

# JUNIOR COACHING GUIDE



## Introduction

This guide has been designed to assist Junior Coordinators in conducting successful junior bowls programs. The information contained in this booklet focuses on planning, preparation and delivery of school programs and Roll Up.

## Being a Coach

Coaches have a major influence on juniors and their presentation and behaviour can impact a young person's attitude, perception, behaviour and performance towards bowls. It is important to remember that as a coach what you say and do matters. Keep your coaching focus foremost on providing a fun and social environment. A good coach requires patience, respect and adaptability to meet the needs of different individuals.

## Goals of a Junior Program

1. Ensure juniors are having fun
2. Be adaptable
3. Provide a safe environment

## Tips from Bowls Victoria

- Create a fun and relaxed environment for juniors, to ensure they feel comfortable and enjoy their time playing bowls.
- Every junior is different, you may need to use alternative coaching techniques to suit each junior.
- When juniors lose interest they will start mucking around. When you notice this, adjust the activity (make it harder, add competition etc.) or move them on to another activity.
- Encourage juniors, even if they're not quite getting there.
- Don't drag out the introduction, keep it short and simple.

## Things to remember when planning a junior session

- Enjoyment is crucial to engaging juniors in sport.
- Include a range of different activities and modified games.
- Junior sport doesn't always have to be structured.
- Focus on skill development and having fun rather than winning.

## Equipment

You will require small size bowls for junior sessions and programs, typically sized 0000-2. Junior Jack Attack kits are great to use with primary school aged children and those with a disability.

Recommended equipment (but not limited to):

- Hoops
- Cones
- Jack
- Scoring Wedge
- Soft Bowls
- Pop Up Goals
- Mat
- Scoring Mat

Feel free to be creative with your equipment. You don't have to spend a lot of money to create a fun environment on the green. You'll find you can probably use things lying around your club. If you do require help with equipment, Bowls Victoria have equipment available for hire. The below costs are a deposit ONLY. The deposit will be refunded upon return of the item/s.

- Junior Sized Bowls (0000-2) \$350.00 per set (4 bowls in a set)
- Junior Jack Attack Kit \$350.00 per kit

Please ensure you contact Bowls Victoria well in advance as these items are in high demand.





## Session duration

Roll Up sessions are typically 1.5 hours and held either outside of school hours or on weekends. The program design will be influenced by how many participants attend the session, and the participants bowls ability. Bowls Victoria suggest running Roll Up for a four (4) week period (once a week) as this is a suitable amount of time to keep the participants engaged and participating in the full four sessions.



## Planning Roll Up

Planning a session for Roll Up is slightly different to planning for schools. Roll Up participants will either register for the program online (and may or may not show up) or they will just show up to the sessions without giving prior notice. Unfortunately, you may not be able to determine how many kids will be participating. With this in mind, it is important that you plan a session that can be tailored to a variety of abilities and numbers.

Make sure you over plan activities to avoid participants standing around doing nothing or waiting around. As Roll Up is a four week program you should take progression into consideration as well as a variety of activities for each week. It is also recommended that you have access to extra helpers during the session. If you do get a large crowd of juniors arrive to participate you'll need some assistance!

Roll Up should include a range of modified bowls activities, skill development drills and some form of competition aspect. Feel free to split your participants into groups based on age or ability. However, if your group of juniors range in ability it would be a great opportunity to use the experienced bowlers to assist with coaching the new, inexperienced bowlers.

It is essential that the program focus changes from week to week and involves a range of different activities to the week before. This is important to keep the juniors from getting bored. You may want to work towards playing a round-robin in the final week of the program, or have a circuit set up that involves many different bowls related games, or after each session ask the participants what they want to learn/focus on the following week and plan your program around their input.

### Example of a 4 week Roll Up program plan:

	Week 1	Week 2	Week 3	Week 4
Program Focus	Introduction to Bowls.	Further development of skills learnt in week 1.	Scoring and Game play, concepts and strategies.	Competition Play <ul style="list-style-type: none"> <li>• Modified format</li> <li>• Teamwork</li> <li>• Strategy</li> </ul>
Activity Suggestions	Games to get to know the group of participants, 'ice breakers'.  Skill development activities.  <small>Ensure you end the session with a fun large group activity to keep them wanting to come back.</small>	Modified games, focusing on key skills and movements.	Team activities and drills.  Game scenarios.	Apply a variety of skills in a modified bowls game <ul style="list-style-type: none"> <li>• Pairs or triples format to ensure social</li> </ul>

**Don't forget that Roll Up is a social program, it's all about having fun while learning to play bowls!**

### How to run a Roll Up session

- Set up the session equipment before the participants arrive
- Welcome the participants and introduce all bowls club members that will be involved in the program over the four weeks. It is likely that you will also need to introduce participants to the whole group as they may not know one another. Be sure to point out club amenities available on the day, establish rules for the session and point out any safety precautions
- Explain to the group what the session will involve
- Conduct the session
- Find time to have a chat with the participants about what they want to be included in the session the following week eg; scoring, drive practice, trick shots etc
- Thank everyone for attending and welcome them back the next week
- Record and complete the Roll Up attendance sheet
- Once you have thanked and welcomed them back, invite participants (and maybe parents) to help themselves to food and refreshments provided

### Roll Up program deliverer

It is important to remember with Roll Up, the best deliverer may not necessarily be a traditional coach. Roll Up deliverers need to be empathetic, encouraging and adaptable. They need to be able to control group atmosphere and social cohesion, provide clear instructions and modify activities.

## Schools

Below you will find a range of program types and some different ways to run your program:

Program Type	One Period	One Day	Weekly Sessions
Session Length	1-2 hours	1 day	4 weeks/6 weeks
Option 1	<p><b>Games/skills:</b></p> <p>Run activities using a Junior Jack Attack kit.</p> <p>This option is great for an introduction to the sport for younger children and students with a disability.</p>	<p><b>Competition:</b></p> <p>Run a round robin day with a Final at the end. Give a prize to the winners and runners up.</p>	<p><b>Skills activities:</b></p> <p>Each week focus on a new skill. Include a number of fun drills &amp; games. Second half of the session could be match play to allow students to use their new skills in match play.</p>
Option 2	<p><b>Competition:</b></p> <p>Teach the kids the basic skills and rules. Ask the teacher to split them into groups. Get them playing a game.</p> <p>Depending on time, they could play two games to give them a chance to play against another team.</p>	<p><b>Skills and Competition:</b></p> <p>Before lunch rotate the students through a range of skills drills.</p> <p>In the afternoon, place the students in teams to play bowls.</p>	<p><b>Competition:</b></p> <p>One or two rounds per week (format example - 5 ends or 40 mins, 2 bowl triples).</p> <p>Include all teams on Grand Final day using consolation finals.</p>
Option 3	<p><b>Mix of activities and bowls game:</b></p> <p>Run fun activities/drills for the first half of the session.</p> <p>Play a game of bowls in the second half (eg. 3 ends or 20 mins, 5 ends or 40 mins).</p>	<p><b>Games:</b></p> <p>Before lunch rotate students through a range of fun bowls activities in groups.</p> <p>After lunch students get back in their groups and rotate through the activities again, this time scoring.</p> <p>Announce a winner and include prizes.</p> <p>This is great for specialist schools.</p>	<p><b>Mix of activities and competition:</b></p> <p>For the first half of the session run various drills and activities that focus on a particular skill. Choose a new skill each week.</p> <p>Run a competition in the second half of the session. One round per week. Encourage students to practice the skill they learned earlier in the session.</p>

## Planning a session for schools

When planning a program for schools, discuss with the teacher what they would like their students to get out of the program. You will need to adapt the program to suit the group. You may have primary students, secondary students, students with a disability, CALD students etc.

For some students, this could be their first time playing bowls. You will need to ensure you have an adequate amount of volunteers to help the students; one volunteer per rink/activity is ideal.

### Tips:

- Be fun and relaxed with the students. Students will become disinterested and uncomfortable if a volunteer is physically moving their body/feet into position, or is being forceful and strict in their language and delivery.
- Finish with a group game such as the games below, so the kids leave the club on a high.
- Include a prize at the end. This could include medals, trophies, club scholarship, club merch pack, bowls accessories pack and more.
- Allow teachers to take the lead in some areas, for example creating teams
- Put on a BBQ
- Ensure your activities and drills are age/ability appropriate.
- Include a “power play” in your competition to make it more exciting for the students.

### Recommended format for school competition:

#### Primary

Two bowl fours

5 ends or 40 minutes

3 ends or 20 minutes (preferable if you are short on time)

#### Secondary

Two bowl triples

7 ends or 60 minutes

5 ends or 40 minutes (preferable if you are short on time)

## How to run a School session

1. Set up before the students arrive. (Ask the students to get the bowls out and take them to the edge of the green - this is quicker and saves you getting them all out on your own).
2. When the group arrives, introduce yourself to the teacher. Get the students to sit down in a group, welcome them to the club and point out the club amenities. Explain the rules of your club, keeping in mind they won't know basics such as no running on the green, no sitting in the ditch etc. Explain the rules of bowls and a few key terms. Keep the introduction short and sharp. If you go into too much detail, the kids will lose interest and take in nothing from your introduction. Demonstrate as you go, show them how the bias works.
3. Give the students a quick overview of the session.
4. Conduct the session.
5. Get students to help pack up.
6. Bring students in. Thank them for coming. Invite them back to the club to participate in your junior program or to come down with their family to a social bowls event.



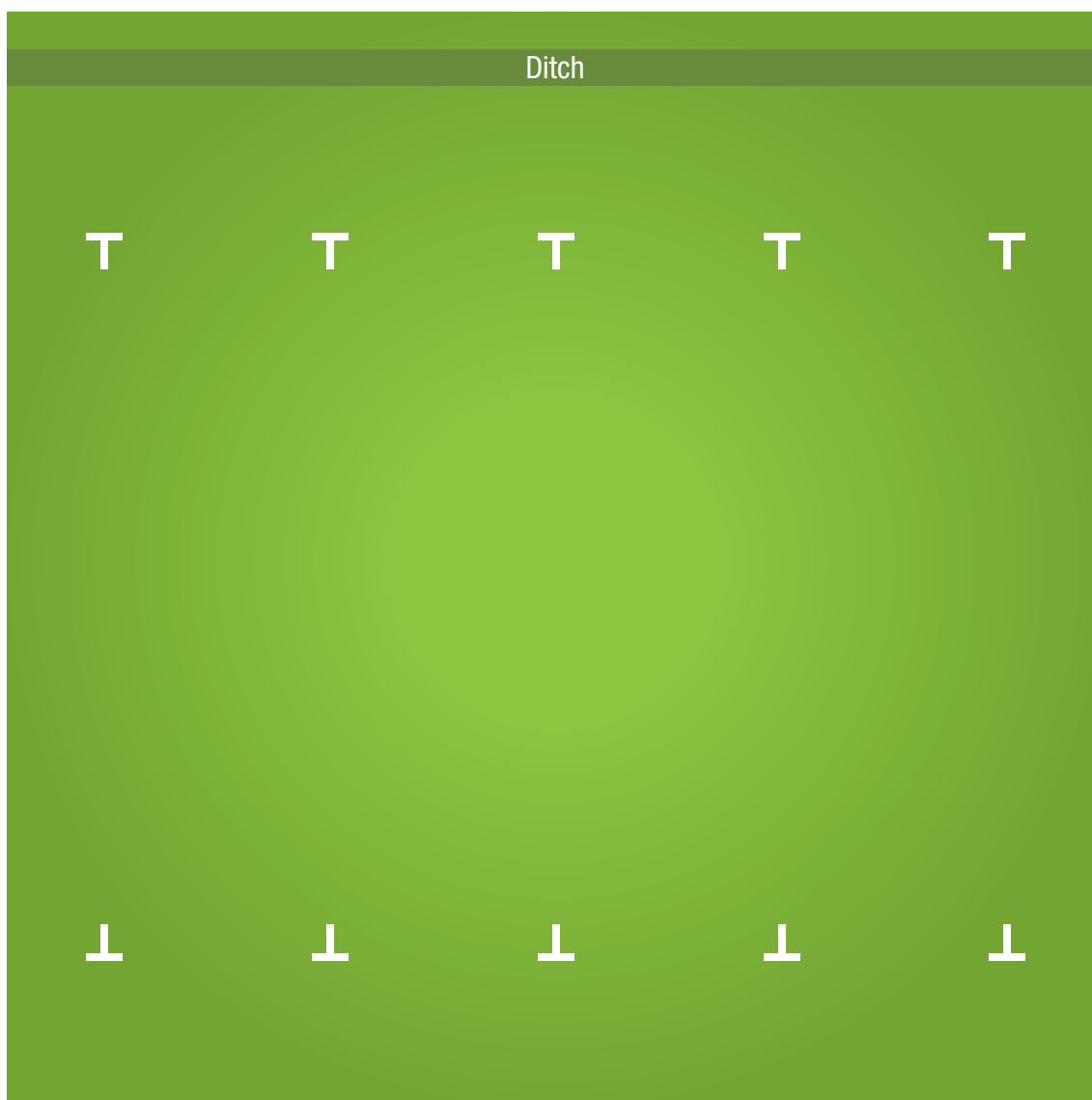


## Drills and activity suggestions

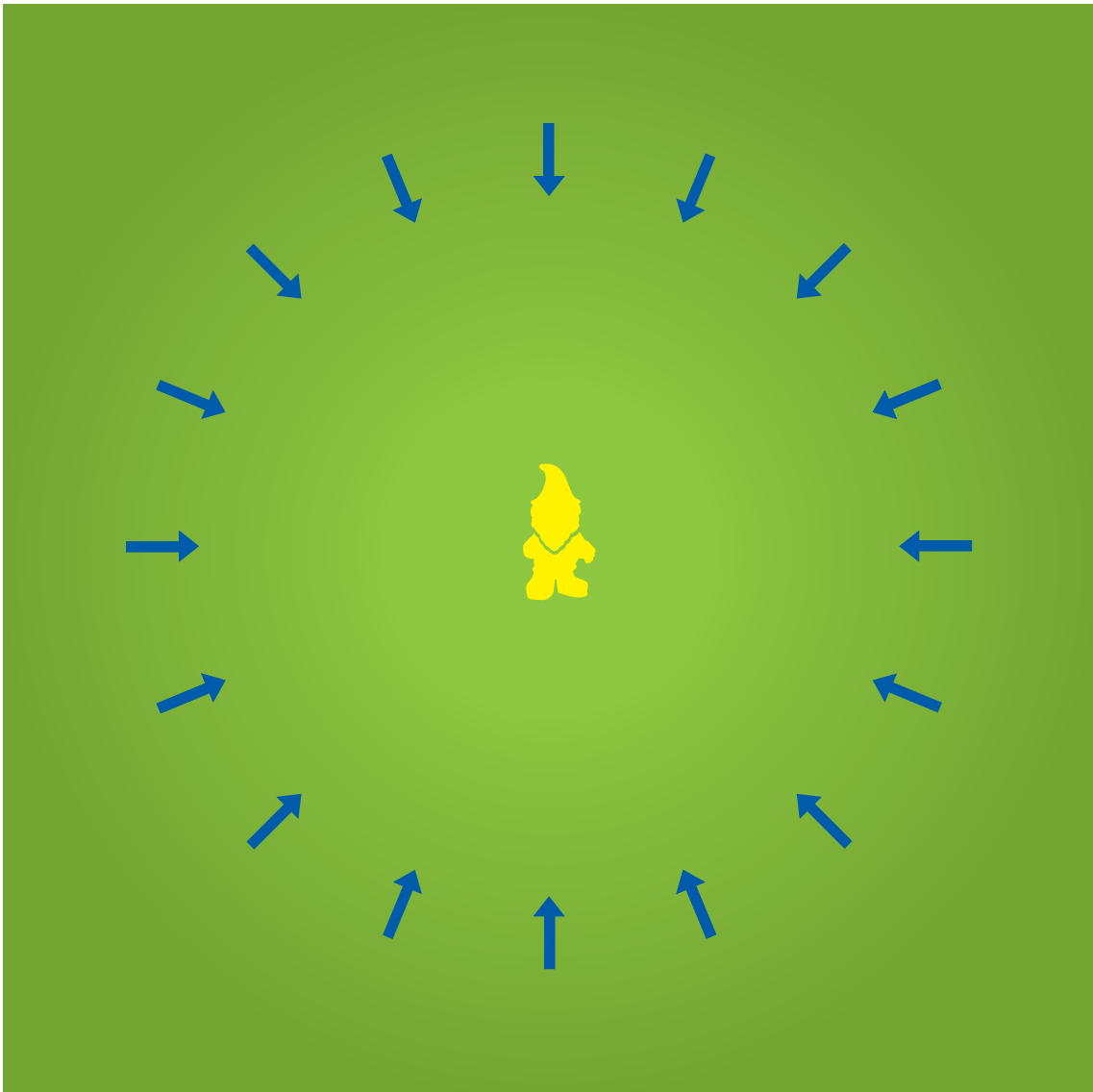
Bowls Victoria gives alternative game suggestions on the BV website. Click here to access these fun and exciting games. Alternate games are great for introducing new bowlers to the sport as well as offering a variety of challenges to more experienced young bowlers.

### Group activities

1. Participants stand on the T or the 2 metre mark and everyone bowls a single bowl at the same time. This activity can be played 2 ways.
  - 1.1 The Winner is decided on whoever reaches the closest to the ditch without falling into the ditch,
  - 1.2 The furthest bowl from the ditch gets removed and that person is eliminated. Keep repeating until there is 1 person left who is the winner. If a bowl goes into the ditch it is automatically out.



2. Participants will stand in a circle and a target will be placed in the centre of the circle. The aim is to bowl your bowl as close as you can to the target. If you are the closest you win. Everyone has 1 bowl and they are bowled at the same time.



## Activities for new bowlers

1. The aim of the game is to land your bowl on the target. Participants are given 2 bowls and need to tally up their score as they bowl. If they do not land on the mat, they get 0 points.



Yellow - 100

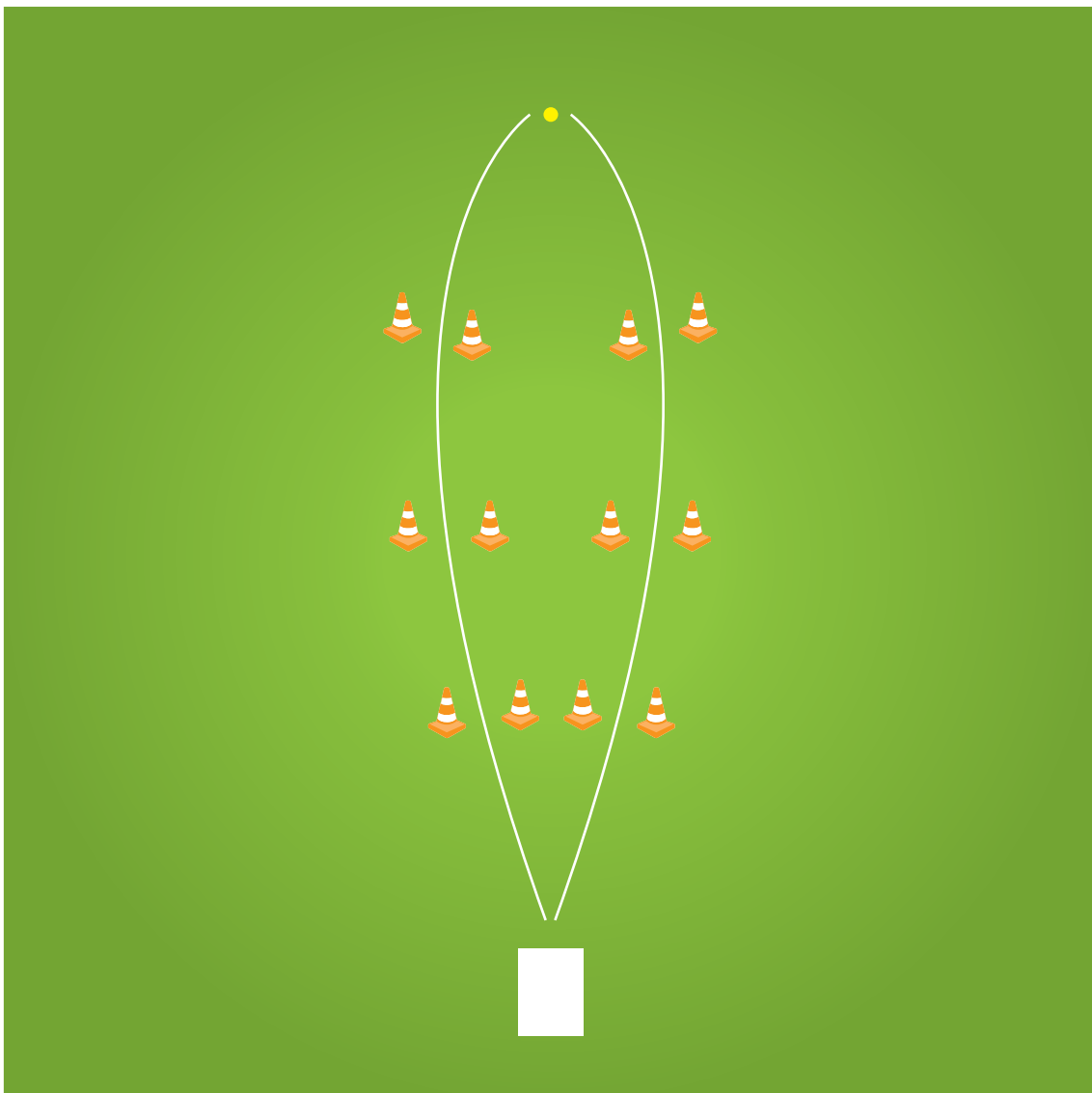
Red - 50

Blue - 25

Black - 10

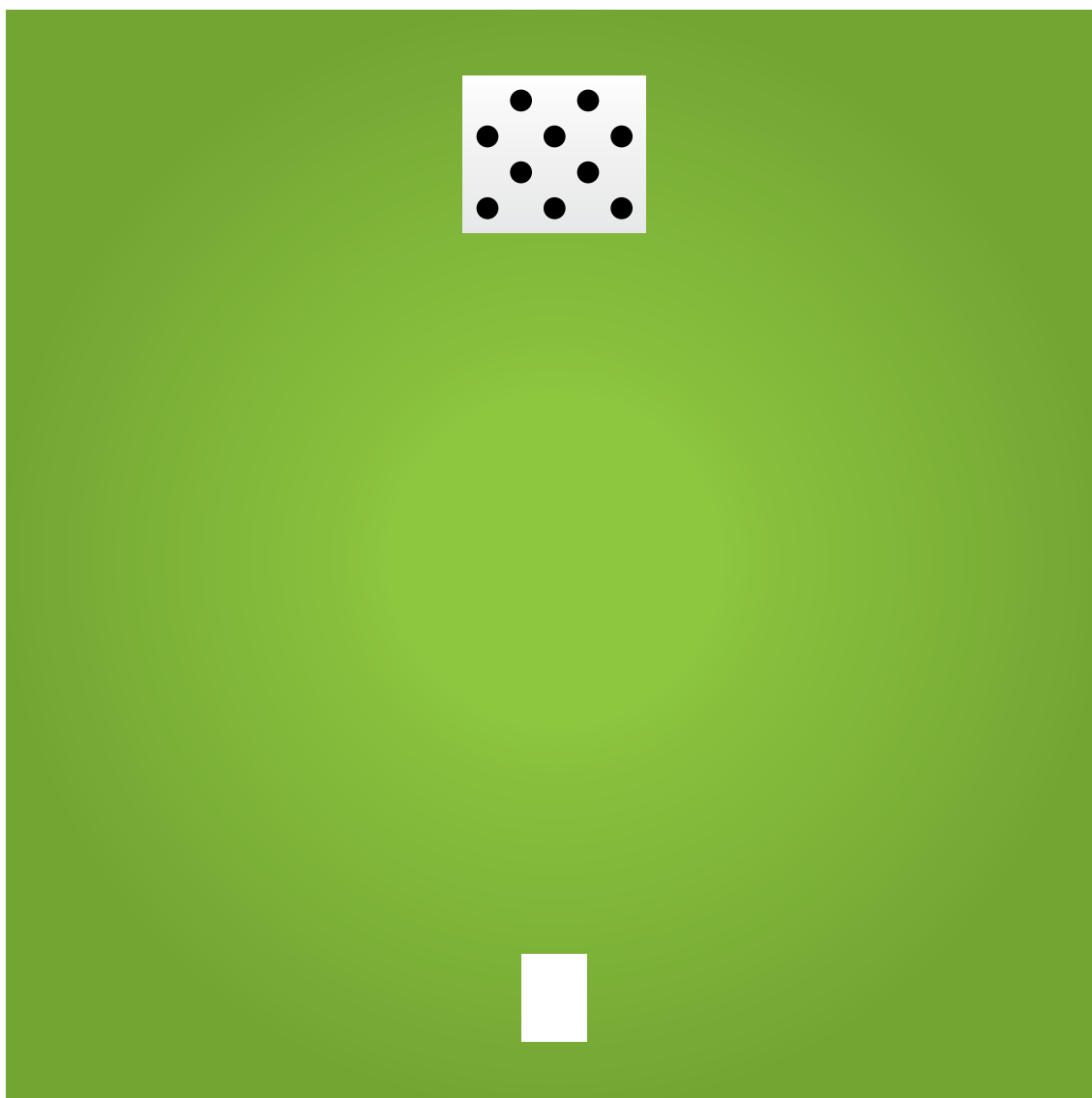


- The aim of this drill is for participants to bowl their bowl through the obstacles set up on the green. Participants will play two bowls on their back hand and 2 bowls on their forehand. This will teach them weight control and how to take grass. Start off easy with 1 obstacle and gradually add more obstacles making the drill more difficult.

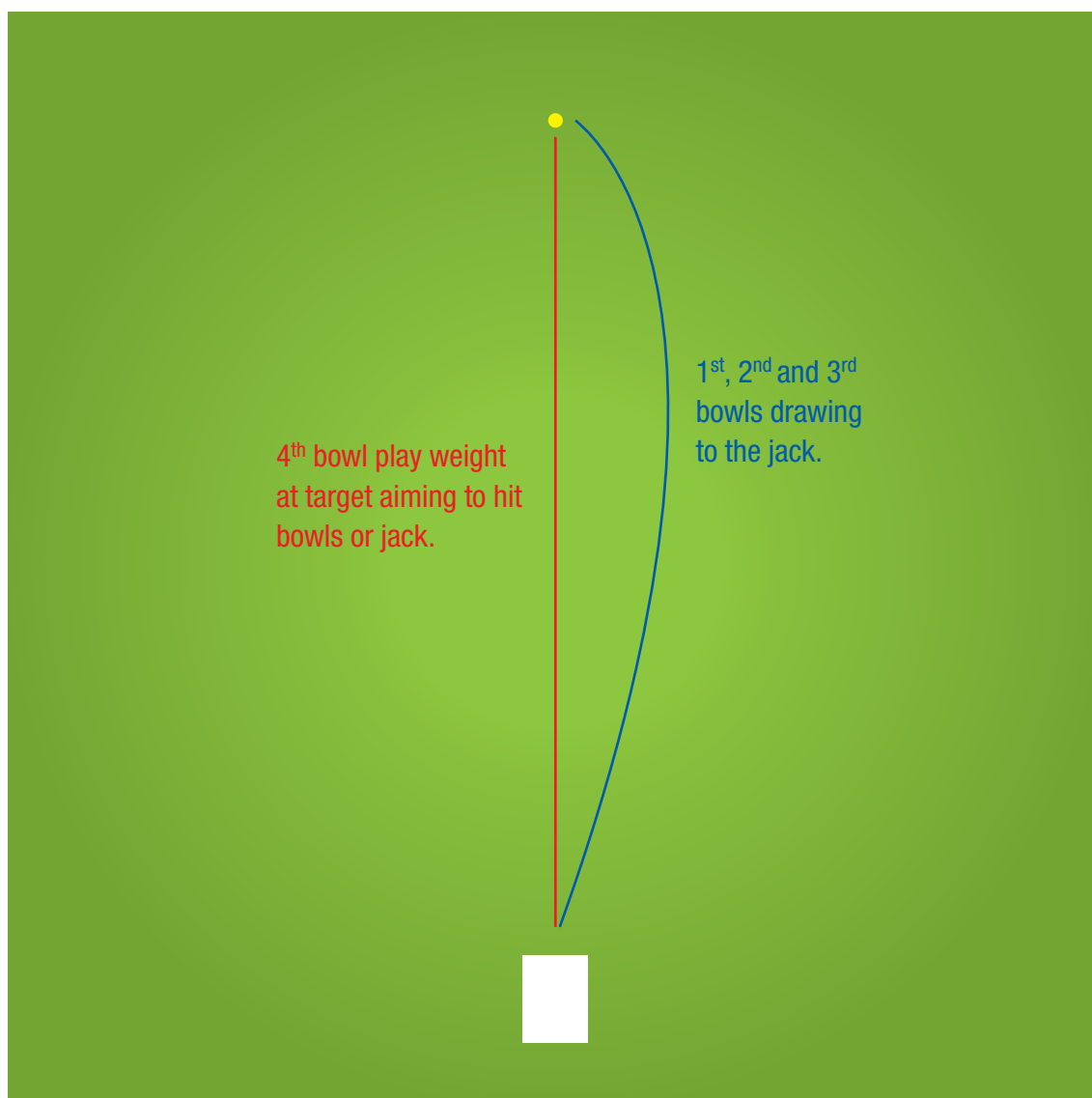


3. This game is the bowls version of 'Skee Ball'. Participants will bowl towards the wedge and try to get their bowl to stay in the hole with the biggest amount of points

**Note:** If you do not have a wedge we recommend using different sized hoops as a substitute.



4. This drill requires 4 bowls. The aim is to draw the first 3 bowls as close to the jack as possible. With the last bowl, the aim is to play weight and disturb the bowls or jack. You will receive one point for every bowl that is inside a meter and 1 point if you disturb the head. 3 points will be awarded if you get all bowls inside a meter and hit your weighted shot.



## Contact

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For assistance or further information, please contact:

Bowls Victoria Participation Team

E: [participation@bowlsvic.org.au](mailto:participation@bowlsvic.org.au)

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