



Barnack Bowls Club

Coaching Outline Plan Example – Developing the lead position

	Session 1	Session 2	Session 3	Session 4
Date:	TBC	TBC	TBC	TBC
Location:	Barnack Bowls Club	Barnack Bowls Club	Barnack Bowls Club	Barnack Bowls Club
Duration:	Min 60mins	Min 60mins	Min 60mins	Min 60mins
Overall Goal:	Towards Leading to Excellence To be recognised as a leading player(s) in the position of lead(er) when playing outdoor lawn bowls at Barnack Bowls Club through enhanced capability development.			
Session Aims and Objectives:	Positioning the jack To optimally deliver and place the jack within +/- 450mm of the required length from an agreed mat position	Drawing to the jack To consistently deliver bowls within 600mm radius (stretch target 450mm) of the jack	Moved jack position To deliver bowls within 600mm radius of a moved jack position	Disruptive bowls To deliver bowls that are on the line of the opponent's bowls to disrupt and prevent draw shots
Content of session:	Health and Safety Introduction to 4 Planned Sessions Introduction to Session 1 Warm-up Discussion: Role of the lead	Health and Safety Introduction to Session 2 Warm up Skills Development and Practice: Develop ability to draw to the jack	Health and Safety Introduction to Session 3 Warm up Skills Development and Practice: Develop ability to draw to the jack when moved	Health and Safety Introduction to Session 4 Warm up Skills Development and Practice: Develop ability to bowl blockers by playing bowls into open space



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	Skills Development and Practice: Setting the mat and bowling the jack to specific lengths Decision Making: Placing the mat and jack strategies Cool down Review: What Went Well, Even Better If Feedback Clear up and exit the green Agree practice between sessions	Decision Making: Using bowls ballistics to your advantage Cool down Review: What Went Well, Even Better If Feedback Clear up and exit the green Agree practice between sessions	Full review of 4 coaching Decision Making: Game scenario Cool down Review: What Went Well, Even Better If Feedback Clear up and exit the green Agree practice between sessions	Decision Making: Disruptive strategies for leads Cool down Review: What Went Well, Even Better If Feedback Clear up and exit the green Review of 4 sessions Agree on next steps and practice
Evaluation/ Review:	What went well Even better if	What went well Even better if	What went well Even better if	What went well Even better if
Contingency Plan:	Show videos of sessions – See You Tube – Specifically New Zealand Coaching Sessions Run decision/communication element of session in club house			
Sign Off:	Participant/Bowler Signature:		Learner/Coach Signature:	