



Learn to Bowl: the social bowler

The overall aim of this stage is to instil the love of the game. New participants to bowls can learn and enjoy the game in four hours. By focussing on the basic technical skills and developing a reasonable proficiency, the new bowler will achieve enough success to stay in the sport. At this point, he or she is a social bowler enjoying social aspects of practicing and playing a game with peers while being active. After demonstrating the basic skills, the bowler will decide which path to take: Bowls for Life, or Train to Play.

Technical, Physical, Tactical, Psychological Priorities

- Introduce claw or palm grip
- Learn stance and foot positioning on the mat
- Introduce bias and delivery of bowl and jack
- Learns and practices jack setting, controlling length, and bowling to the centre line
- Introduce and practice the draw shot
- Introduce mat placement
- Learn basic rules, game structure, scoring and etiquette
- Basic tactics are introduced
- Physical preparation is basic stretching and working on general fitness
- Develop a basic understanding of equipment and its selection as well as appropriate attire for performance, comfort and weather
- Basic psychological preparation is encouraged including anxiety control and a positive attitude

Athletes with a disability

Bowls Canada welcomes people with sensory, mobility or intellectual disabilities. Adaptations are made to the game and to practice to accommodate individual differences ensuring that people can progress at their own pace.

- *Example: Blind bowlers work with sighted guides to determine aim and distance*

Competition

- In-club competitions and/or modified games

Skill Performance Indicators

These benchmarks are based on practice/training drills and the percentages, which may seem high, are accurate – bear in mind that game standards/percentages will be considerably lower.

Skill	Beginning of the Stage	Middle of the Stage	End of the Stage
Controlling the length of the jack	23 metres 50% of the time and in play	23 metres 75% of the time and in play	23 metres 100% of the time and in play
Bowling to the centre line	Within 1 metre of the centre line 50% of the time	Within 90 cm of the centre line 60% of the time	Within 80 cm of the centre line 70% of the time
Controlling the length of the bowl	Within 3 metres of the jack 50% of the time	Within 3 metres of the jack 60% of the time	Within 3 metres of the jack 70% of the time

