

## Lesson 4 – Basics of the Game

1. 5 mins - Explanation of the various formats of the game:
  - singles, pairs, triples, fours
  - teams can be mixed or single sex
  - simple description of the various positions in a team game: lead, second, third (vice), skip
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. Then each in turn plays 4 consecutive bowls on backhand.
  - 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. 5 mins - Explain simple tactics on the green and Hand Signals
  - How the head develops
  - How important back bowls are; the error of playing short
  - How important it is that players do as the skip asks - the skip has a plan for the head
  - Demonstrate Hand Signals
5. 30 mins – Play a 6 end game or 30 minutes, whichever comes first.

- Format for the game will depend on the number of players you are coaching. Singles or Pairs works best for this lesson. If another coach is also teaching lesson 4, combine the two groups to create the game if you don't have enough players.
- Coaches should provide feedback throughout the game on simple tactics and hand signals.
- The players on the winning team each get 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.**