

**BONALBA BOWLING CLUB**

# **PLAYER COACHING WORKBOOK**



**PLAYERS NAME:**

***PRACTICE***

***DON'T JUST  
COME FOR A  
ROLL UP!!!***

***COME TO  
PRACTICE!!***

**“EITHER DO, OR DO NOT. THERE IS NO ‘TRY’.”**

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## **HOW DO YOU RATE YOURSELF!!**

**KNOWLEDGE OF THE LAWS:**

**ETIQUETTE:**

**TACTICS:**

Give yourself a score out of 10

# **PLANNING A TRAINING SESSION**

**IF YOU ARE COMING TO PRACTICE ENSURE YOU KNOW EXACTLY WHAT YOU WANT TO PRACTICE AND CHOOSE ONE OF THE DRILLS / GAMES PRINTED IN THIS BOOK OR PRIOR TO PLANNING THE SESSION COME AND ASK THE BOWLS COORDINATOR FOR ANY ONE OF THE OTHER PRACTICE ROUTINES AVAILABLE.**

**HAVE 2 TRIAL ENDS 5 MINS**

**START WITH A SIMPLE WARM UP DRILL LIKE THE CATERPILLAR FOR APPROX 10 MINS**

**THEN PRACTICE YOUR CHOSEN DRILL FOR NO MORE THAN 45 MINS.**

**FINISH BY REVIEWING WHAT WENT WELL AND WHAT COULD HAVE GONE BETTER**

**REMEMBER TO RECORD THE SESSION AND ANY SCORE YOU GET IN THE BACK OF THIS BOOK.**

**IDENTIFY AND PRACTICE YOUR WEAKNESSES FOR OVER 70% OF YOUR PRACTICE TIME. FINE TUNE YOUR STRENGTHS FOR THE REMAINDER AND ALWAYS REVIEW YOUR SESSION / PROGRESS**

**IF YOU ARE JUST COMING DOWN FOR A ROLL UP THEN THAT IS WHAT YOU SHOULD DO, ARRIVE WITH THAT IN MIND AND THAT IS WHAT YOU WILL DO!!!!**

# The Caterpillar bowls exercise

Improve your consistency with this easy to do exercise

The caterpillar targets three key areas: weight control, line and length and consistency.

The objective is to help bowlers improve their ability to consistently draw to the same spot.

The exercise is for one person and should be carried out over short, medium and long ends.

Once you have mastered consistent drawing over short ends move up to medium length ends and so on.

The exercise can be used by bowlers of all skill levels to improve their on-green performance.

It can also make up part of a player's pre-match warm up routine.

However, consistent drawing can take some time to master and it is important that bowlers repeat the exercise regularly if they want to see real improvement.

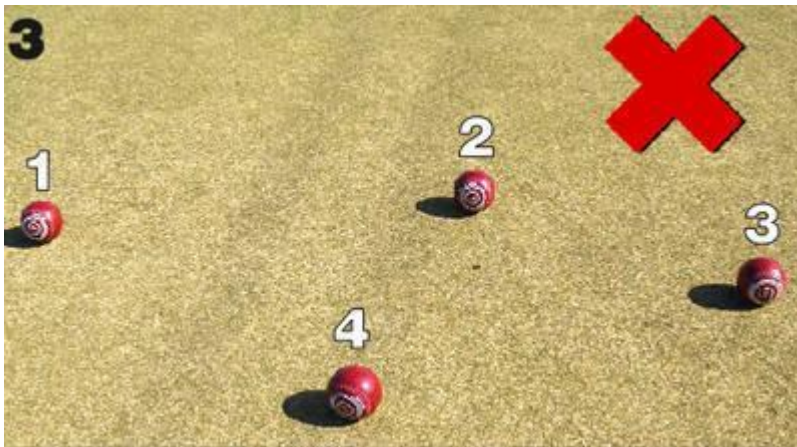
As with most other exercises, keeping track of your score from each session is an easy way to gauge your improvement.



1. There is no jack involved in this exercise. Instead draw your first bowl, then following the same line, increase your weight slightly so your second bowl finishes directly behind your first. Repeat this with your third and fourth bowls until you have all your bowls in a tight line resembling a caterpillar.



2. Of course getting your bowls to finish in a nice tight line is no easy feat and takes a lot of time and practice, so to start with try to get your bowls within one mat width of your first bowl. Give yourself one point for each bowl that comes to rest within this target area.



3. Bowls finishing more than one mat width from the target bowl score 0, while bowls coming to rest more than one mat length away incur a one-point penalty. Keeping track of scores from each training session allows you to see at a glance how much you have improved from your first attempt.

## Drawing Skill Test

**Overview:** The ability to draw consistently close to the jack with the first bowl is a distinct advantage in a match situation. Similarly, the ability to repeat a good bowl, or at least, to accurately correct with the second delivery is a skill all champions possess. It's important to perfect this skill for forehands and backhands, as well as minimum and maximum length ends. The following drill, if completed on a regular basis, will assist all athletes to improve their overall drawing consistency, especially in pressure situations.

**Objective:** Improved drawing accuracy with the first bowl, the ability to repeat a good bowl or correct effectively with the second delivery, and reduction in the number of poor shots played. Improved drawing skill, consistency, concentration, self-confidence and ability to compete successfully in pressure situations.

**Drill:** After two trial ends, decide what side of the rink is the best to play and remain on that side throughout the exercise. Draw two bowls as near as possible to a jack over the minimum length (23m), followed by two draw shots to a maximum length jack. Continue for twelve ends (48 bowls) in a competitive state of mind, while maintaining maximum concentration (approx 1 hour duration).

**Requirements:** Four (4) jacks

**Procedure:** Place one jack slightly beyond minimum length in both directions.

Place one jack on 'T' in both directions.

Mat always positioned on the 'T' in both directions.

Play 2 bowls to the short jack, followed by 2 bowls to the long jack.

Play forehand in one direction, backhand the other.

Play 48 bowls (12 ends).

Every bowl earns a score.

**Assessment:** Scoring system

3 points = Finishing within 1 mat length of jack

2 points = Finishing within 2 mat lengths of jack, if past jack-high.

1 point = Finishing within 2 mat lengths short of jack.

0 points = Finishing outside 2 mat lengths of jack.

**Benchmark:** A total score >100 points (70%) is the benchmark for all Australian squad athletes.

## **“2 JACK” BOWLS**

### **A GAME FOR ALL WHO PLAY SOCIAL BOWLS**

With just four changes to the normal rules, the game is very different. 2Jack bowls provides a new and exciting bowling experience to all bowlers looking for something a little different. The game is a challenging test, met by the careful use of draw shots and tactical decisions. The drive has been taken out of this game entirely making it a great fun alternative for social bowlers of all standards.

#### **Two jacks two heads**

- ☐ Each lead rolls one jack. Lifted and placed 1m either side of the centerline.
- ☐ Usually both jacks, remain separate targets throughout the end, which encourages every player, to rely on direct draw shot skills to score points.

#### **Tactics**

- ☐ No two games can ever be the same. Every shot from Lead to Skip, may require a different tactical approach, to gain progressive scoring advantage.
- ☐ This could include trying for shot bowls to both jacks. Moving a Jack away from an opposition bowl/ s. The Lead and Second quietly setting up a few shot bowls close to one Jack, the Skip then goes for the other.
- ☐ The scoring tide can turn very rapidly and never forget the opposition might be up to the same tricks and be better tacticians. Be ever vigilant!

#### **Bonus Points**

- ☐ A bonus point for a “toucher”, Everyone at any time, including brand new players can actively score points for their team.
- ☐ It is not unusual for a team to have 5 or more “touchers”, so bonus points can win or lose the game.

#### **Penalty Points**

- ☐ Drives accrue two penalty points. This is to encourage bowlers to draw and to actively discourage bowlers charging through the head, ‘looking’ for luck. A drive is a bowl that finishes in the ditch.

#### **Scoring**

- ☐ The normal score system is used and begins from either jack. This first jack is then removed. No bowl is to be disturbed.
- ☐ The same normal scoring system is then made to the second jack.



- ☐ The score totals from both jacks are recorded on the card.

### **Competition Winners**

Any established system can be used, but a “point system” is ideal for the game.

- ☐ 1 Point for a winning end.
- ☐ 1 Point each for a drawn end.
- ☐ 1 Point extra for an end winning advantage of 3 shots
- ☐ 2 Points extra for an end winning advantage of 4 or more shots
- ☐ Bonus and Penalty points are to be taken into account

## **HOW OFTEN DO YOU PRACTISE DRAWING TO THE DITCH?**

So really, how often do you?

Chances are it is not often enough.

Being able to successfully draw your bowl as close to the ditch as possible can sometimes mean the difference between winning and losing an end, or even a game.

Yet it is a skill that many bowlers rarely practice or forget about all together.

This simple drill will help you become much more adept at drawing to the ditch, increasing your chances of winning tight games against top opponents.

For this exercise you will need three markers and two bowls (or five markers and four bowls).

Bowls or jacks can be used as markers, although coloured discs are probably better as you won't have to keep re-spotting them.

Place one marker on the two-metre line and the other two on either side close to the ditch.

The object of the drill is to draw your bowls as close to the two ditch markers as possible, drawing the first bowl on your backhand and the second on your forehand.

The mat is placed on the 21 - metre line for your first attempt.

Then once you have mastered drawing to the ditch over this distance, move the mat back three mat-lengths and go again.

Continue to do this until your mat is on the two-metre line.

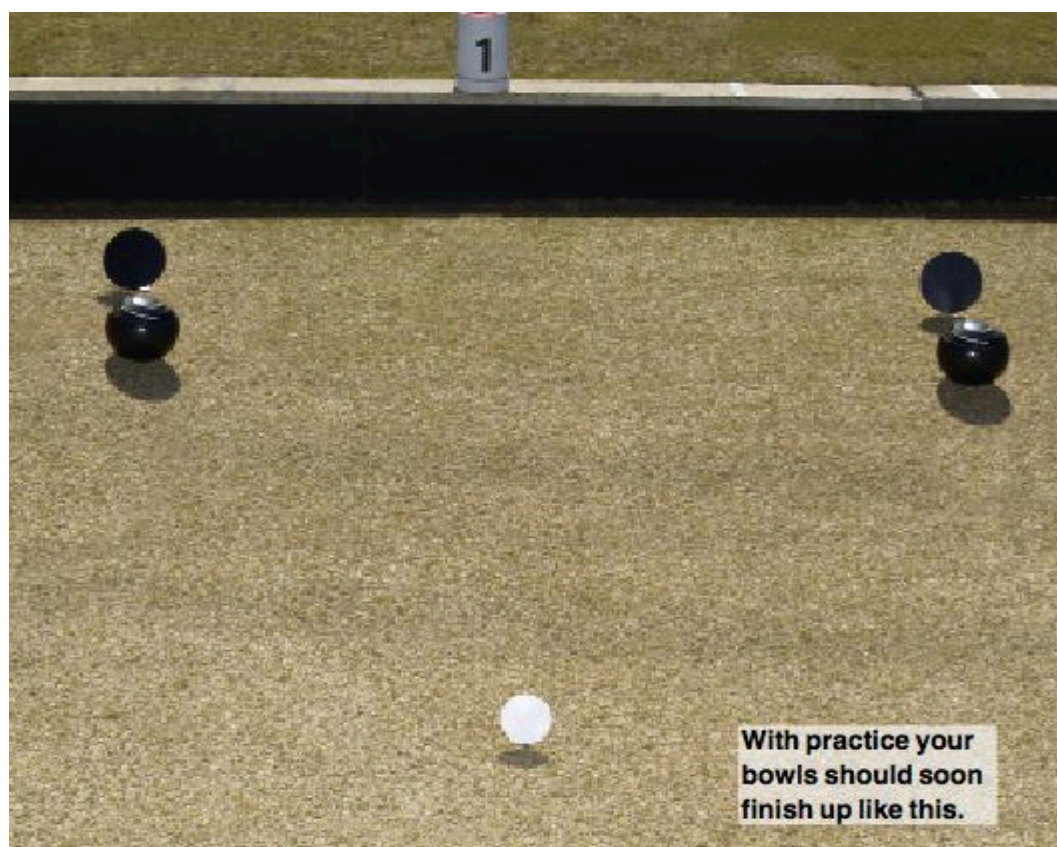
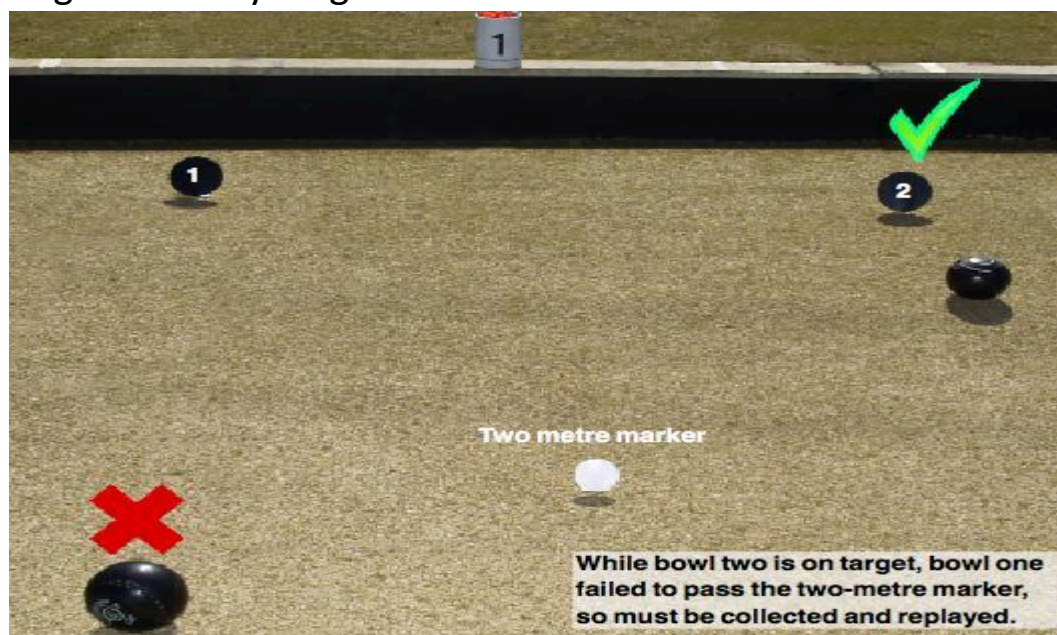
This might not sound too difficult, but there is a catch.

You only get one shot at each target, so if your bowl is short and fails to pass the two-metre marker, goes out of bounds or ends up in the ditch you have to walk or jog up the green, retrieve it ( Try and draw bowl on to MAT and then bowl it

again until you get it right.

Having to retrieve your bowl every time you miss adds an incentive to try that little bit harder.

Eventually, with plenty of practise you should be able to consistently draw to the target over any length.



## **PRESSURE GAME**

Learning Outcomes:

The game simulates the situation when a lead has outstanding first bowl

effectiveness and challenges player's skills and tactics to:

1. Protect a good shot
2. Minimise losses

The Game:

- ♣ Played in any discipline with the normal number of bowls per player

- ♣ 3 end sets

- ♣ For first set team 1 has an extra bowl which is placed (front toucher)

before first bowl is played

- ♣ For second set team 2 has the extra bowl

Variation:

1 point for 1 shot, additional shots score 2 points each

## **NARROW RINK GAME**

Learning Outcomes:

1. Effective line control
2. Tactical challenge of finding a shot that ensures you retain your bowl

The Game:

- ♣ Can be played in any discipline with the normal number of bowls per player

- ♣ Rink 2 mats (1.2m) wide (very skilled players can try 1 mat length)

- ♣ Any bowl that finishes outside the rink boundary is lost for the next end,

but comes back for the subsequent end.

- ♣ Play ends, sets or time and score ends as normal

Variation:

- ✂ Each side can play a limited number of shots that can finish outside the rink, eg run/drive

- ✂ This "Power Play" must be nominated

## **COMMUNICATION CHALLENGE**

Learning Outcomes:

1. Understanding - Improved understanding of team directions

2. Self Awareness - Improved awareness of how ones own communication is perceived

The Game:

- ♣ Pairs triples or fours with the normal number of bowls per player

- ♣ 4 x 3 end sets

- ♣ 1<sup>st</sup> set no communication between players

- ♣ 2<sup>nd</sup> set verbal communication only (hands behind back)

- ♣ 3<sup>rd</sup> set visual communication only

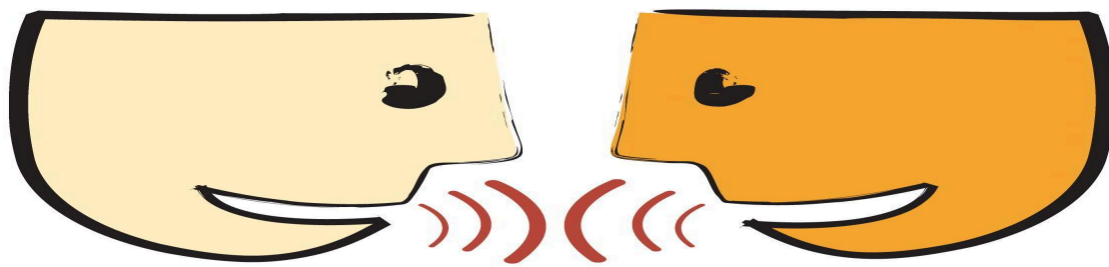
- ♣ 4<sup>th</sup> set verbal and visual

Debrief:

- ✂ What worked well?

- ✂ What did not work well? (caused misunderstanding, failed to inspire confidence etc)

- ✂ How will they do better? Each player makes a commitment to improve at least one aspect of their communication



### Objectives:

1. Drawing for position
2. Drawing to off centre jack
3. Draw/Drive/Draw
4. Drawing to centre line then to off centred spot

### The Game:

- ♣ Played by two participants.
- ♣ Bowls per player – Singles (4), Pairs (3), Triples (2)
- ♣ Mat on the 2m mark

### Sequence of play going up and down rink:

1. Short Jack - draw within half metre
2. Draw “outside in” right spot
3. Drive backhand right spot
4. Med Jack – draw within half metre
5. Med Jack – drive
6. Draw “outside in” left spot
7. Drive left spot
8. Draw to ditch – within 1 mat of target
9. Long Jack - drive bare jack (place bowls/flapjacks either or both sides of jack to make it easier – but jack needs to go in the ditch)

- ♣ Play moves to opponent once all bowls miss
- ♣ Each end player starts with original number of bowls e.g. 2 if Triple.

- ♣ Opponent starts from where other player finishes (e.g. if successful with No 1 but fails at No 2 opponent starts at 2.

- ♣ First player to hit the 9 ball “target” wins

Equipment Required:

- ♣ 1 jack
- ♣ 1 mat
- ♣ 2 extra bowls or flapjacks
- ♣ Sense of Humour

## GAME OF CHAN

Learning Outcomes:

1. Tactical awareness
2. Maintaining bowls on the head
3. Shot selection and execution

The Game:

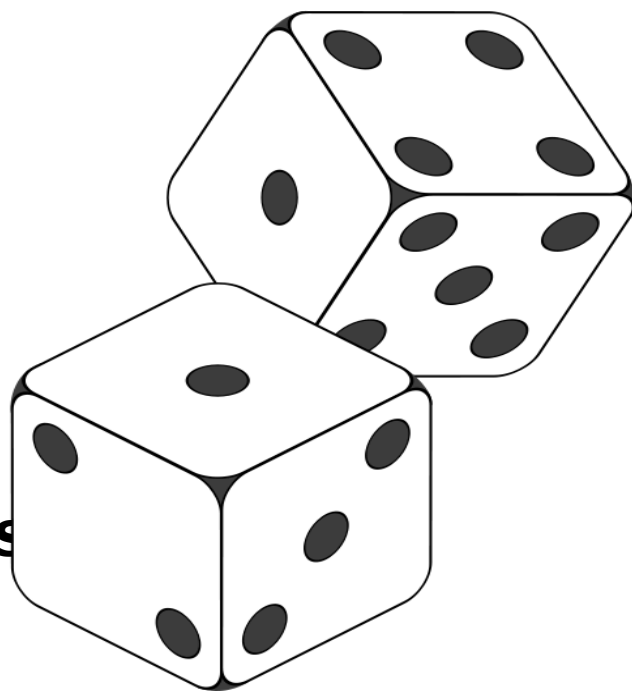
- ♣ 2 Bowls per player - triples
- ♣ Rink set up with 3 jacks placed at short, medium and long
- ♣ Mat on the 2m mark
- ♣ No kills - if jack is killed it is replaced on the same spot
- ♣ Play is in one direction only
- ♣ Skips to nominate which jack they are playing to for each bowl
- ♣ If a bowl is more than one mat length short or two mat lengths long of the jack played to, it is declared dead and lifted from the rink
- ♣ Scoring is determined by the roll of the dice – if 1 or 2 short end scores, if 3 or 4 medium end scores, if 5 or 6 long ends scores
- ♣ Toss for start of game – winner of toss has first roll of dice - roll of dice alternates from there onwards.



### Equipment Required:

- ♣ 3 jacks
- ♣ 1 mat
- ♣ 1 dice
- ♣ 3 coloured disks to mark location of jack
- ♣ Sense of humour

### COIN TOS



### Learning Outcomes:

1. Consistency in drawing to the centre line
2. Tactical awareness and skill to limit opponents opportunities to score

### The Game:

- ♣ 4 Bowls per player - singles
- ♣ 3 Bowls per player – pairs
- ♣ 2 Bowls per player – triples or fours
- ♣ Game is played as normal, but without a jack – objective is drawing to the centre line with consistent bowl speed – grouping of bowls
- ♣ Placement of the jack is made once all bowls have been played and is determined by the toss of a coin – the skip winning the toss places the Jack on the Centre line.

### Equipment Required:

- ♣ 2 mats
- ♣ 1 jack
- ♣ 1 coin
- ♣ Sense of humour

### Variations:



- ♣ Toss for first placement but alternate for subsequent ends
- ♣ Toss for first placement then loser of previous end places jack for subsequent ends

## **JACK IN A BO**

Learning Outcomes:

Rolling the jack consistently to a pre-determined length

- To form the BOX Place 4 coasters, CD's or Mats to form a square approx 2m x 2m approx  $\frac{3}{4}$  of the way down the rink with a mat in the centre.
- From the 2metre mark deliver 10 jacks into the target area.
- Replay in the opposite direction trying to get the jacks to finish on the mat on the 2m mark
- Once successful alter the position of the BOX to a longer or shorter length

Equipment required

2 Mats

4 Coasters, CD's or Mats

10 Jacks

## **BONALBA SKILLS TRAINING:**

MASTERING THE SIX SKILLS IS GUARANTEED TO IMPROVE YOUR GAME  
EACH SKILL REPRESENTS ONE OF THE FUNDAMENTAL SHOTS REQUIRED  
BY ALL BOWLERS AND BY SCORING ONLY ONCE PER SESSION A  
PRESSURE SITUATION CAN BE SIMULATED

WHILE DOING THE SKILLS IMAGINE THE SHOT IN A GAME SCENARIO  
AND NEXT TIME YOU ARE PLAYING A GAME AND ARE ASKED TO PLAY A  
SHOT THINK WHICH SKILL YOU ARE ATTEMPTING



SKILL 1 IS THE STANDARD DRAW SHOT

SKILL 2 DRAWING TO THE DITCH A MUST TO RECOVER SHOT AFTER WEIGHT HAS BEEN PLAYED

SKILL 3 1-2METRE CONVERSION SHOT THIS SKILL WILL WIN A GAME AND THE 28 SCORE AVAILABLE REPRESENTS THE IMPACT OF THIS SKILL KEEPING YOUR BOWL IN PLAY EVEN IF YOU MISS THE TARGET IS REWARDED

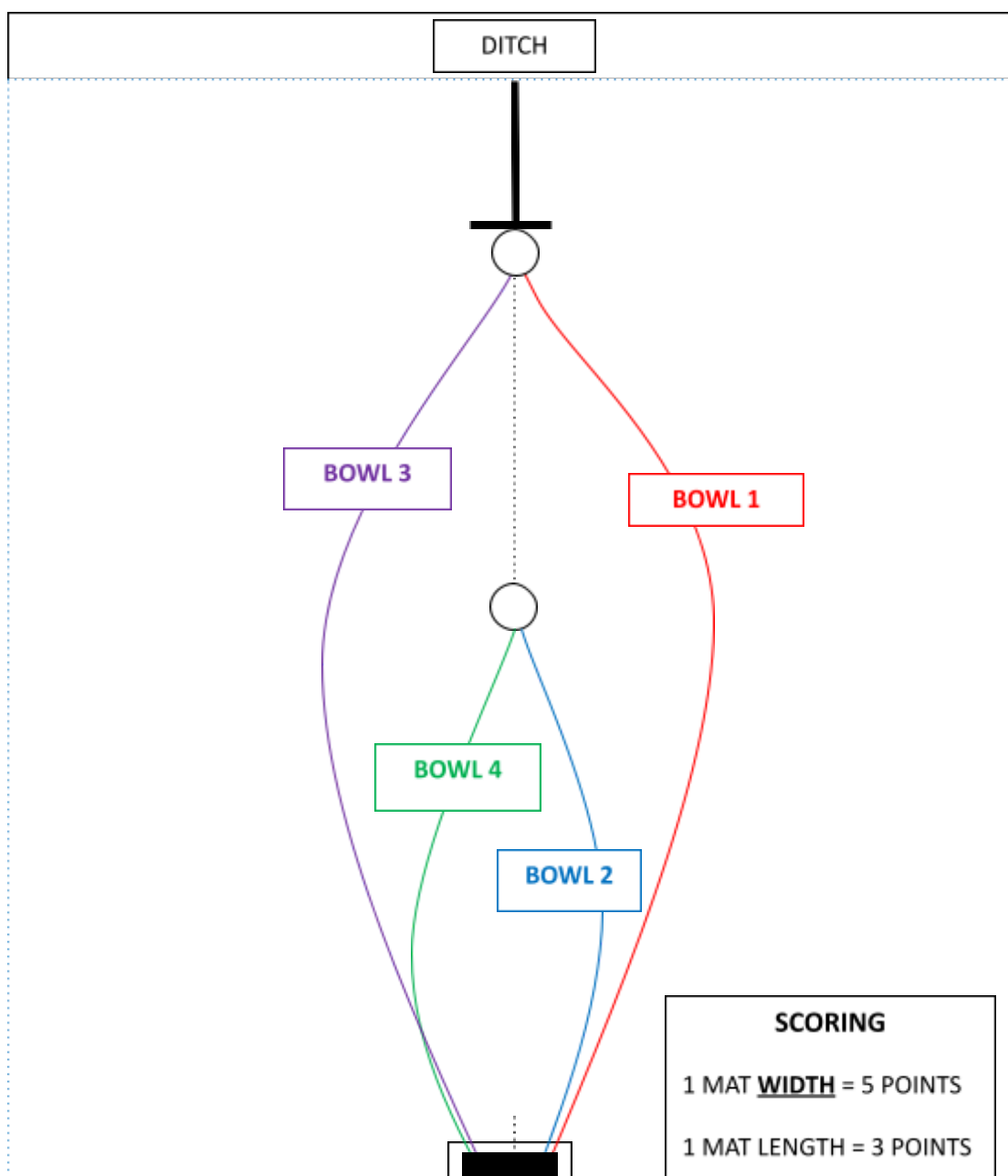
SKILL 4 2-3METRE ON SHOT

SKILL 5 DRIVE A MUST HAVE SHOT IF YOU WANT TO BE THE BEST

SKILL 6 BACK TO THE DRAW NOT EASY AFTER PLAYING 12 INCREASED WEIGHT SHOTS

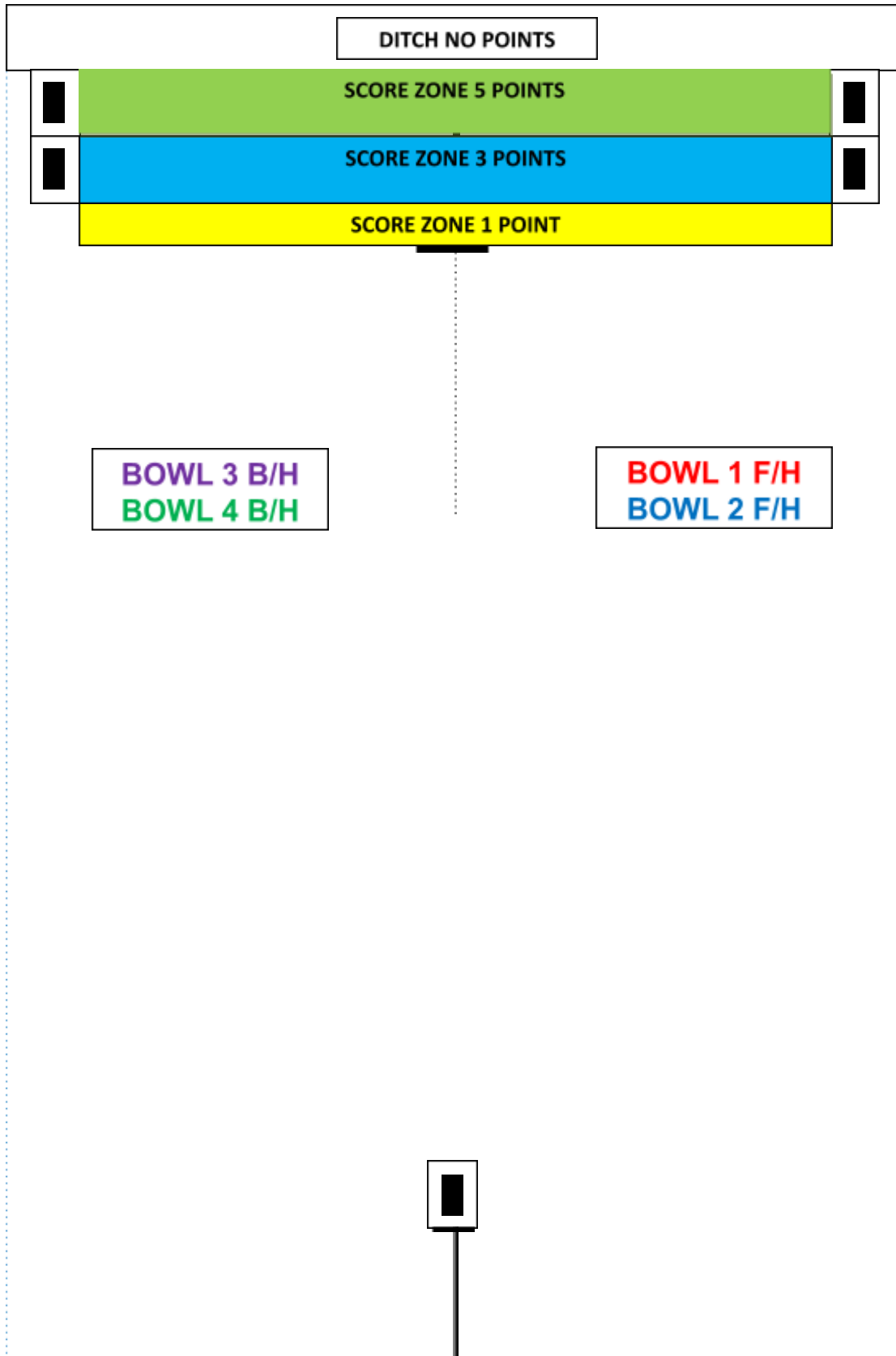
# SKILL 1

## DRAW TO JACK SHORT & LONG



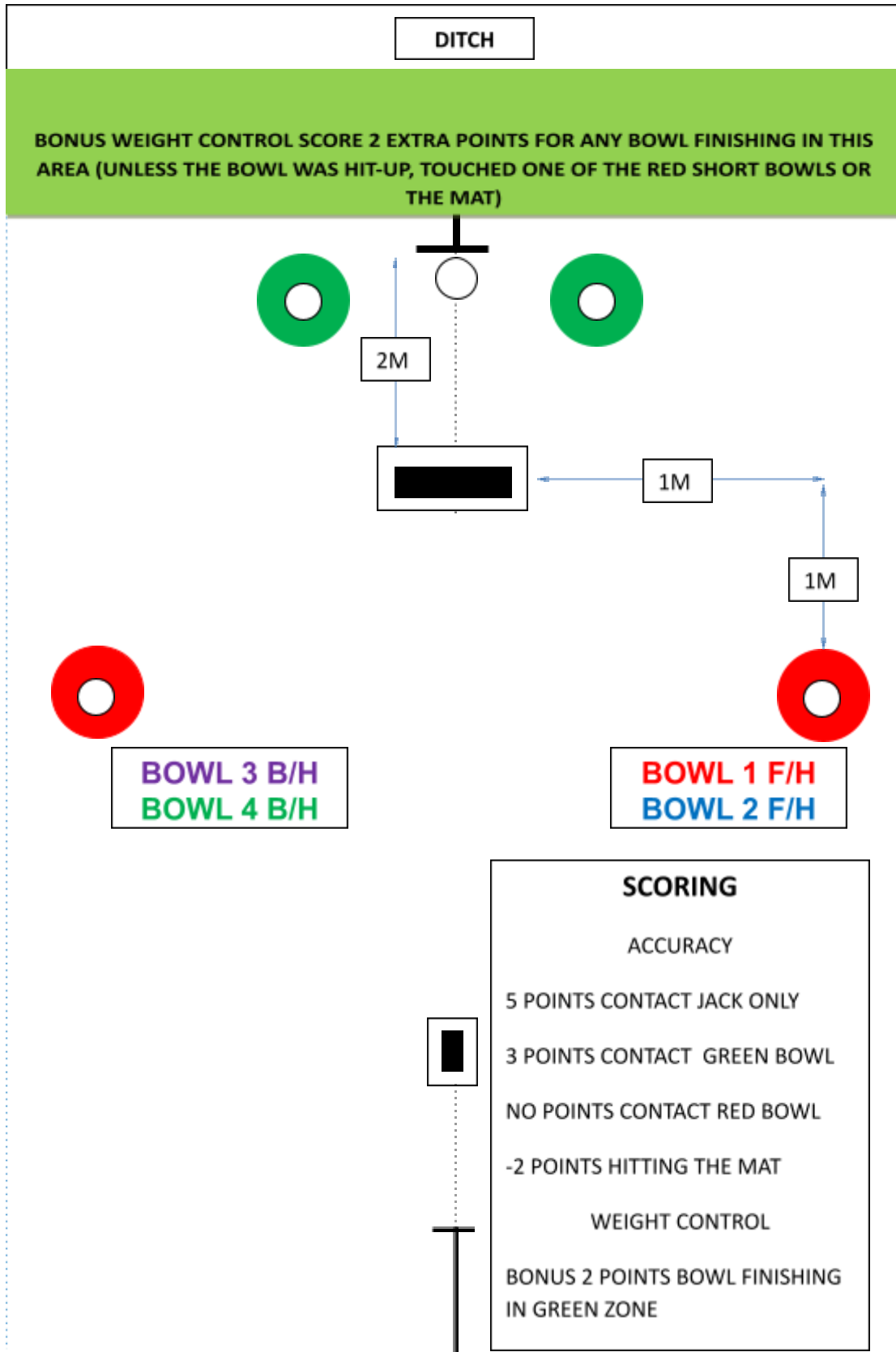
# SKILL 2

## DRAW TO EDGE OF DITCH



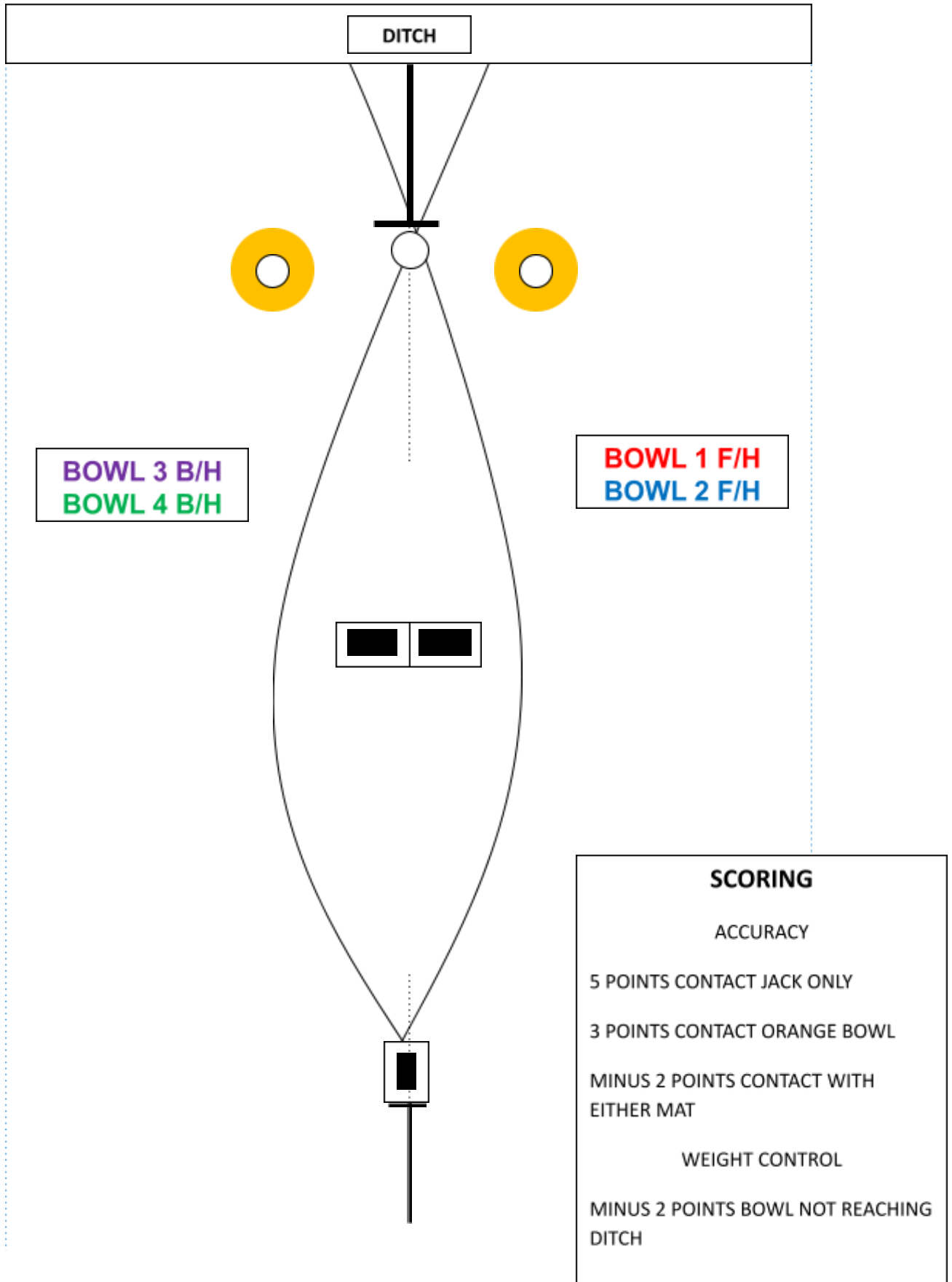
# SKILL 3

## 1-2 METRE CONVERSION SHOT FROM $\frac{3}{4}$ LENGTH JACK



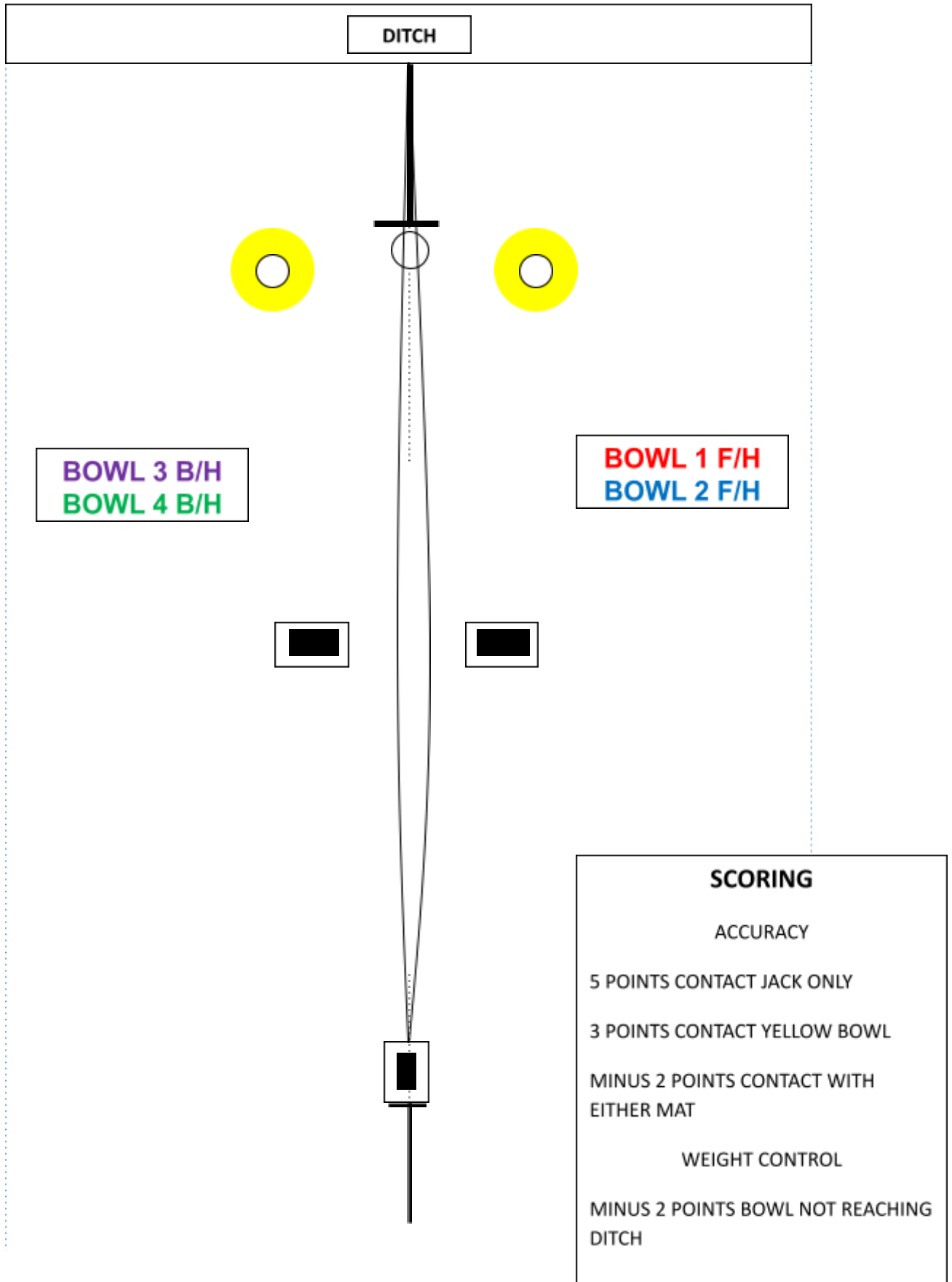
# SKILL 4

## ON SHOT FULL LENGTH END



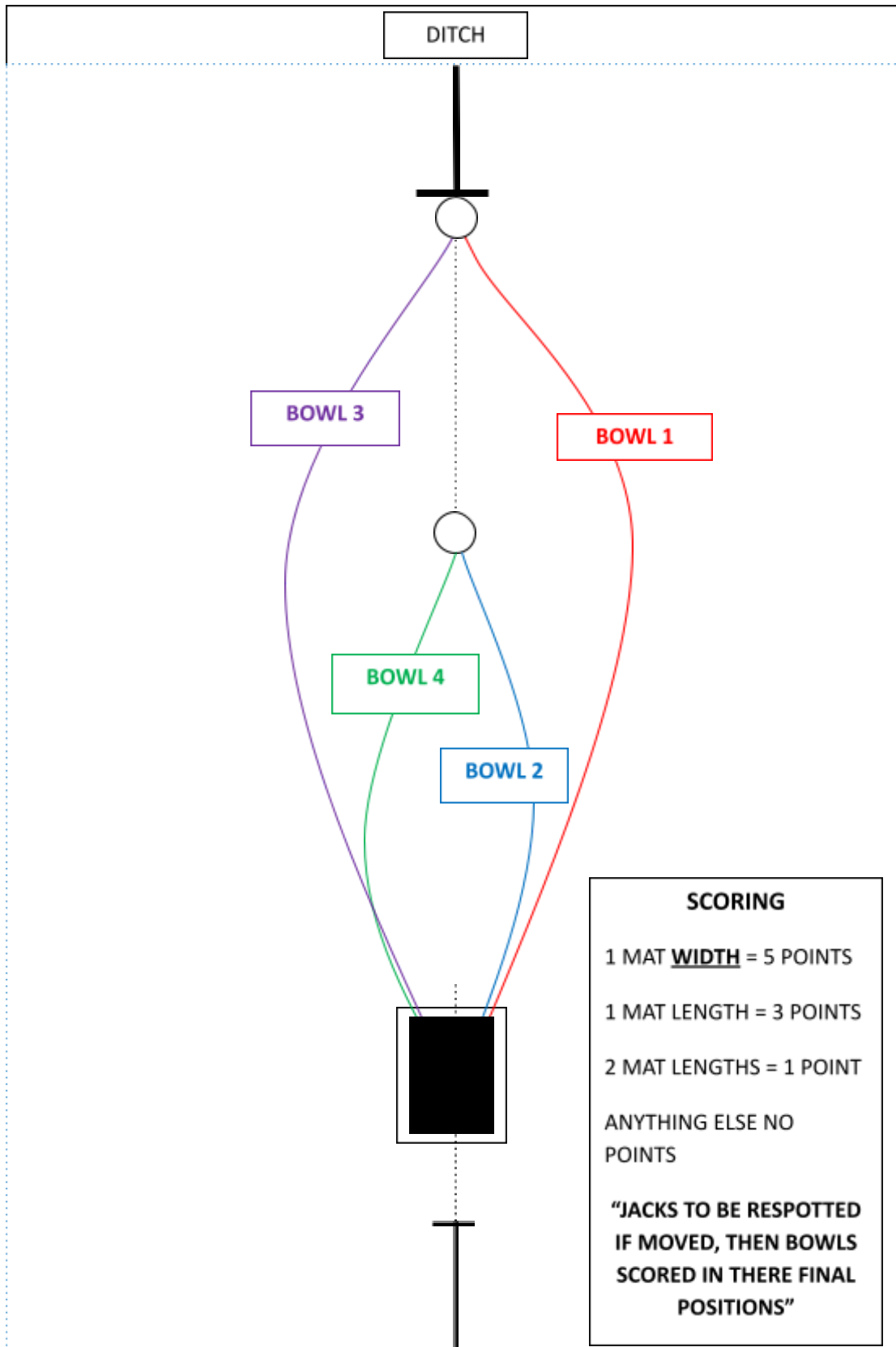
# SKILL 5

## DRIVE SHOT FULL LENGTH END



# SKILL 6

## DRAW TO JACK SHORT & LONG



## INDIVIDUAL PLAYER PRACTICE RECORD:

[illegible]

**“MOTIVATION GETS YOU STARTED,  
HABIT KEEPS YOU GOING.”**





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[illegible]



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**NOTES:**

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**THIS BOOKLET WAS COMPILED BY PETE BONSOR TO  
ENCOURAGE PURPOSEFUL PRACTICE ROUTINES FOR  
THE BOWLERS OF**

# BONALBA BOWLING CLUB



**20<sup>TH</sup> May 2025**