Cup your hand loosely (the one that you are going to send the bowl with).
- Rest the bowl in your open hand and place your middle finger onto the centre of the bowl.
- Raise your other fingers around the bowl to stop it from falling out of your hand. Hold the bowl but don't 'grip' the bowl tightly.



How To Start – A Basic Delivery

When starting to play bowls, it is essential to develop an action that feels comfortable to you. There are certain rules that need following but, other than that, everyone's delivery action is unique to them. So.....the rules and basic techniques:

- Put one foot on the mat. This needs to be the foot (left or right) that is the same as the hand that you are going to send the bowl with (except where a disability prevents).
- Step forward a normal walking step and bend down (all in one movement). Don't stride too far or bend too far down – just go as far as is comfortable.
- Swing your arm like a clock pendulum and release the bowl at the bottom of the action.
- Slowly stand back up to your starting position.



Delivering A Bowl – The Next Steps

Once you feel comfortable delivering the bowl, there are a few key techniques to work on that will help to improve accuracy. These include not stepping forwards too far, keeping balance during your delivery, stepping towards the target line and keeping your delivery consistent and close to your body. Let's look at each of these in turn.

Stepping Forwards Too Far – As previously mentioned, the step forwards on delivery should be a standard walking stride. This obviously varies for each person. A common problem is over-stepping which, in turn, causes problems for a bowl to be delivered at the bottom of the swing. This then can cause issues with both distance and consistency of delivery.



Correct Step

Stepping Too Far

Delivering A Bowl – The Next Steps

Keeping Balance During Your Delivery – Everyone has a delivery that is unique to themselves but there are a few key techniques to try. To help with balance, place your non-bowling hand on your bending knee. Also, try to practice stepping forwards the same distance as you lean forwards. By doing this you will keep a straight line running from your foot, via your shin, to your shoulders and head. Again, this is great for both balance and consistency.

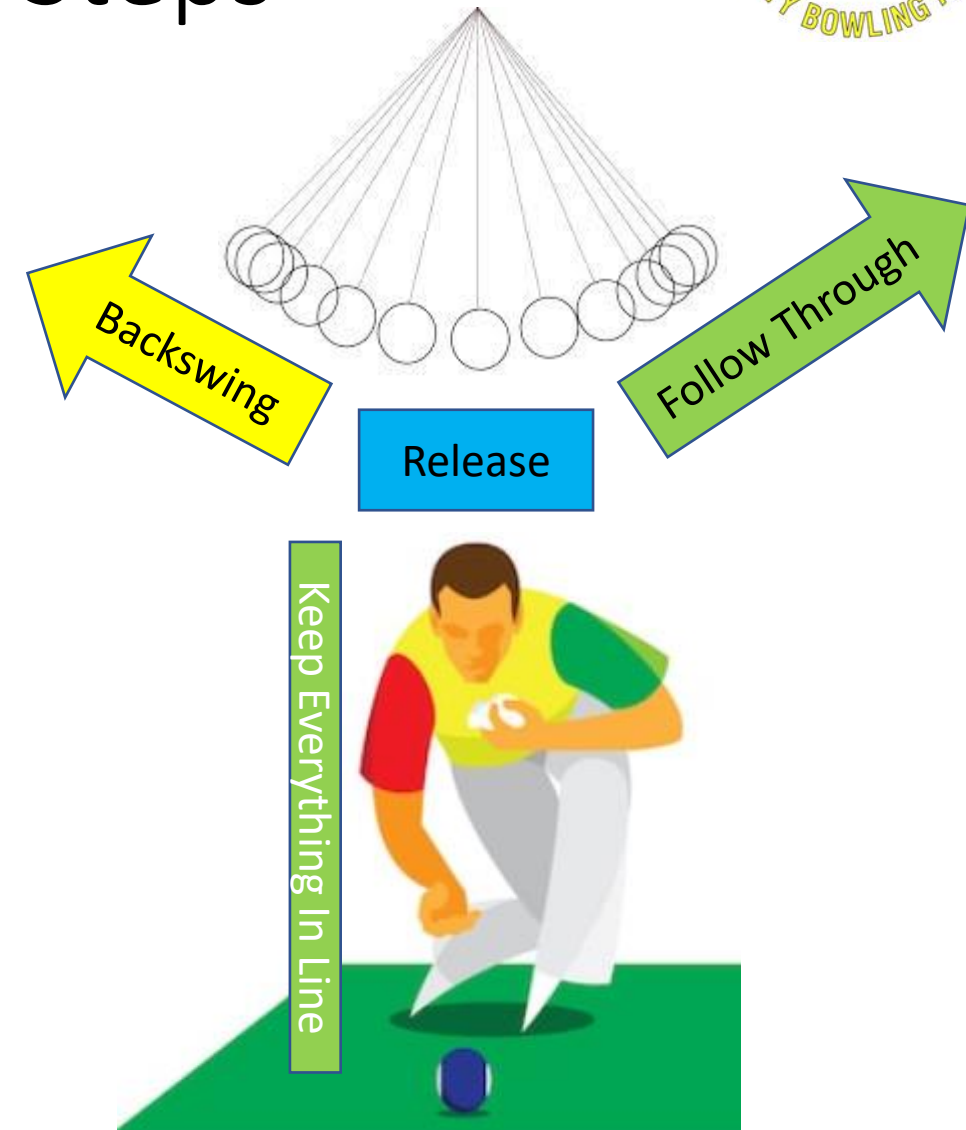
Stepping Towards The Target Line – Consistency and accuracy improves massively if your body is helping with direction. By stepping forwards and pointing your toes towards where you want to send the bowl (not the target, but the target line), the rest of your body will open up. If you step across yourself, for example, you will find it very difficult to deliver the bowl on the desired line and will instead push the bowl outside the line. Stepping forwards in this manner can feel strange to start with, but it is worth persevering with to help with consistency.



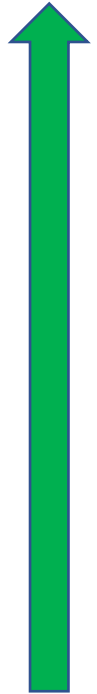
Delivering A Bowl – The Next Steps

Keeping Your Delivery Close To Your Body – Keep your delivery working like a clock pendulum. Your arm should move backwards, then forwards and, most importantly, continue to move forwards after you release the bowl. When you finish your delivery, your hand should be well in front of you. If you try to stop your delivery when you release the bowl, you run the risk of not sending it cleanly and you will almost certainly struggle with consistency.

Another key part of the delivery to work on is making sure that your 'pendulum' stays compact and close to your body. As is true with the direction of your step forwards, if your delivery action swings out-to-in, or vice versa, you will undoubtedly find it more difficult to put the bowl on the correct line.



Getting Started

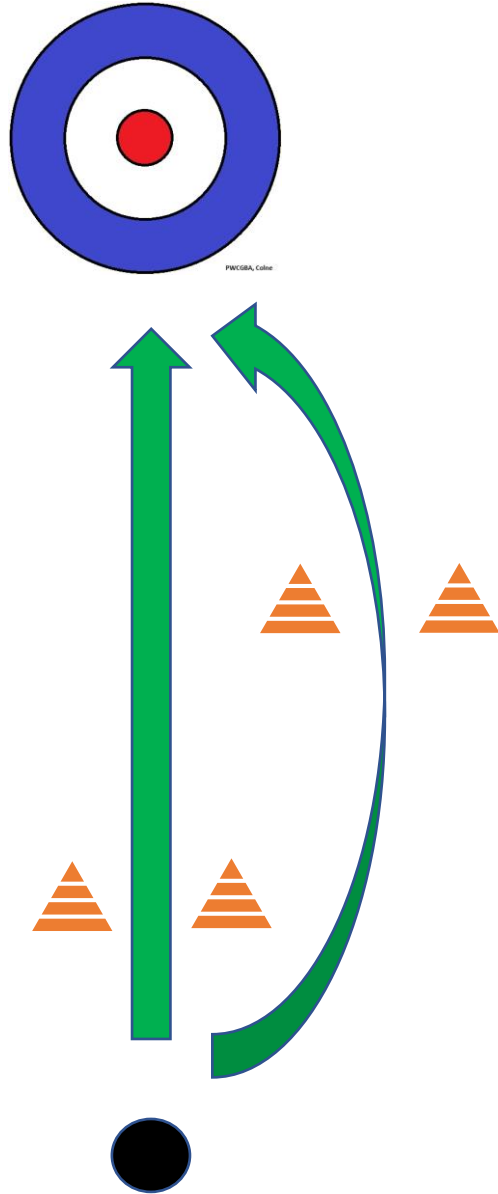


Objective – To be able to deliver a bowl. It is vital to remember that for someone new to the sport nothing can be assumed as too easy.

Set Up – Set up a net/catching area at a distance of 15m. Remember, the objective is for people to be able to achieve the result with every bowl.

Practical – Spend around 15 minutes playing bowls both biases. Start by going straight towards the net and gradually introduce round-peg. The practical should be focussed on becoming comfortable with the delivery and sending bowls.

Playing Both Bias



Objective – To see how the bowl reacts differently when sent different bias

Set Up – Set up the target at a distance of 19m. Place cones to help the player to visualise where they should send the bowl to demonstrate the different effect of bias.

Practical – Spend around 10 minutes playing bowls both biases whilst explaining the difference.