



Using a tennis ball in coaching bowls

This may sound very unusual but as a coach we have to use everything at our disposal.

When rolling a Jack it is not always apparent, especially to new beginners, that they are bouncing the Jack. Try them with a tennis ball and it will be very apparent to them.



Another use is when trying to get them to put weight on take weight off. This gets them to take a good swing with either a faster or slower swing.

A Faster swing:- Stand immediately in front of your pupil approx. 4m apart.

Using the swing of your arm throw the tennis ball to them. Get them to return it to you. Slowly move further away from them so that they have to take a faster swing to return the ball to you. They will soon get the idea that they must move their arm faster to get the ball to reach you. Request them to swing the arm in a pendulum movement so that they will do the same with a bowl.

Slower swing:- Reverse of above, slowly moving together to reduce the speed of the swing

