

COACHES CORNER

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ONE RINK CHALLENGE CIRCUIT.

Players: 1-2-3 or 4.

Equipment: 1 Mat- 4 Jacks or 4 Half Tennis Balls (T/Balls) and Two Bowls each.

Aim: To learn the value the bowl in your hand is and to enhance your skills under pressure.

Set Up: Set up each end and play the shot required. On all ends, you will bowl one bowl F/Hand and one bowl B/Hand to all the challenge targets.

Process: Each player works their way through the circuit until you complete it. This exercise could show you some of your Strengths and Weaker shots.

Rules: As defined by each end challenge and mark off each skill as each player completes the end on your score card for future reference. (how to score each challenge end will be at the bottom of the page)

End 1. Challenge 1: Set one jack or T/Ball on the "T" place your mat on the "T" at the other end. Draw your two bowls to target to get as close as you can. Before you move up the rink for your second challenge you have to set the next challenge up.

Challenge 2. Place one jack on the "T". Then measure your first challenge before you continue on. Place your mat 1 metre behind the minimum length Draw your two bowls at the challenge 2 target. Before moving done the rink set up.

Challenge 3. Set up one jack 1 mtr. Sideways to the "T" and the other jack 2 mtrs. away on the other side. Measure your last challenge. Then place mat on the other end "T". Draw your two bowls.

Challenge 4 set up rink the same as 3, measure your score, place your mat on 1 mtr mark behind the minimum length for the next end, draw your two bowls.

Challenge 5 place one jack 1 mtr. Sideways to the "T" and the other jack, 2 mtrs. On the other side on the minimum length. measure you last end and move down to play the next challenge mat on "T".

Challenge 6 place one jack on the "T" and the other jack on the minimum length measure last challenge, move down and play. Mat on the "T".

Challenge 7. Place your 2-jack's half a mats length either side of the "T". Drive at each jack, mat on the "T" work out your score.

Challenge 8 set up jacks the same as 7 but drive at 1 jack and draw at the other, mat on "T" work out your score.

"End of Challenge".

"How to score"

You will score all your bowls on a 3 x 2 x 1 x 0 basis. 3 for inside half a mats length, 2 for 1 mat, 1 for 1 ½ mats away, any other length 0. Get yourself a normal score card and on the top of it wright in the date and in the first square F/H, spare space and the other square B/H spare space.

Then on each end you play in the challenge circuit score your 3,2,1,0 points in each ends space. (as in) Rink 1. with your first bowl F/H place the score that you have measured in that square and your score for the B/H side, so your score card should look like 3 x F/H spare space, 2 x B/H spare space. Now in the spare space you can wright: -

S-for Short- L- for Long- W- for Wide- N- for Narrow.

Or if you want to be more exact you could score like – 2 pts in the first square and in the second spare square you could have S/W. (short and wide) but still one mats length away from your target and so on till you finish the circuit. By scoring in this way after a few attempts at the circuit it should start to show a paten of how you are going, could show you some of your strengths or some of your weaker shots and that's what it's about "Learning your Strengths & Weaknesses".

Keep all your score cards for future references.

I wish you well and hope you challenge yourself to the best level that you can achieve.

GOOD BOWLING.