

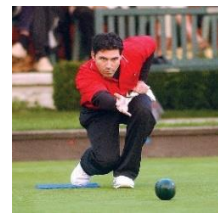


COACHING HERE AT CLUB

SUNDAY MAY 8th, 2022, 10am - 1pm

A DELIVERY CLINIC

VISITING 'COACH BOWLS' QUALIFIED COACHES HELPING YOU REACH YOUR POTENTIAL



Specific practise will improve your game and give you the confidence to make shots in a game situation.

Working individually with you where required on:

- **your grip** - is it correct or is it impeding your accuracy in delivery?
- **your delivery** - is it anatomically correct? - are you consistent? Can you never bowl the next bowl in the same place?
- **line and weight** - fine-tuning your skills - learn how to get 4 bowls on same target
- **bowling accurately** - off centre jacks and close to the ditch
- **as we practice** - on the rink practical application of the laws of the sport
- **target practise** - sounds easy? - come and try! A prize for the top scorer!

PRINT YOUR NAME TO BOOK A PLACE

£5 PER PLAYER (3 hr session)

1	9
2	10
3	11
4	12
5	13
6	14
7	15
8	16

CLUB CONTACT - MARK DINES

COACHING - THE KEY TO SUCCESS