

Caerleon Bowling Club (Est 1951)

Part 5 - Coaching Foundation and Program Tick Sheet

Coaching Foundation:

1. Feet:
 - ◆ Place feet on the mat along the desired aiming line.
2. Grip:
 - ◆ Find the most comfortable grip, ensuring you have the right size bowl for your hand
3. Stance:
 - ◆ You can stand upright, bent or a combination of both, again find the most comfortable position for you.
4. Bend:
 - ◆ The most favourable position is to be as low down as you can at the moment of release and follow through
5. Step:
 - ◆ Step out to a distance that is comfortable to your own style whilst remembering to manage the speed and delivery of the bowl.
6. Deliver:
 - ◆ Think of your arm as a pendulum, delivering the bowl with your palm forward with a natural follow through.
 - ◆ Your back swing depends on the distance to the jack and the bias of you bowl.

Note: We have two fully qualified coaches at the club who would be happy to take you through more detailed training. They are normally available at Thursday Club Night, or you may want to contact them to make an appointment. Ask for details.

Caerleon Bowling Club
Coaching Program Tick Sheet

Candidate:

Coach:

	Date	

First Stage

Second Stage

Equipment

Nature of the Bowl
 Position of Mat

Tick

Different Lengths of Jack

Feel of Swing
 Short / ¾ / Long

Tick

Types of Grip

Claw
 Cradle
 Finger

Importance of Draw Shot

Degree of use
 Finding Line
 Feel for Length
 Equal Facility Back Hand, Fore Hand
 Corrective Adjustment
 No Short or Narrow Bowls
 Drawing to Displaced Jack

Types of Stance

Upright
 Semi - Crouch
 Crouch
 Fixed
 South African

Trail

Trail jack 1mt
 New Line/ Imaginary Target
 Weight Ratio 1:1

Movement Sequence

Pendulum Action
 Back Swing
 Front Foot Placement
 Body Weight Transfer
 Forward Swing
 Rear Foot Position
 Release
 Follow Through

Wrest

Line through Target Bowl
 New Line
 Weight Ratio 3:1

Follow Through

New Line / Through Target Bowl
 Weight Ratio 6:1

Bowl Delivery (Line)

Shoulder of the Bias (Use of Discs)
 Stance Feet Alignment
 Back Hand
 Fore Hand

Position Bowl Rear

Wider Line, Stance Opened
 Increased Weight

Position Bowl Front

Closing Angles
 Less Weight

Jack Delivery

Grip
 Stance / Line
 Swing / Movement
 Release / Follow Through

The Drive

Stance Straighter to target
 Firmer Grip
 Increased length of Swing
 Longer Forward Step
 Faster Movement
 Control

Comments:

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