

# Crown Green Bowls

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A Guide To Getting Started

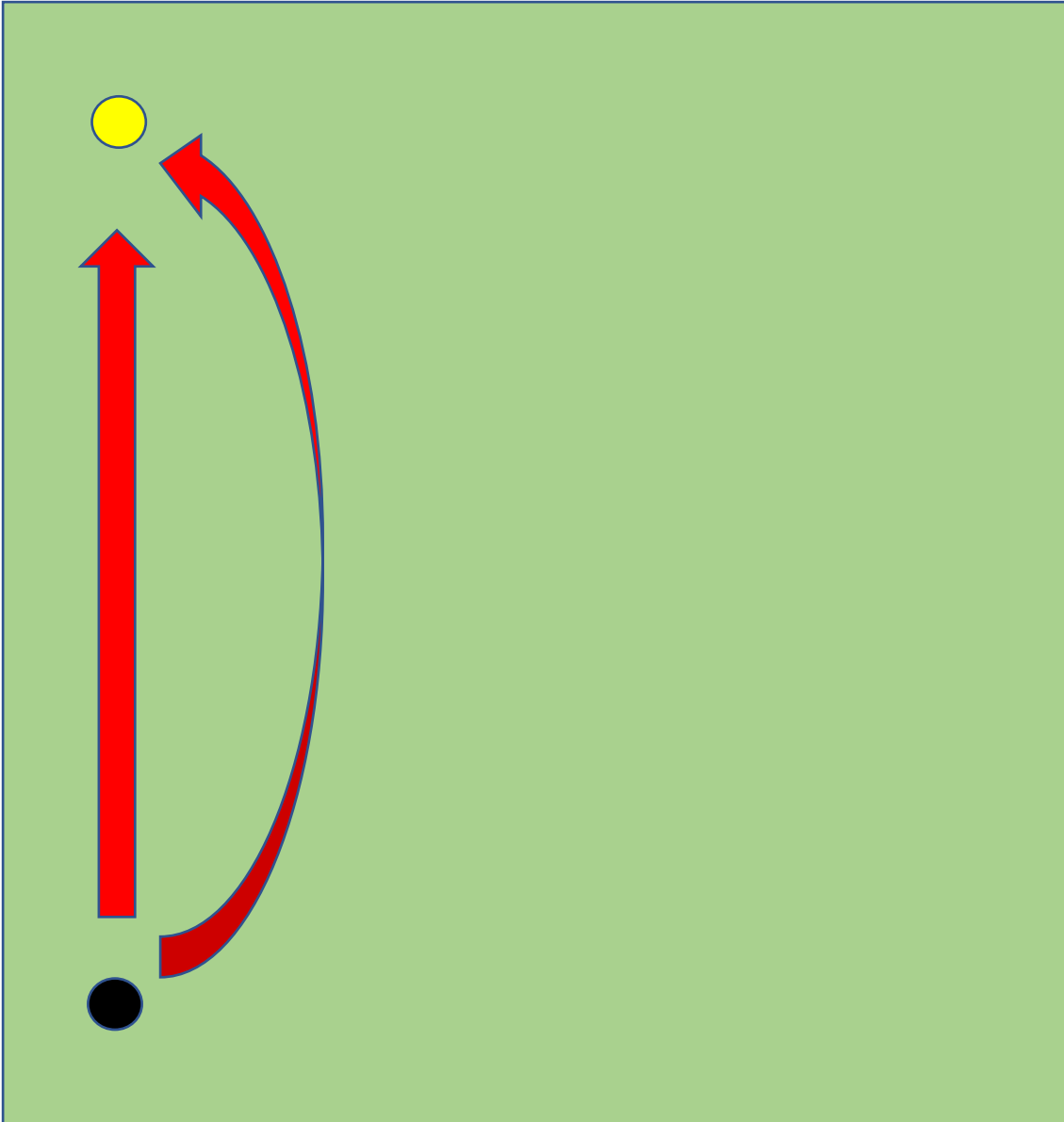


**Coaching Manual**

# Playing an Edge

Objective – To practice playing the edges of a green.

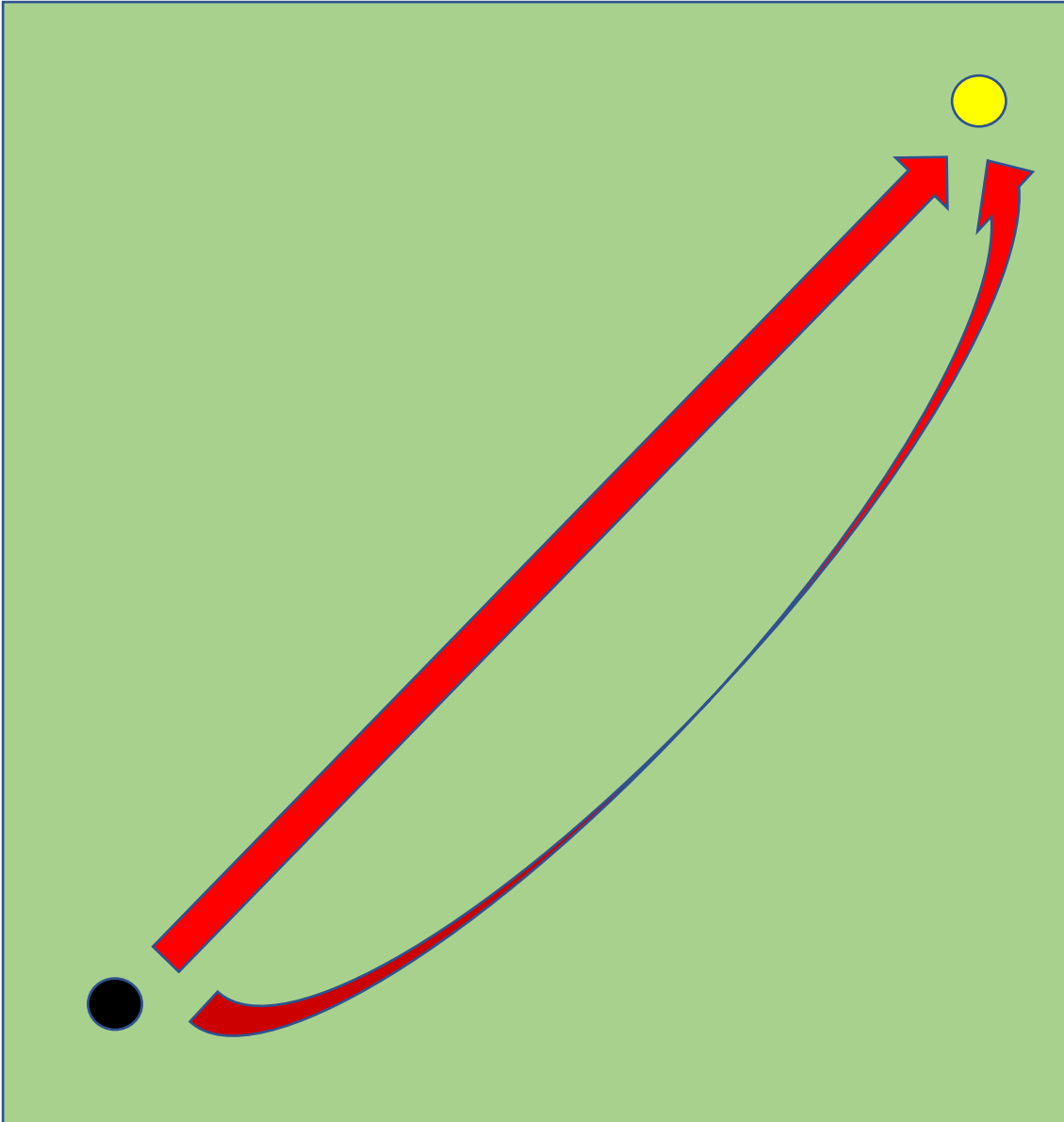
Practical – Spend time playing marks on the edges of a green. Practice this both straight and round-peg and go around the green in both a clockwise and anti-clockwise direction.



# Playing a Corner

Objective – To practice playing the corners of a green.

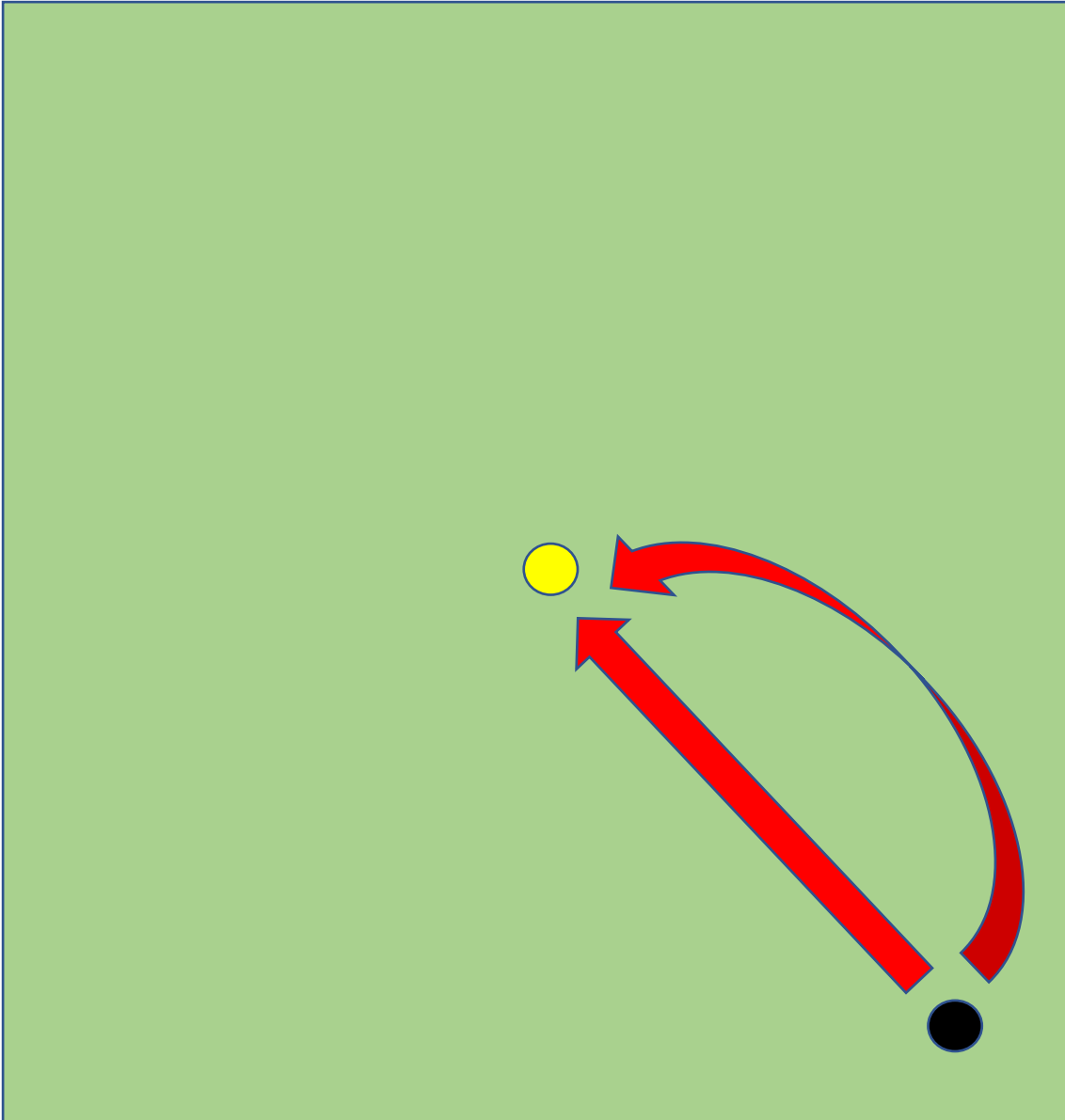
Practical – Spend time playing long marks into the corners of a green. Practice this both straight and round-peg. Try to maintain the same delivery when playing corner marks, and not try to 'throw' the bowl to get the distance.



# Playing To The Crown

Objective – To practice playing short marks to the crown of a green.

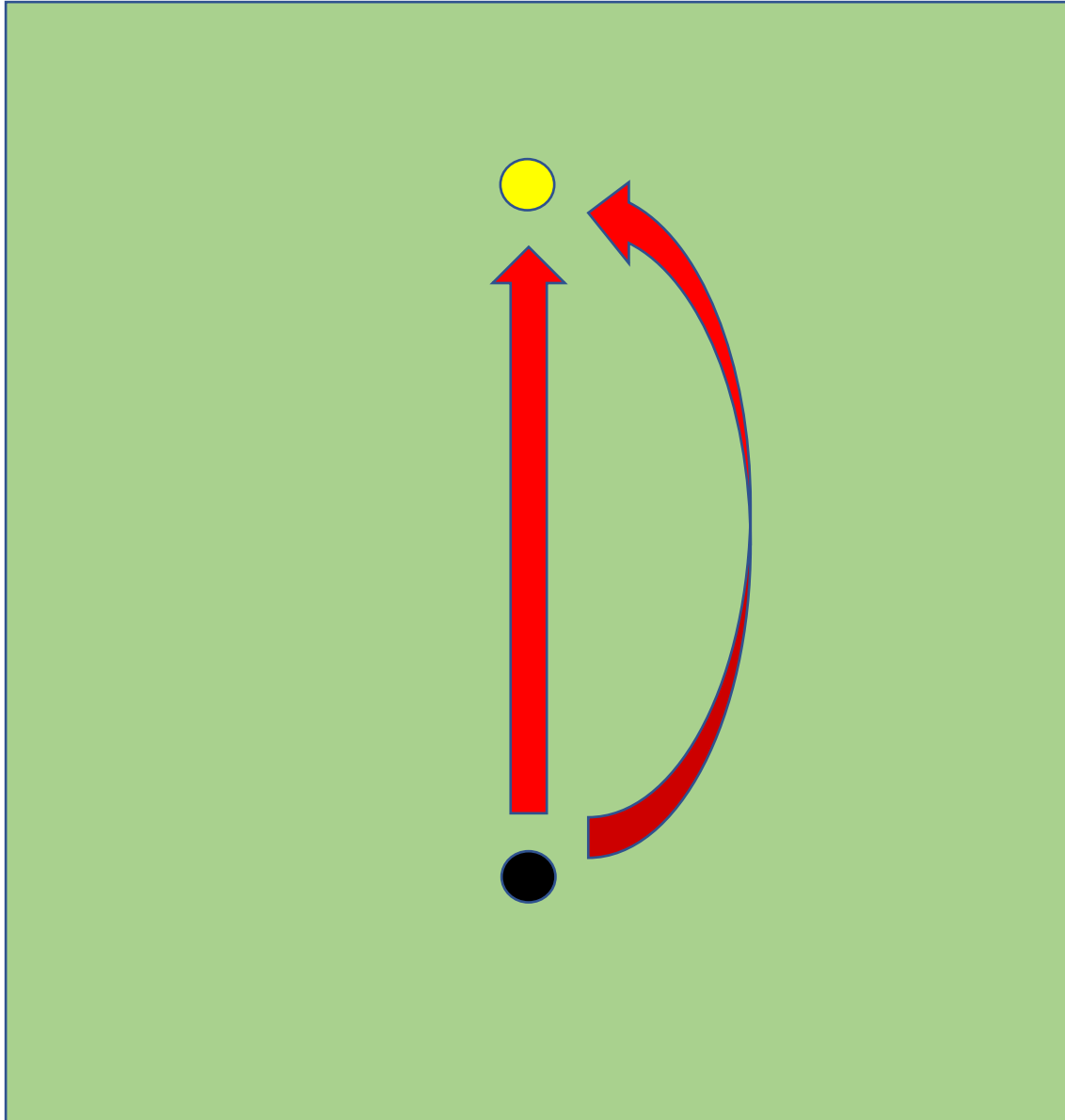
Practical – Spend time playing short marks to the crown of a green. Practice this both straight and round-peg. Remember that this type of mark would usually have the steepest uphill and downhill. It is also worth thinking about how the bowl will react as it slows down approaching the crown on the steepest part of the green.



# Playing Through The Crown

Objective – To practice playing marks through the centre of the crown.

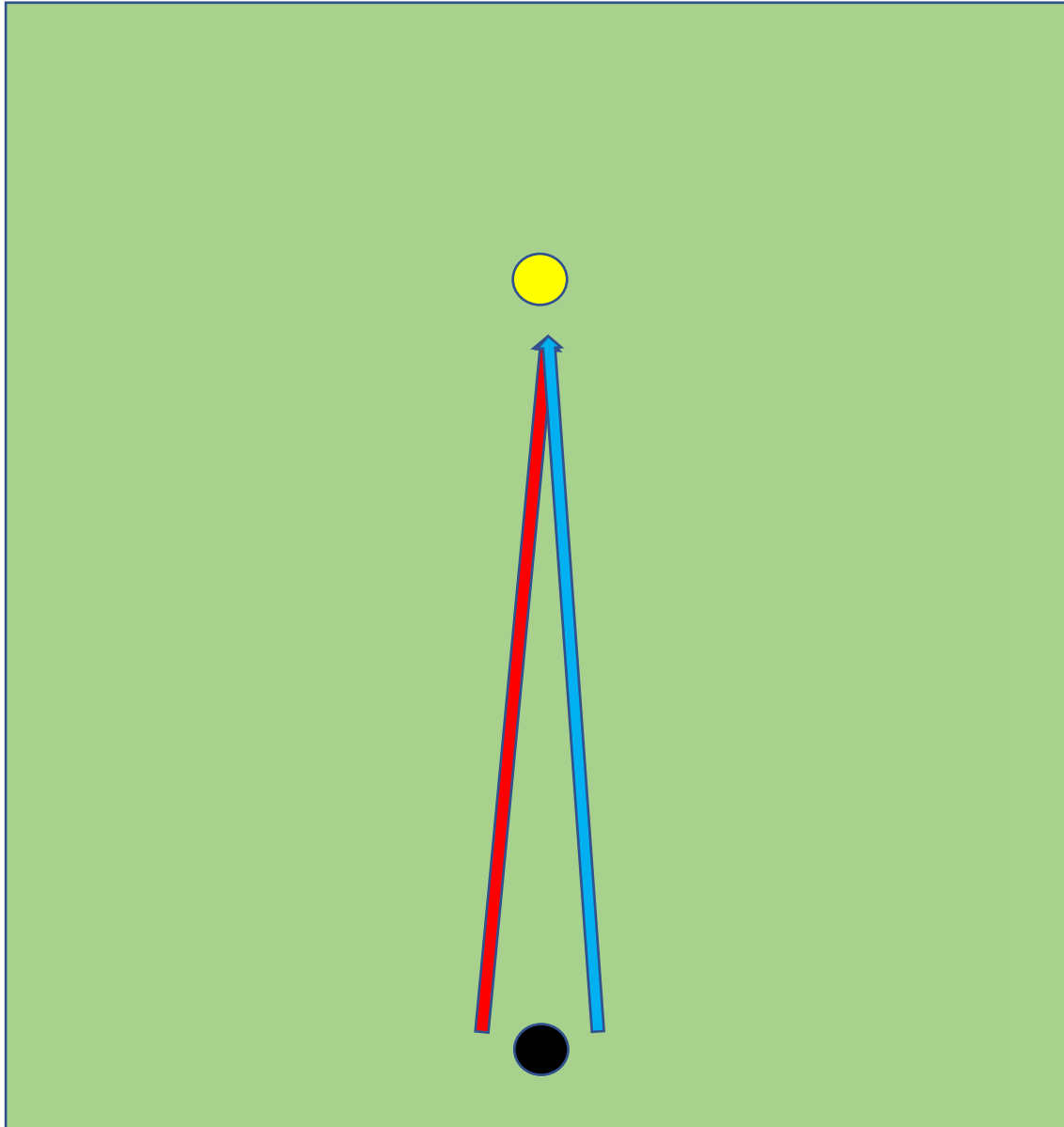
Practical – Spend time playing marks through the crown of a green. Practice this both straight and round-peg, and at varying angles. When practicing these marks it is worth thinking about slopes, accuracy and being able to play positional, short bowls.

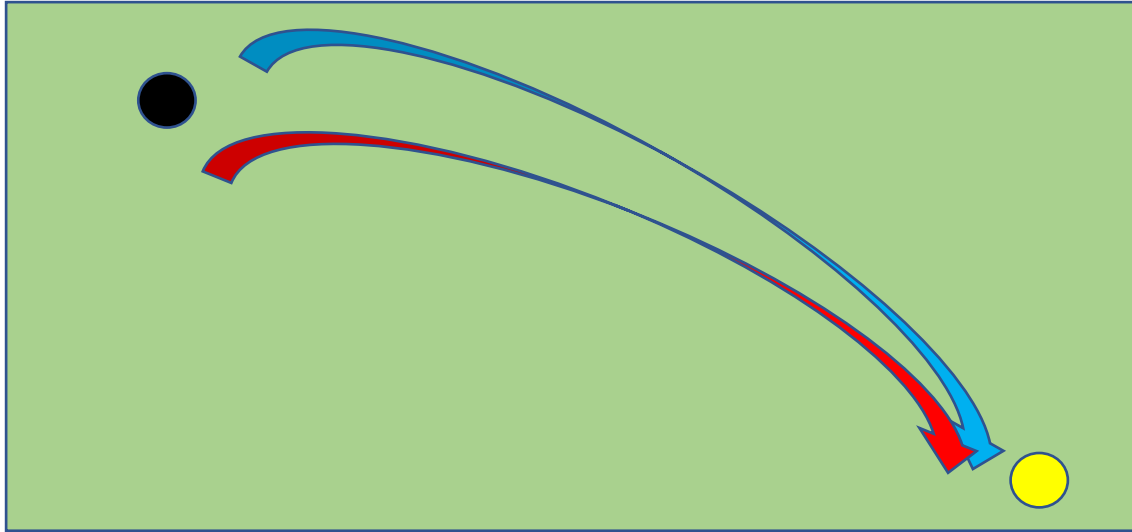


# Playing Through The Crown Left Hand Vs Right Hand

Objective – To practice playing marks through the centre of the crown against players that are opposite-handed.

Practical – Spend time playing marks through the crown against players that are opposite-handed. This practice helps to develop an understanding of different angles of release (as shown) and being able to choose a line to the jack.

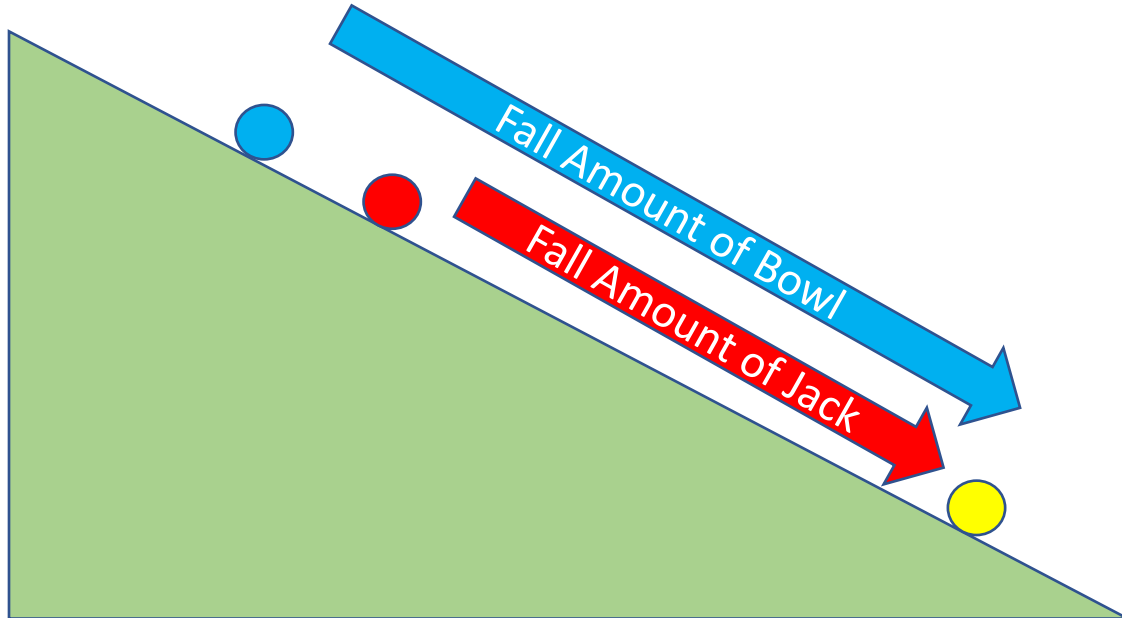


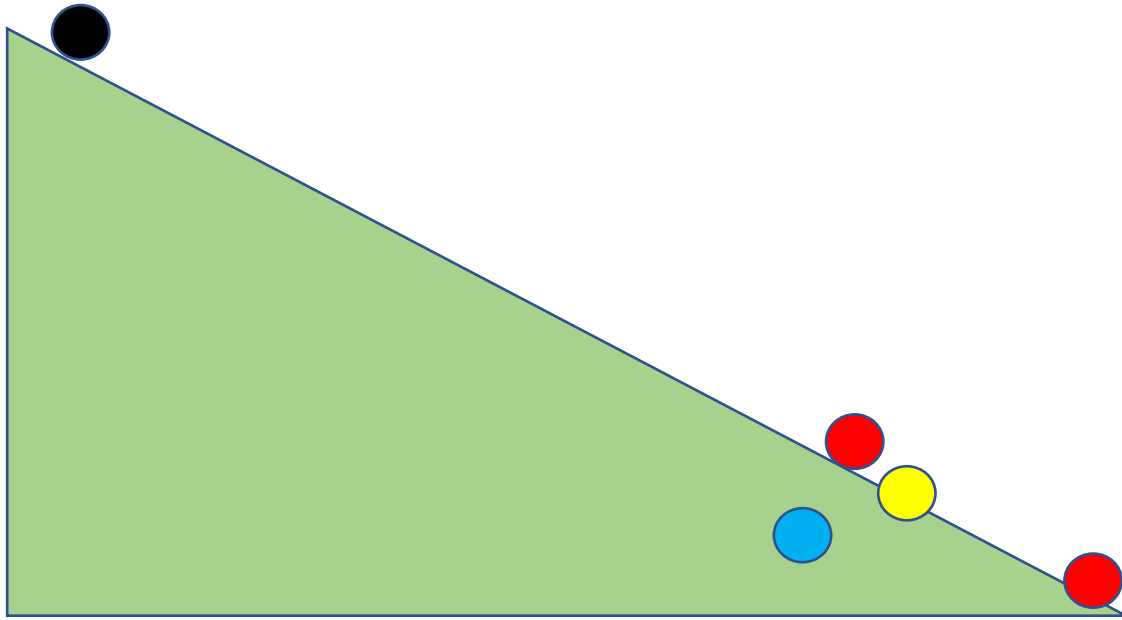


# Playing a Falling Mark

Objective – To practice playing marks on a green that go against the natural bias of a jack or bowl.

Practical – Spend time practicing falling marks. Practice these marks both straight and round-peg. It is worth thinking about how much a bowl 'falls' compared to a jack and should allowances be made for this.

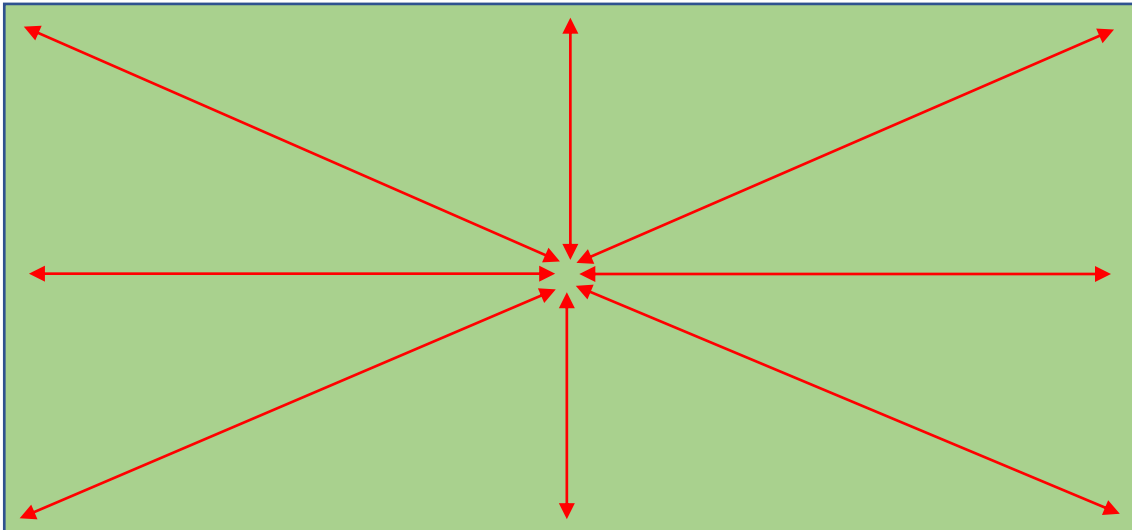




# Playing Uphill and Downhill Marks

Objective – To practice playing marks that are both uphill and/or downhill.

Practical – Spend time practicing both uphill and downhill marks. Practice these marks both straight and round-peg. It is worth thinking about where the steepest slopes are on the green, where marks are uphill but with a downhill finish (or vice versa) and also looking for slopes that are subtle and not easily visible.

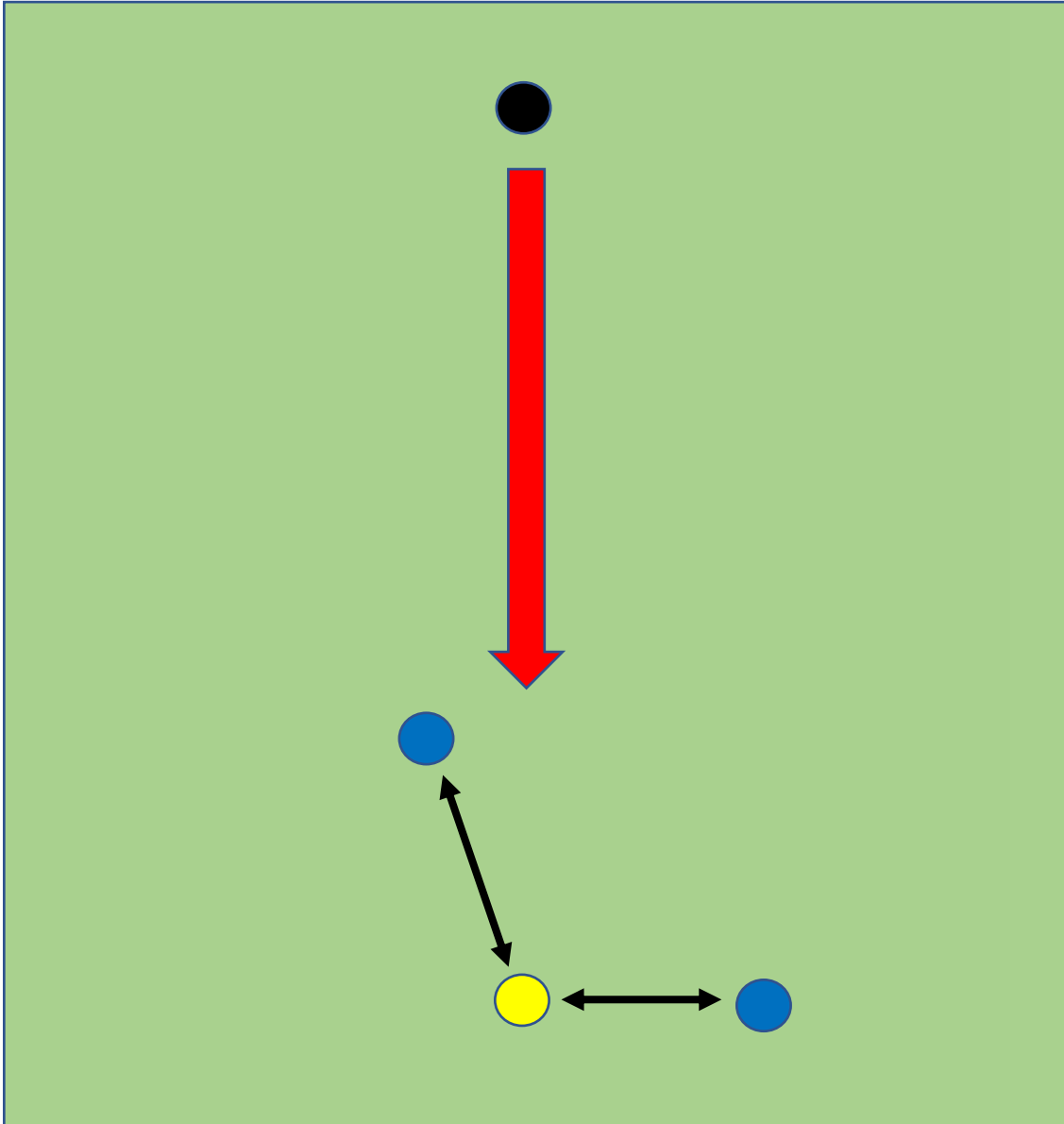




# Judging Distance

Objective – To improve judging distances and visualising the correct bowl to play.

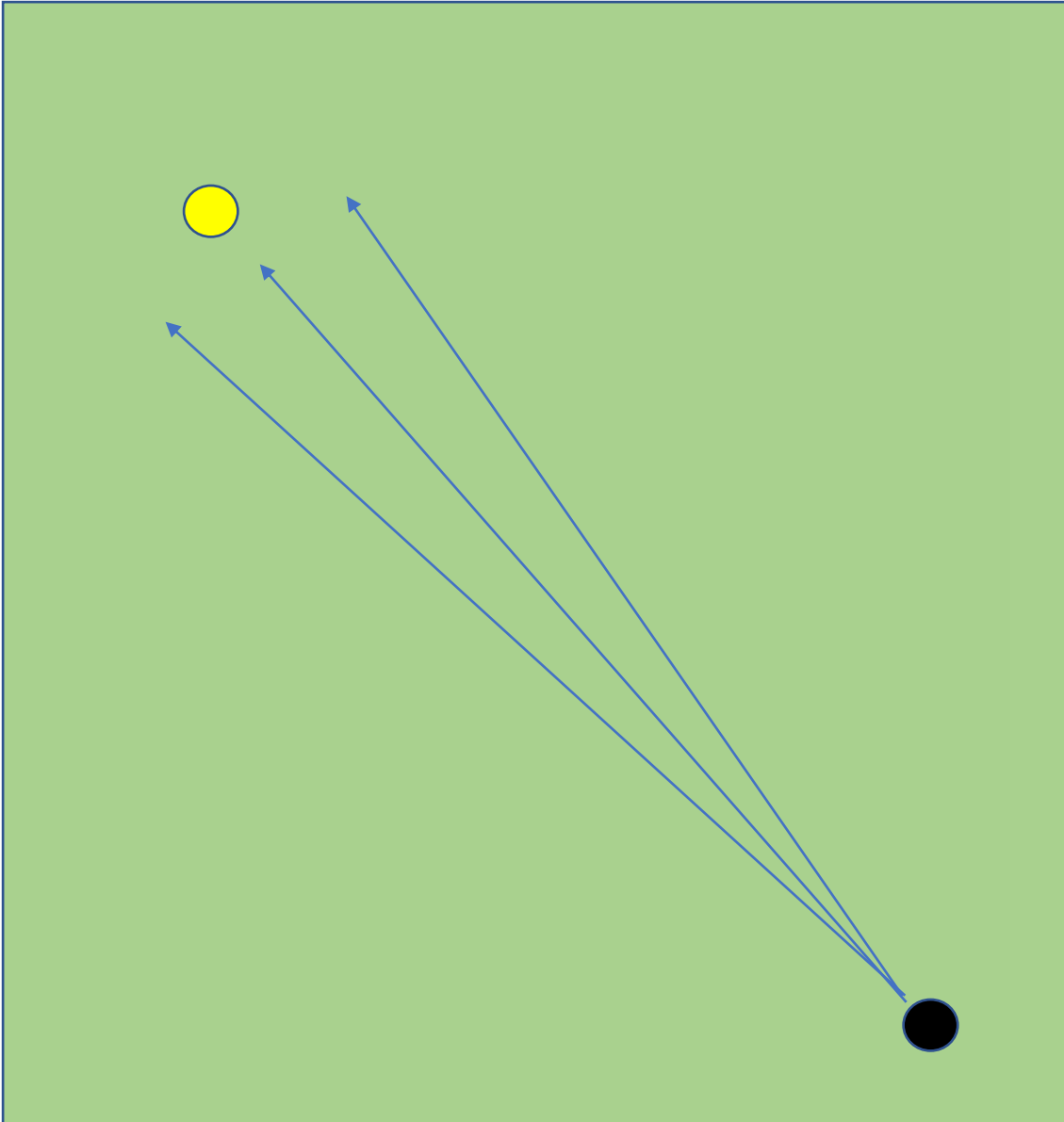
Practical – Position a jack on the green and deliver bowls to it. Before approaching the end, 'guesstimate' how far away from the jack each bowl is and then review when you arrive there. Continue to do this throughout practice sessions to help with gauging distances. Also review how slopes, etc... can appear misleading.



# Visualising a Line

Objective – To visualise how a bowl will react to different areas of the green.

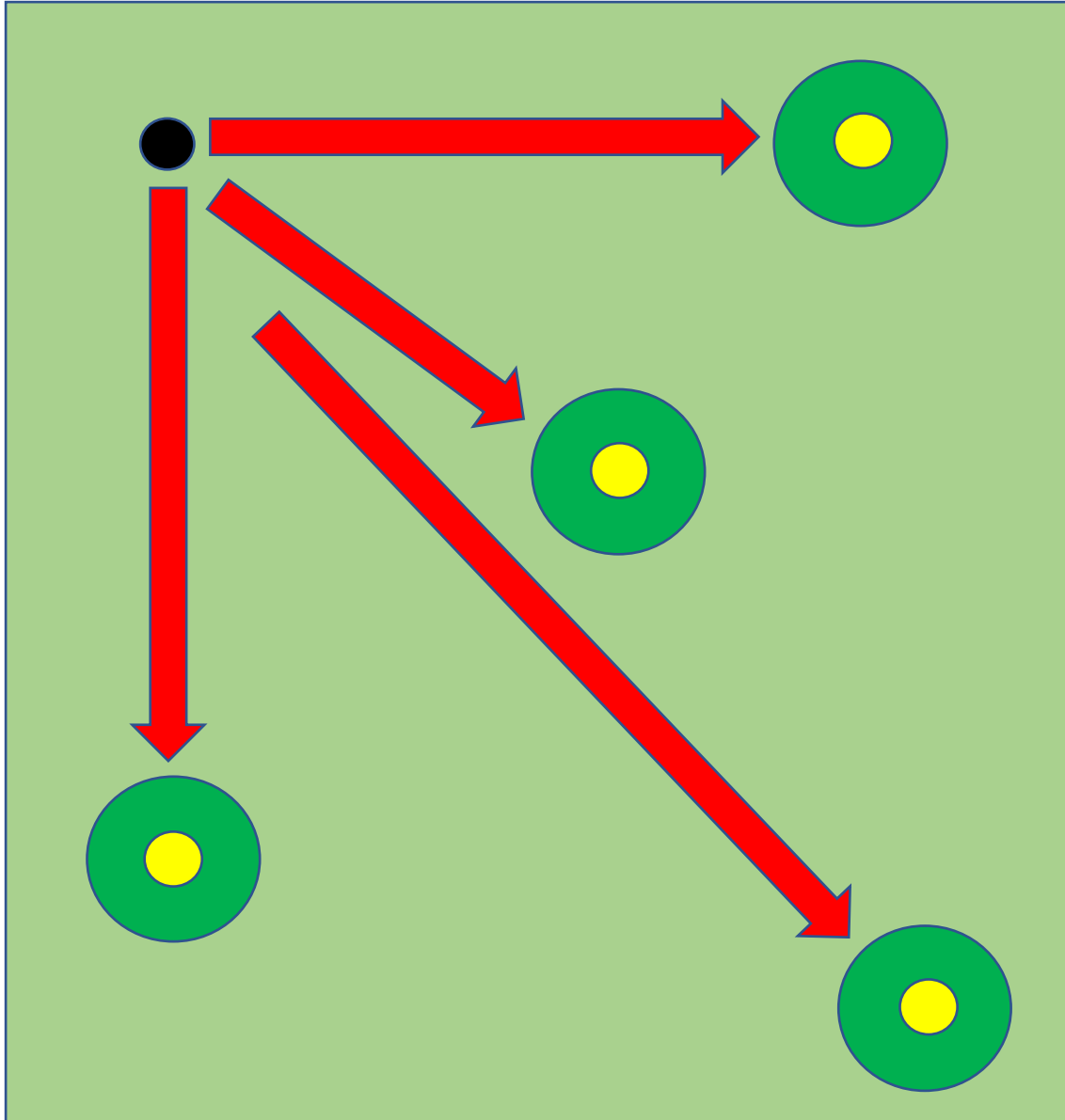
Practical – Spend time delivering multiple bowls to a specific jack location. Practice visualising whether the bowl will turn less or more depending if it is sent wider or narrower. Use a coin as a marker to start with, gradually moving it further away from the mat, and eventually just visualising the line. This exercise can also be done using multiple jacks around the green.



# Jack Placement

Objective – To use the advantage of your home green by placing the jack in the most beneficial position.

Practical – Spend time practicing sending out multiple jacks to hit specific areas on the green. Use cones or hoops to help you to identify target areas. Do this from multiple locations on the green and for differing distances.



## But Can You Do It Blindfolded?

Objective – To prove that memory ‘muscle’ can be built and be strengthened over time.

Practical – Send a jack out to any place on the green. Watch the jack all the way until it comes to a rest. Stand on the mat with your bowl in hand. Take a final look at where the jack is and close your eyes. Now send the bowl and see how close you can get to the jack.

