

# Coaches Corner

Lindsay Kerr & Jordan Blair-Bremner

## Team Roles - Part 1 - "The Lead"



### ● HOW DO YOU BECOME A GOOD LEAD?

- **Consistency** is the key ingredient and that can only be achieved through **Practice**.
- **Practice, practice and practice** the key skills.

### ● TOP TIP

- If you deliver your bowl with the same effort you used to throw the jack the Bowl will draw close to the jack.

### ● ROLE OF THE SECOND:

- The main role of the lead is to get bowls in the head, working with the second, to build a platform for the 3rd and the skip.
- Good leads are critical to winning matches.
- In theory it is easy, regularly draw bowls close to the jack.
- The Leads mantra is draw, draw, draw.
- Ideally, draw up and back on the same side, maintain the mat position.
- Bowl the jack to the skippers length.

### ● KEY SKILLS

- Regularly draw close to the jack over short, medium and long ends.
- Picking the best side of the green to play - do this in the roll up.
- Accurately correct line and length after playing a poor first bowl - one short bowl is bad enough but two is unforgivable!
- Staying focused – Be aware of changing conditions.

### ● PRACTICE ROUTINES TO BUILD SKILLS

- **Always** practice with a purpose to sharpen the key skills required to be a good lead. Just rolling up will never make you become a good lead.

## THE KEYHOLE

