

## Lesson 2 – Point of Aim

1. 5 mins - Safety tips and explain basic terminology such as end, forehand, backhand, toucher, hogline
2. 10 mins - Review and demonstration of full delivery sequence:
  - Each bowler to practice the movements without a bowl or jack and get feedback from coach
  - Place bowlers in pairs about 10 feet apart. They bowl the jack to each other.
3. 10 - 15 mins - Green line (point of aim) and bias -
  - explain the concepts of green line and bias - demonstrate what happens with different green lines taken
5. 35 - 45 minutes - Bowlers practice bowling along a point of aim
  - show how to place the mat, how to deliver jack correctly and how to centre jack
  - place jack at about 30 yards then show how to stand on mat and alter position for green line
  - point out that if bowl comes to rest in line with mat and jack, the delivery is right and it is a matter of adjusting the length
  - each player plays 4 consecutive bowls on forehand. Coach corrects and compliments
  - each player plays 4 consecutive bowls on the backhand. Coach corrects and compliments

Repeat the sequence of 4 forehands and 4 backhands with the jack at different lengths - 25 and then 35 yards.

4. 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.**