

BSBC COACHING 2025

Coaching is free to all club members.

On each Tuesday at 2 pm, starting after the green opens, the coaches intend to carry out a rolling program of 4 coaching sessions (one subject each week) as follows-

1- Bias and methods used to select line. Advice also given if necessary on the size of bowl needed and the different ways to grip the bowl. **Members should note that they are not advised to purchase a new set of bowls until they have had the opportunity to roll up with different kinds of bowls. This will enable them to decide which bowls suits them best.**

2- Stance and delivery.

3- Delivering a jack to legal lengths and delivering bowls to a required length. If necessary the coaches will discuss the importance of the various markings around the edges of the green and also where the mat can be legally placed in the rink.

4- Reading the head.

These sessions will be between one and one and a half hours long and continue into the season for as long as it appears that members are interested in attending. However, it is not intended to continue them after the last Tuesday in July,

The sessions are recommended for all new bowlers (especially sessions 1, 2 and 3) and any other members who feel it may be of use to them to improve their game and enhance their enjoyment of the sport.

Members interested in these 'rolling sessions' should just send an email to the coaches advising them of attendance and turn up at the green at 2pm.

Members can still arrange one-to-one sessions on Mondays and Tuesdays if they so wish. They should contact the coaches and the coaching can be arranged to take place on-

Monday afternoons to start at 12 noon, 2 pm or 4 pm,

and

Tuesday afternoons to start at 12 noon or 4 pm or 6 pm.

These sessions will be between one and one and a half hours long. Other arrangements may be possible if these days and timings are not suitable.

The coaches will also organise (and notify members using Rinkdiary) separate sessions to-

- Demonstrate the effect of ballistics in bowls (to consider what happens when a moving bowl contacts a stationery bowl).
- Discuss and practice shot selection and how to move or use an opponents' bowls to gain an advantage.
- Develop standardised signalling of information between team members.

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