

Junior bowlers coaching programme 2018-19

Tuesday September 25th (All)

Objective: To set out the plan for next 7 weeks and lay the foundation.

5.30pm Intro to coaching and what participants can expect

Show Video

Tuesday October 2nd (All)

5.30pm Show Video

- Revise holding the bowl.
- Preshot routine.
- Addressing the mat.
- Establishing correct line.
- Pendulum swing.
- Concentrate on line using
- Discs.

6.15pm Capture athletes on Silicon Coach who want to be.

Tuesday October 9th (Cameron/Graeme)

Objective: To build on athlete's basic technique

Revise last week's lesson.

Show 1-1 Video Capture from last week

- Concentrate on line and Length.
- Practise rolling jack to required length.
- 3 Jacks 2 metres apart.
- 2 jacks one on 2 metre mark

- The other 2 mitres in front.
- Bring the mat up.
- Draw to different lengths.

Tuesday October 16th (Vincent/Pam)

Objective: To develop drawing skills

Revise last week's lesson.

- Draw to spilled jacks
- Draw to jack in the ditch.
- With 2 markers 2 mitres apart
- Draw to centre line between markers.

NB: New bowlers may not be at this development stage. Please use your judgment when deciding what tasks the new bowlers need.

Tuesday October 23rd (Pat/Tayla)

Objective: To develop shot play skills (Use simulated heads)

Revise last week's coaching.

- Set up heads for 1 Meter through shot.
- Set up for resting shot.
- Set up for taking jack into ditch.

NB: New bowlers may not be at this development stage. Please use your judgment when deciding what tasks the new bowlers need.

Tuesday October 30th (Pat/Graeme)

Objective: To develop tactical awareness (Use simulated heads)

Revise last week's lesson.

- Set up some heads and discuss head building.
- Put players into teams and play 2x4x2.

Tuesday November 6th. (Vincent/Cameron)

Objective: To introduce athletes to TGFU & LAWS

Revise last week's lesson.

- Players put into teams to play a game against each other.
- Give some guidance on measuring and laws of the game

Tuesday November 13th. (Vincent/Pam)

Objective: To introduce athletes to Match Play

Revise last week's game.

- Competition against each other with 10 ends, score cards, and
- Score boards.
- Show where they get the score cards

