

## Lesson 3 – Length/Weight

1. 5 mins - Basic rules of the game and expected etiquette:
  - starting the game; when it is your turn to play; principles of scoring
  - where you should stand and where you are allowed to stand during a game;
  - movement, noise level, questions
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. 15 - 20 mins - Bowling to a jack at 30 yards
  - bowlers to place the mat, deliver the jack to where coach/bowler stands (30 yards) and then centre jack
  - remind bowlers of green line and bias
  - each player in turn plays 4 consecutive bowls on forehand. The each in turn plays 4 consecutive bowl on backhand.
  - Coach to stand at jack and call or indicate distance of each bowl in front or behind. Remove all front bowls.
  - Explain where necessary how to increase or decrease length. Watch for errors in delivery and position on mat.
  - If possible, keep two students at jack end to enable them to see bias and green line from your end; also to see the errors in delivery as you point them out.
4. 30 minutes – Game of Cutthroat – 4 ends or 30 minutes whichever comes first

**Format:**

- 1 player delivers jack – must be legal length, can be longer than minimum length
- Each player bowls in turn – they choose the hand they play
- The player at the conclusion of the end with the closest bowl scores 1 point for each bowl closer to the jack than the closest bowl of another player. E.g. If player A's bowl is closest to the jack, Player A gets 1 point; if the next bowl to the jack is Player A's then she gets another point, but if the next bowl is player B's then Player A gets 1 point only. No one else scores.
- Start the next end with a different player delivering the jack, and then have all players deliver their bowls as before. Scoring method remains the same.
- At the end of the 4 ends, the player with the most points wins the game.
- The player who wins the game gets to choose a prize from the prize box. This occurs during the coffee and tea after the lessons have been completed for that day.

6. 5 mins - Warm down - end by asking if there are any questions. 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.**