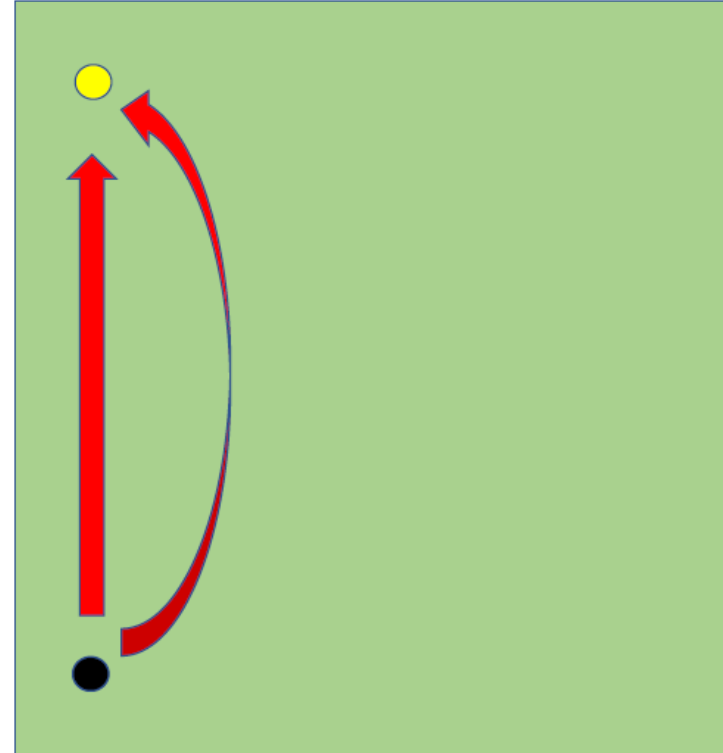


BBC Coaching

Learning Your Green

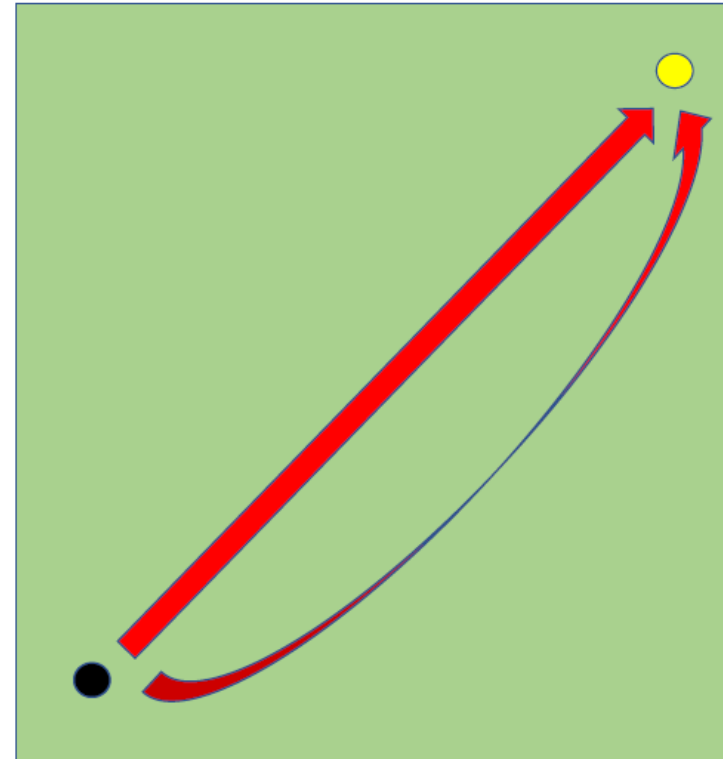
Playing an Edge

- ▶ Objective - To practice playing the edges of a green.
- ▶ Practical - Spend time playing marks on the edges of the green. Practice this both straight and round-peg and go around the green in both a clockwise and an anti-clockwise direction.



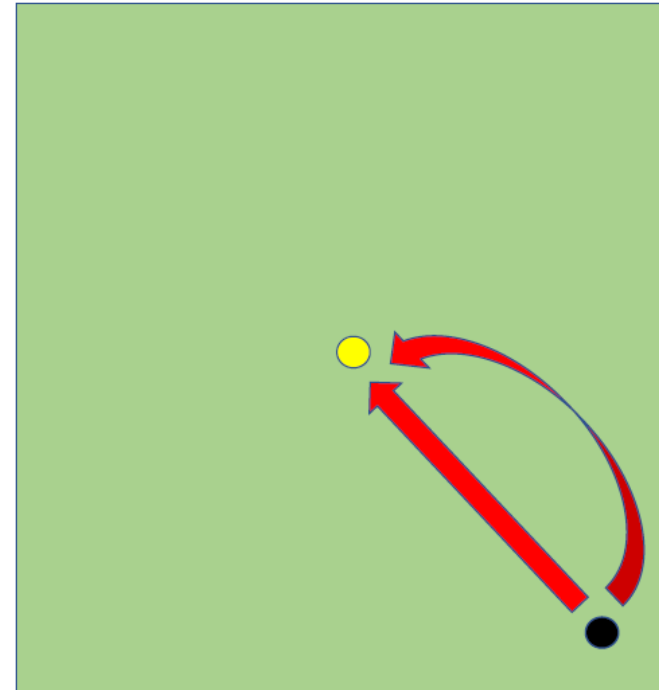
Playing a Corner

- ▶ Objective - To practice playing the corners of a green.
- ▶ Practical - Spend time playing long marks into the corners of the green. Practice this both straight and round-peg.
- ▶ Try to maintain the same delivery when playing corner marks, try not to 'throw' the bowl to get the distance.



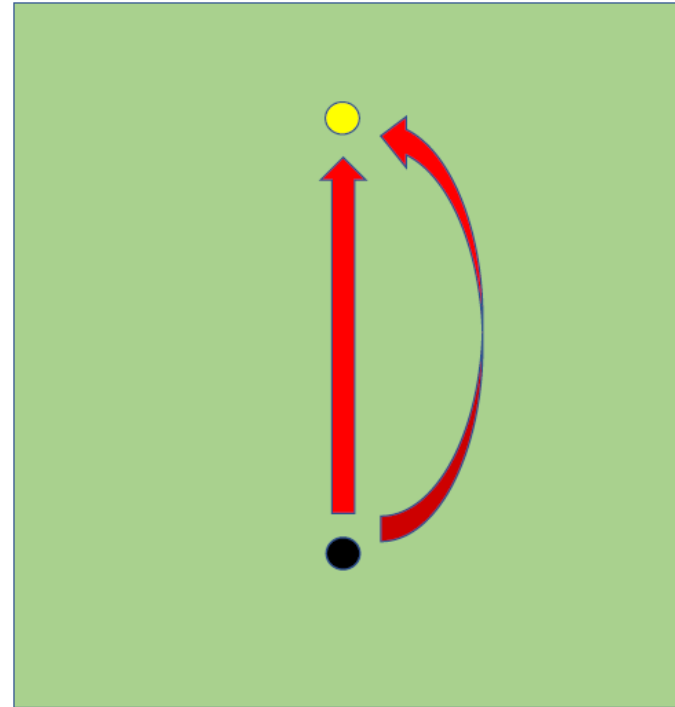
Playing to the crown

- ▶ Objective - To practice playing short marks to the crown of a green.
- ▶ Practical - Spend time playing short marks into the crown of the green. Practice this both straight and round-peg.
- ▶ Remember that this type of mark would usually have the steepest uphill and downhill sections.



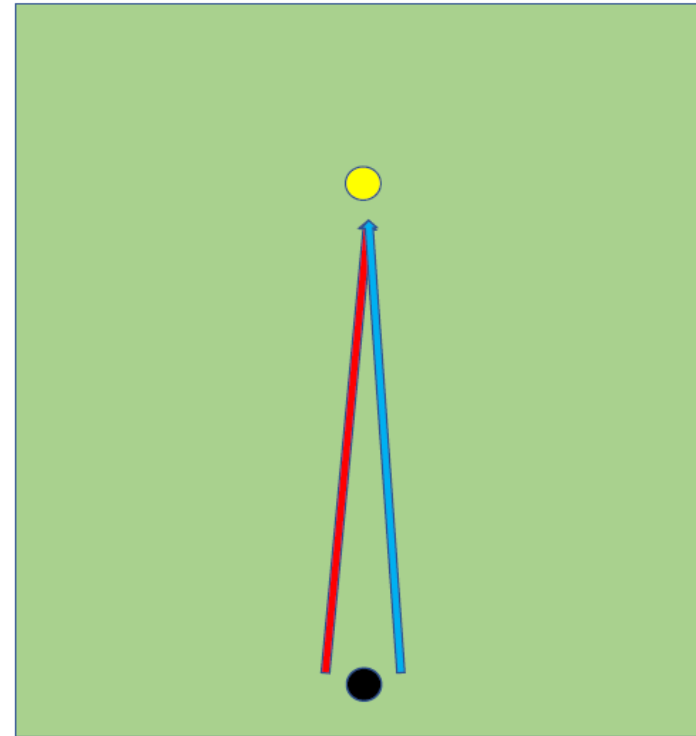
Playing through the crown

- ▶ Objective - To practice playing marks through the centre of the crown of a green.
- ▶ Practical - Spend time playing marks through the crown of the green. Practice this both straight and round-peg and at varying angles.
- ▶ When practicing these marks it is worth thinking about slopes, accuracy and being able to play positional short bowls.



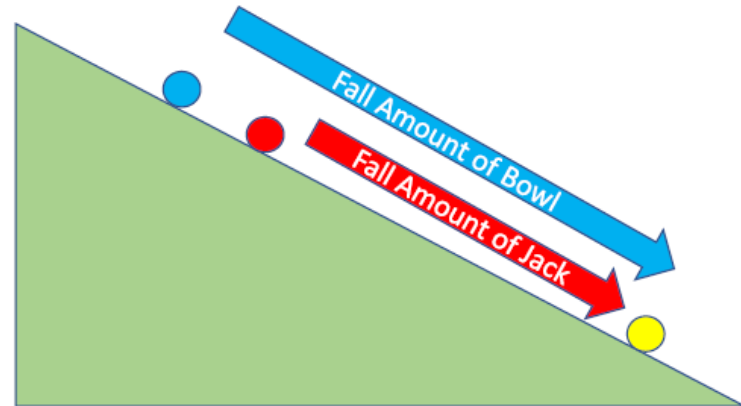
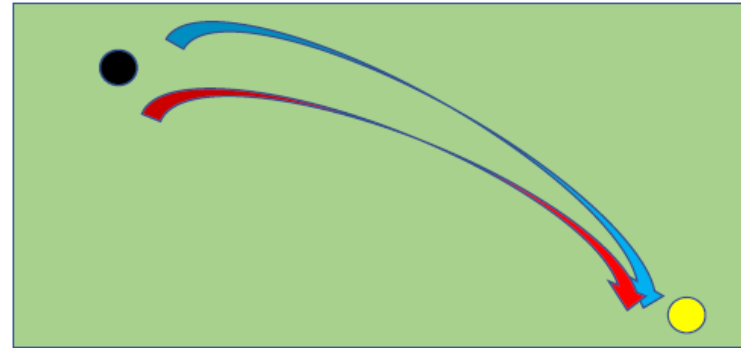
Playing through the crown left hand vs right hand

- ▶ Objective - To practice playing marks through the centre of the crown against players that are opposite-handed.
- ▶ Practical - Spend time playing marks through the crown against players that are opposite-handed.
- ▶ This practice helps to develop an understanding of different angles of release (as shown) and being able to choose a line to the jack.



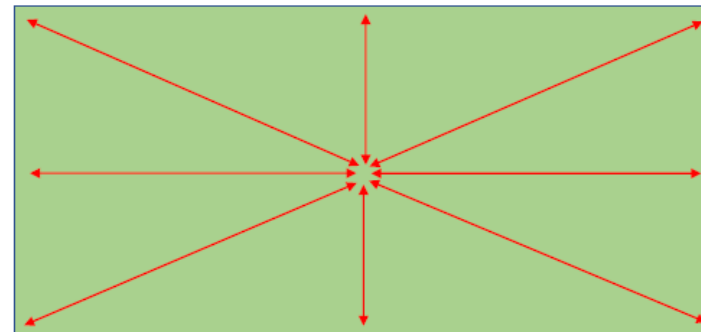
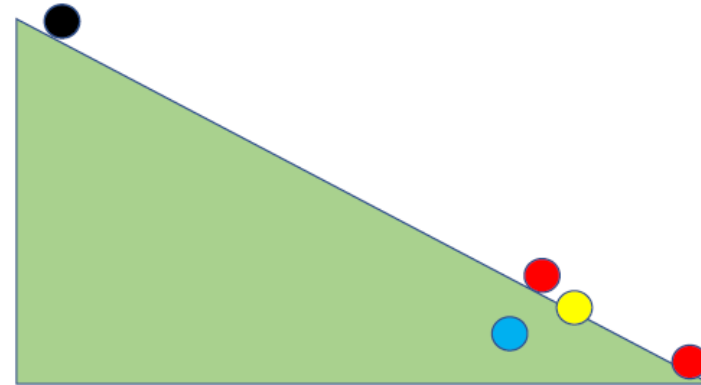
Playing a falling mark

- ▶ Objective - To practice playing marks on a green that go against the natural bias of a jack or bowl.
- ▶ Practical - Spend time practicing falling marks both straight and round-peg.
- ▶ It is worth thinking about how much a bowl 'falls' compared to a jack and should allowances be made for this.



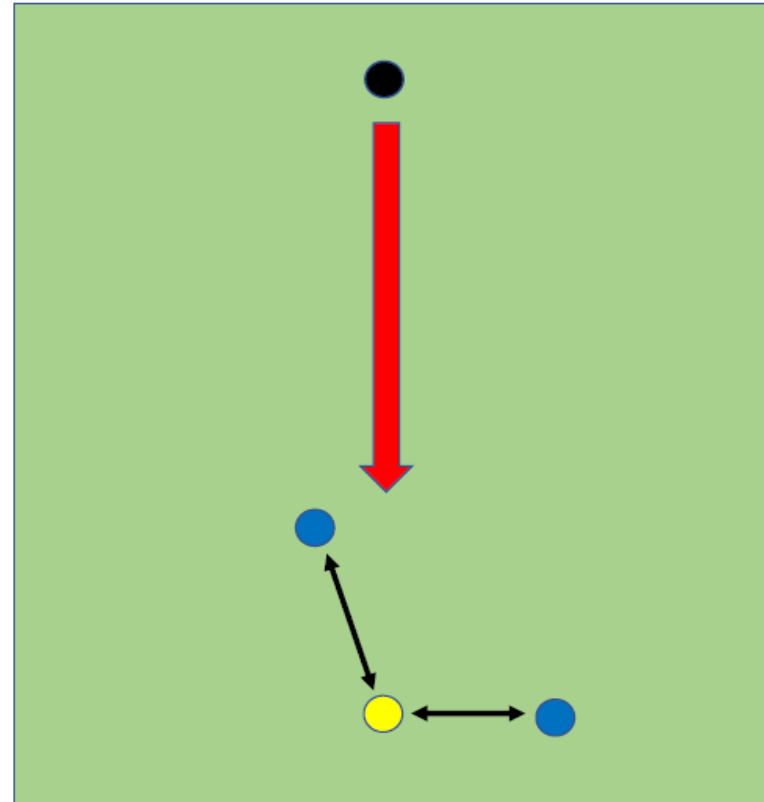
Playing uphill and downhill marks

- ▶ Objective - To practice playing marks that are both uphill and downhill.
- ▶ Practical - Spend time practicing both uphill and downhill marks. Practice these marks both straight and round-peg.
- ▶ It is worth thinking about where the steepest slopes are on the green, where marks are uphill but with a downhill finish (or visa versa) and also looking for slopes that are subtle and not easily visible.



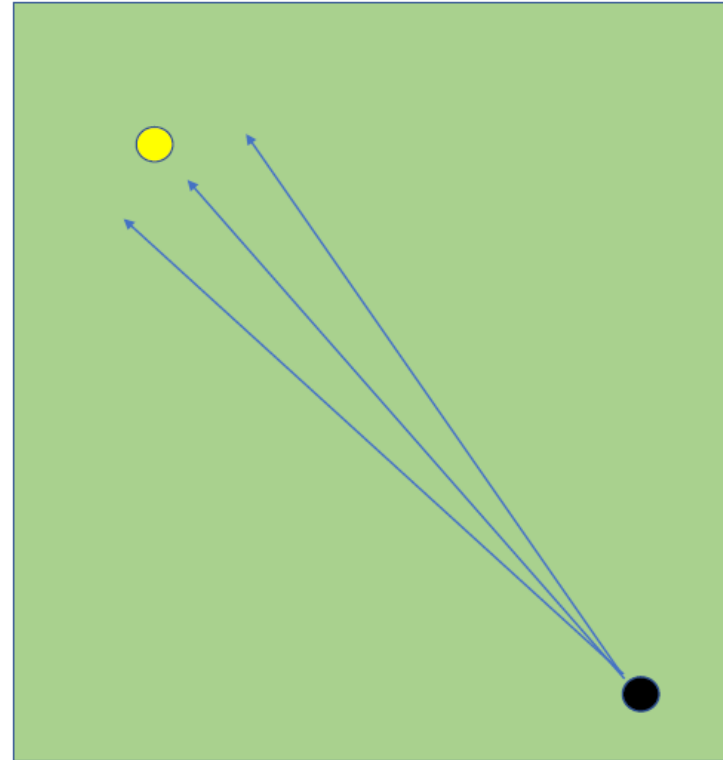
Judging distance

- ▶ Objective - To improve judging distances and visualising the correct bowl to play.
- ▶ Practical - Position a jack on the green and deliver bowls to it. Before approaching the end, 'guesstimate' how far away from the jack each bowl is and then review when you arrive there. Continue to do this throughout practice sessions to help with gauging distances.
- ▶ Also review how slopes, etc.... can be misleading



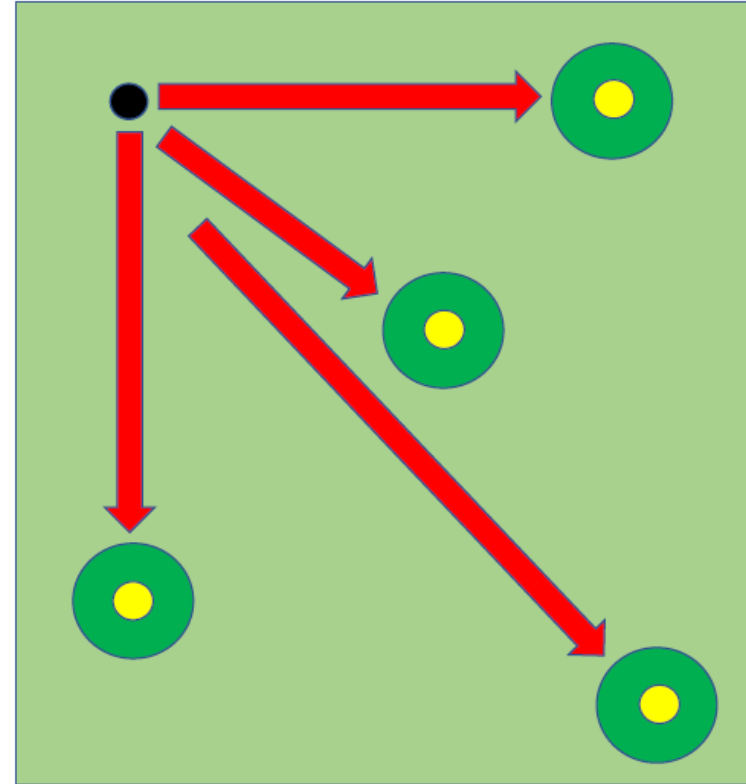
Visualising a line

- ▶ Objective - To visualise how a bowl will react to different areas of the green.
- ▶ Practical - Spend time delivering multiple bowls to a specific jack location. Practice visualising whether the bowl will turn less or more depending on it sent wider or narrower.
- ▶ Use a coin as a marker to start with, gradually moving it further away from the mat, eventually just visualising the line. This exercise can also be done using multiple jacks around the green.



Jack placement

- ▶ Objective - To use the advantage of the home green by placing a jack in the most beneficial position.
- ▶ Practical - Spend time practicing sending out multiple jacks to hit specific areas on the green. Use cones or hoops to help you identify target areas. Do this from multiple locations on the green and for differing distances.



But can you did it blindfolded?

- ▶ Objective - To prove that 'muscle' memory can be built and strengthened over time.
- ▶ Practical - Send a jack out to any place on the green. Watch the jack all the way until it comes to a rest. Stand on the mat with your bowl in hand. Take a final look at where the jack is and close your eyes. Now send your bowl and see how close you can get to the jack.

