2026 Skills Development Sessions

Presented by Hertfordshire Bowls Coaching Society - HBCS

Introduction

HBCS conducts coaching sessions at Clubs throughout Hertfordshire, Middlesex and Essex commonly named "Skills Days". Each one is tailored to the individual Club and consists of a series of elements 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 3 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.

FLEXIBILITY TAILORED

Elements

KEY	ALL	1 – 3 years	3 years plus	All as a group

	Title	Experience	Description	Duration	Type
1	**Etiquette**	All	For bowlers and spectators	20 mins	Slide *
2	**Delivery Clinic – new**	1 – 3 years	Bowl selection, Delivery theory, jack casting, fault correction, repeatable delivery	40-60 mins	Rink
3	**Delivery Clinic - experienced**	3 years plus	Recap on Delivery Theory, repeatable delivery, fault correction	40 mins	Rink
4	**Personal Practices**	All	General and positional practice	40 mins	Slide * & Rink
5	**Positions**	All	Each position and their duties and responsibilities	20 mins	Slide *
6	**Marking and Measuring**	All as a group	How to Mark – duties and responsibilities How to measure	20 mins	Rink *
7	**Line and Length**	All	Practice how to adjust both Line and Length	40 mins	Rink
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	Rink
9	**Communication and Skipping**	3 years plus	Emphasising the importance of Communication and how to Skip a Rink	20 mins	Slide *
10	**Reading the Head**	3 years plus	Exercise in reading a set head and deciding on shot(s) to play	40 mins	Rink
11	**Playing as a Team**	3 years plus	How to work as a team and the individual positions	40 mins	Slide *
12	**Psychology of Winning**	2 years plus	How to approach a match	20 mins	Slide *
13	**Playing Laws of the Game**	1 year plus	Understand the Playing Laws of the game and the "penalties" applied	20 mins	Rink *
14	**Playing with Weight**	3 Year plus	How to play Weight – usually preceded by Ballistics	40 mins	Rink
15	**Playing Front End**	1 year plus	What is required and practice	40 mins	Rink

* Handout available

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.

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

SKILLS DEVELOPMENT DAY
Request Form

Club:	**Contact Name:**	
Email:	**Telephone:**	
Date of Event:	**morning / afternoon / all day** (delete as required)	
Expected no. of Bowlers. Total:		
Of these, how many are:	**Less than 3 yrs:**	**More than 3 yrs:**

Elements selected:
Remember, we can run sessions in parallel so not everyone needs to take part in every element. Please allow 15 minutes before start for Registration and bowlers getting ready.

Time	Element	Duration	No. of bowlers
	Registration		

Costs
In order to cover travelling costs, etc, of the coaches, we request a charge of **£4 per person for a morning or afternoon session** and **£8 for all day**.

Money is due on the day of the event to allow for addition or reduction in numbers. In addition, the host club are requested to provide refreshment for the coaches.

Form to be sent by email to : jerry@bushhillbowls.co.uk