

Lesson 5 – History and Structure of the Game

1. 5 mins - In the clubhouse before you go on to the green provide the bowlers with a narrative and explanation of:
 - Basic history of Stanley Park Lawn Bowls Club
 - How the Games Schedule works - take them into the back room to explain sign up sheets for various club and other competitions
 - Entering the afternoon draw - where the tags are, what to do with them, what is expected of a lead (take out the equipment)
 - How one club works with another and the hierarchy of Bowls BC, Bowls Canada, World Bowls Board
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. 40 mins - Set up the group for a game – 8 ends or 40 minutes whichever comes first.

- If necessary, combine two groups that are both doing lesson 5 to balance out numbers so that you can play triples or fours. Avoid playing singles if possible. Pairs is ok if you don't have enough players to make up triples or fours
- 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 and return them to the correct box. Tell them this is their last lesson and if they wish to continue they need to join the club so they can come to Friday evening bowling and also join in the daily draws which start at 1:15.

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