



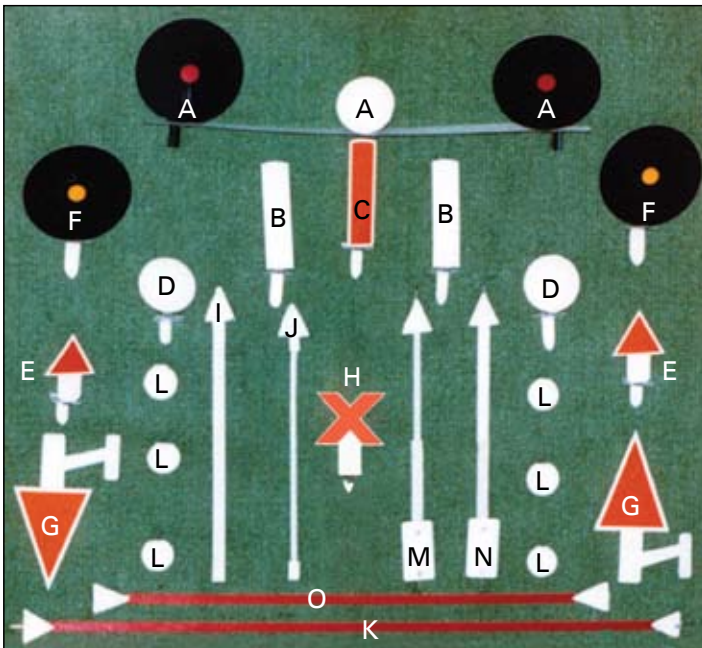
**ABP**  
Coaching Aides

**ADVANCED AND BASIC PRINCIPLES  
LAWN BOWLS COACHING AIDS**

**Coaching Aids for All Requirements  
For Team and Personal Practice Routines  
Advanced Shot Practice Targets  
Coaches Basic Principle Aids  
Specific Junior Bowlers Coaching Aids  
Pennant Training Aids  
Theory with Practical Routines  
Equipment for Disabled Bowlers  
[www.abpcoachingaids.com](http://www.abpcoachingaids.com)**

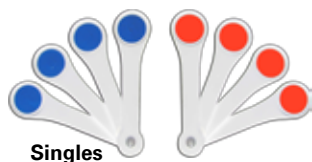
## ADVANCED & BASIC PRINCIPLES KIT

- A. Drive Target:** A combination of one jack and two bowl flaps within the regulated size mounted onto a metal plate held by a specially designed spring to withstand any impact from a bowl also to maintain its upright posture.
- B. White Verticals:** Two upright markers or indicators for a bowl to pass between and through for line and weight control practice.
- C. Red Verticals:** An imitation red jack associated with the white verticals for weight control practice which is placed a nominated distance behind the front markers where the bowl should come to rest.
- D. Regulation Size Jack:** Held fast to the green's surface, remaining stationary at all times as the bowl passes over and through.
- E. Shoulder of the Green Marker:** A red triangle indicator placed at the widest point from the centre line where the curvature of the bowl commences to the jack.
- F. Bowl Flap Standard Size No. 1:** Can be placed anywhere simulating a head or driving practice purposes.
- G. Bank Marker:** Placed on the bowls rest as an aiming line marker, which, can be adjusted by sliding along the bowls rest as required and deletes focusing on other obstacles particularly affected for beginners.
- H. Jack High Marker:** Placed along the aiming line at the jacks high position when reading from the bank for correct focusing along the aiming line.
- I. Outdoor Aiming Line:** Four metre white tape for addressing the angle and delivery line correctly.
- J. Outdoor Centre Line:** Four metre centre line very handy when greens are unmarked or faded.
- K. Indoor Stepping Line:** Designed to be firmly attached to the carpet without damage and is very effective for indoor coaching.
- L. Metal Discs:** Indicators for focusing purposes etc.
- M. Indoor Aiming Line:** Designed to be attached to the carpet during indoor tuition particularly during clement weather.
- N. Indoor Aiming Line:** Four metre tape designed for attachment to the carpet surfaces as item M.
- O. Outdoor Red Tape:**  
To establish a pupil's correct step during delivery by means of a visual indicator.



## SCORE INDICATORS

Score Indicators - front and reverse shown.



Singles



Singles 1-4



Pennant Scoring 1-8 (+ or -)



## MISCELLANEOUS BOWLING AIDS

Minimum Length Markers  
(Plain or Coloured)



Ditch Wall Mounted



Ditch



Reel Tape (Angler)



Coaches Caddie



Palm and Thumb Mechanical Arm



Jack and Bowls Chute

# COACHING AID EXAMPLES



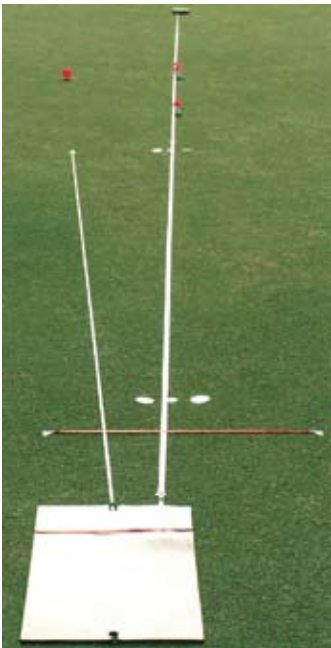
**Drive Target**



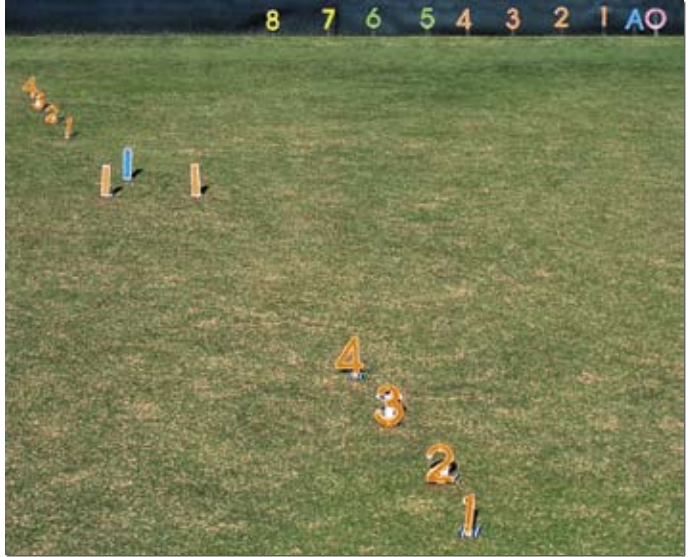
**On Shot - Splitting 2 Bowls**



**Verticals - Weight Control Targets**



**Basic Principles**



**Angles of the Green** (Covers all shots played in bowls)



**Targets and Colour Selections**

# COACHING AID TARGETS

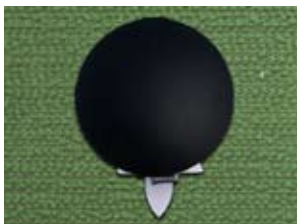
Targets available in the following colours other colours available by request.



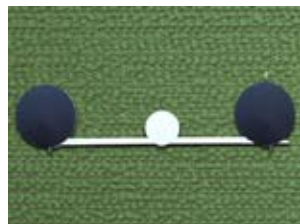
Please note Targets are not shown to scale.



**Regulation Jack**



**Bowl Flap**



**Large Drive Target**



**Medium Drive Target**



**On Shot Target**  
Split Two Bowls



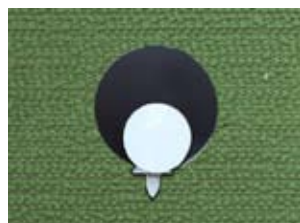
**Selective Shot**  
Drive-On Shot-Draw



**Resting Shot**  
Forehand



**Resting Shot**  
Backhand



**Impossible Draw Shot**  
Jack & Bowl



**Resting Shot Target**  
Reversible B/F Hands

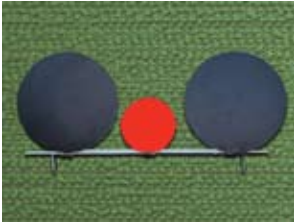


**Resting Shot Target**  
Reversible F/B Hands

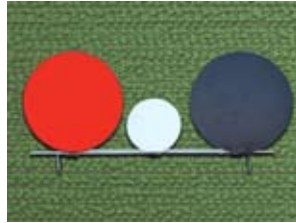


**Verticals**  
Weight Control Targets

# COACHING AID TARGETS



**Medium Drive Target**



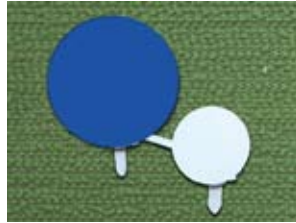
**Medium Drive Target**  
Coloured Bowl Flap



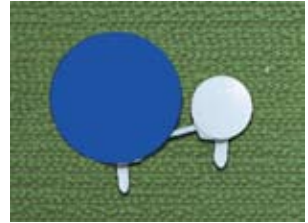
**Resting Shot Target**  
Reversible B/F hands



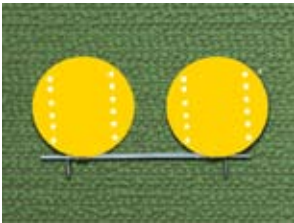
**Resting Shot Target**  
Reversible F/B hands



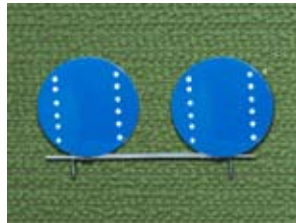
**Resting Shot Target**  
Reversible B/F hands



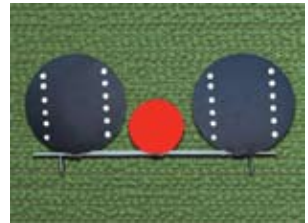
**Resting Shot Target**  
Reversible F/B hands



**On Shot**  
with dimples



**On Shot**  
with dimples



**Medium Drive Target**  
with dimples



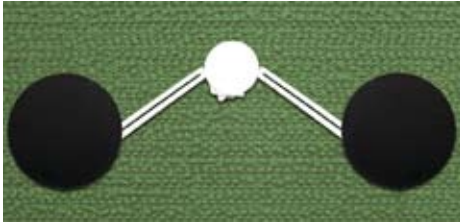
**Focusing Indicators**



**Synthetic Greens**  
Outdoor/Indoor

Synthetic Greens Target Base.  
With hook and velcro attaches  
to the Green surface without  
leaving a mark.  
Additional cost to standard price.

# HIGH PERFORMANCE COACHING AIDES



**The Multiple Target** - Adjustable to 11 targets  
Multiple colour selection



**The On Shot Target** - Adjustable  
Multiple colour selection



**AOG Weight Control**  
Alignment Indicators



**Angles of the Green 0-8**  
Draw to drive angles



**Driving Mat Bowl Protector**  
1200 (l) x 600 (w) mm



**Draw to Ditch Mat**  
1450 (w) x 2000 (h) mm



**Yard Mat**  
914 mm diameter



**Roller Dump Mat**



**Patent Pending on all Targets.**

**Targets are designed and available for Indoor and Outdoor Synthetic Greens.**

The different Targets and colour schemes are very suitable for Junior Bowls Practice and Coaching programs.

**[www.abpcoachingaids.com](http://www.abpcoachingaids.com)**



Commonwealth Games Pairs Gold Medalist  
Represented in 4 Commonwealth Games  
International Coach Malta 2006

*" I have been using ABP coaching aids for well over ten years. Throughout my Career both as a player and coach, ABP Coaching Aids' range of equipment has helped me to perform at my peak. As a player representing Australia throughout the Professional, National and International circuits, these type of Aids have enabled me to maintain optimum performance under regular training sessions that in turn helps to lift my game.*

*The ABP Coaching Aids range is ideal for high performance training and practice routines. When utilized in your training program, they enable the monitoring of each bowler's performance as well as the opportunity to replay any shot over and over again without any interruptions. This makes the equipment beneficial for pennant circuit training drills.*

*I highly recommend ABP Coaching Aids to both coaches and players for all your training practice routines. The range available will assist you in carrying out more effective and constructive training programs that will in turn improve your consistency and your overall game. So if you are looking to perform your ultimate best and want to maintain it, ABP Coaching Aids will deliver."*



All coaching aids are designed to be placed on the greens playing surface and become static throughout your training or practice routines. This saves the reconstruction of the head once the target has been hit and also allows more concentration and time saving.

Coaching aids provide the opportunity to repeat shot practice at your own leisure developing accuracy and expertise in all shots.



**Manager Barry Plant International Coach**  
Member State Coaching Panel (1995–2007)  
Level 3 Accredited Coach

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