

## Lesson 1 – The Delivery

1. 5 mins - Safety tips and explain equipment - green, rink, mat, jack, bowls, pusher, shoes and clothes
2. 5 mins - stretches – hand out sheet, explain stretches
3. 10 mins - Explanation and demonstration of full delivery sequence:
  - Fundamental object of game
  - Basic grips to hold bowl and to hold jack
  - Proper positioning on mat
  - Delivery of bowl or jack - including backward swing, forward swing, follow through

Each bowler to practice the movements without a bowl or jack.  
Coaches provide feedback.

4. 10 mins - Place bowlers in pairs. They stand opposite each other about 10 to 15 feet apart. They bowl the jack to each other. Coach observes and comments on the delivery technique.
5. 20 - 25 mins - Have the bowlers take turns on the mat, first delivering jacks with the other bowlers observing. Then have them take turns delivering forehands - 4 bowls each consecutively. The other bowlers observe and the coach provides feedback for each student. Repeat the exercise with 4 bowls each consecutively on the backhand. Repeat the complete exercise at least twice, time permitting.
6. 15 mins - Encourage competition. Each bowler plays 4 consecutive bowls. Give each a thumbs up for good delivery - this is not for result, but for a good smooth delivery. The winner is the one who gets the most thumbs up out of 4 bowls.
7. 5 mins - Warm down - end by asking if there are any questions. Reiterate the importance of having the correct size bowl and remind students to wipe off their bowls, to return them to the correct box and to remember the bowl size for next lesson.

**Join the new bowlers for tea, coffee, juice and cookies after the lesson.**