



Skills Development Sessions

Presented by Hertfordshire Bowls Coaching Society

Introduction

HBCS has conducted many sessions at Clubs throughout Hertfordshire and beyond, commonly named “Skills Days”. Each one is tailored to the individual Club and consists of a series of skills and is delivered by experienced and senior coaches.

The duration of the Skills Day can vary from a morning, afternoon or all-day session. Typically, they will be either 4 or 6 hours in duration with breaks as appropriate. Obviously, some elements are more suited to the more experienced bowlers whilst others are appropriate to the newer ones, although many will suit all.

The structure of the sessions will vary and can easily suit two parallel groups of different expectations. The duration of each element may also vary to suit the type and experience of the bowlers.

Practical elements will usually require the number of bowlers to be 4 to 6 in each group and the same element can be spread over 2 or more Rinks.

Elements

KEY	ALL	1 – 3 years	3 years plus	All as a group
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	Skill Element	Experience	Description of session content	Duration
1	Etiquette	All	Slide show for bowlers and spectators	20 mins
2	Delivery Clinic – new	1 – 3 years	Bowl selection, Delivery theory, jack casting, fault correction, repeatable delivery	40-60 mins
3	Delivery Clinic – experienced	3 years plus	Recap on Delivery Theory, repeatable delivery, fault correction	40 mins
4	Personal Practices	All	Slide show introduction, on green practice	40 mins
5	Positions	All	Slide show of each position and their duties and responsibilities	20 mins
6	Marking and Measuring	All as a group	How to Mark – duties and responsibilities How to measure	20 mins
7	Line and Length	All	Practice how to adjust both Line and Length	40 mins
8	Ballistics	All as a group	Understand the interaction of bowls on both other bowls and jack as well as the weight required	20 mins
9	Communication and Skipping	3 years plus	Slide show emphasising the importance of Communication and how to Skip a Rink	20 mins
10	Reading the Head	3 years plus	Exercise in reading a set head and deciding on shot(s) to play	40 mins
11	Playing as a Team	3 years plus	Slide show – how to work as a team and the individual positions	40 mins
12	Psychology of Winning	2 years plus	How to approach a match	20 mins
13	Playing Laws of the Game	1 year plus	Understand the Playing Laws of the game and the “penalties” applied	20 mins
14	Any other requirement		<i>(stated by Club)</i>	

The Slide Shows can be presented to any size group, although it is more comfortable with a maximum of around 12. In addition, other elements can be provided to suit your individual requirements. Please feel free to discuss these.

In addition we are offering a ‘Coaching the Coach’ course. (New)

*If you have a number of coaches within your club or nearby, we can also offer a **Coaching Masterclass** aimed at providing a refresher course of what coaching is all about and how best to achieve it. Again, feel free to contact us.*