Crochet Cowl Pullover Pattern
A Cozy Sweater for Women

An original, relaxed-fit crochet garment guide

A cozy handmade layer with a soft cowl neckline, simple panels, and beginner-friendly construction.

Inside this guide
Materials • sizing • gauge • stitch guide • panel construction • sleeve and collar notes • finishing • fit troubleshooting

Created for readers of CozLoop.com

Original educational pattern concept. Please make a gauge swatch and check fit as you work.



Before You Begin

This is an original, relaxed-fit pullover concept designed around simple rectangular pieces and a ribbed cowl. It is not the same pattern as any third-party PDF. Crochet tension, yarn choice, and body proportions vary, so treat the measurements as a planning guide and adjust the panels to your own fit.

Skill level: Confident beginner
Construction: Two body panels, two sleeve panels, and a separately worked cowl
Fit: Relaxed with positive ease
Terminology: US crochet terms

Materials

• Bulky weight yarn (category 5), approximately 1,400–2,000 yd depending on size, sleeve length, and yarn brand
• 8 mm crochet hook, or a hook that gives the fabric you like
• 7 mm hook for the collar ribbing if you prefer a firmer edge
• Stitch markers, tape measure, yarn needle, scissors
• Optional: removable markers for shoulder and side-seam placement

Size Planning

Choose a finished chest circumference that is about 6–12 in larger than your body bust measurement for a relaxed fit. Measure your bust over the clothing you expect to wear underneath. The sample dimensions below are starting points, not a guarantee of fit.

Planning size	Body panel width (each)	Body length	Sleeve panel width	Sleeve length
XS–S	22 in	22 in	15 in	17 in
M–L	25 in	23 in	17 in	18 in
XL–2X	28 in	24 in	19 in	19 in
3X–4X	31 in	25 in	21 in	20 in

Gauge and Swatch

Suggested target gauge: 9 half-double crochet stitches × 7 rows = 4 in / 10 cm in the main fabric, after lightly blocking. Your actual gauge depends on yarn and tension. Crochet a swatch at least 6 × 6 in, wash or steam it according to yarn-care guidance, and measure the center 4 in. If your fabric is too stiff, try a larger hook; if it is too loose, try a smaller hook.

Abbreviations (US Terms)

ch = chain • **st(s)** = stitch(es) • **sl st** = slip stitch • **sc** = single crochet • **hdc** = half double crochet • **RS** = right side • **WS** = wrong side • **rep** = repeat • **sk** = skip

Stitch Guide

Half double crochet (hdc): Yarn over, insert hook into the stitch, yarn over and pull up a loop (3 loops on hook), yarn over and pull through all 3 loops.

Single crochet (sc): Insert hook into the stitch, yarn over and pull up a loop (2 loops on hook), yarn over and pull through both loops.

Slip stitch (sl st): Insert hook into the stitch, yarn over and pull through the stitch and the loop on your hook.

Main Fabric Pattern

This simple texture alternates hdc rows with a slip-stitch accent row. Keep your turning chain consistent; it does not count as a stitch in this guide.

Foundation: Chain a number that gives the panel width you want, plus 1 turning chain. Work a gauge swatch first to estimate the chain count: stitches per inch × desired width, then add 1.

Row 1 (RS): Hdc in the second chain from hook and in each chain across. Ch 1, turn.

Row 2 (WS): Sc in each stitch across. Ch 1, turn.

Row 3: Hdc in each stitch across. Ch 1, turn.

Row 4: Sl st loosely in each stitch across. Ch 1, turn. Keep the slip stitches loose enough that the edge does not pull in.

Repeat: Repeat Rows 1–4 until the panel reaches your planned length. If the slip-stitch row feels too tight, use a slightly larger hook for that row or replace it with a sc row.

Body Panels (make 2)

1. Use the size-planning table to choose a target width and length.
2. Make a foundation chain that produces the required width at your gauge.
3. Work the Main Fabric Pattern until the panel reaches the planned length.
4. Fasten off and leave a long tail for sewing if desired.
5. Make the second panel to the same measurements. Lay them together and compare width, length, and row count before assembly.

Sleeve Panels (make 2)

1. Make a foundation chain to reach the sleeve width listed for your size.
2. Work the Main Fabric Pattern until the panel reaches your chosen sleeve length.
3. For a tapered wrist, decrease evenly over the final 2–3 in by working hdc2tog at both ends of selected rows; keep both sleeves identical.
4. Make the second sleeve to match the first. Try the sleeve around your arm before sewing; add or remove width as needed.

Assembly

Step 1 — Join the shoulders: Lay the front and back panels together with right sides facing. Sew the shoulder edges, leaving an opening centered for the neckline. Try the garment over your head before closing the seams completely.

Step 2 — Attach sleeves: Find the center of each sleeve's top edge and align it with the shoulder seam. Pin or use stitch markers, then sew the sleeve to the body. Make sure the sleeve is not twisted.

Step 3 — Sew side and sleeve seams: With the garment inside out, sew from the lower edge up to the underarm, then continue down the sleeve to the cuff. Repeat on the other side. Leave the lower body open if you want side slits.

Cowl Collar

The collar is worked as a ribbed rectangle and sewn to the neckline. Use the smaller hook if you want a firmer collar.

1. Chain enough stitches to make a strip about 7–9 in tall (measure the strip height from the foundation edge).
2. Row 1: Sc in the second chain from hook and across. Ch 1, turn.
3. Row 2: Sc in the back loop only across. Ch 1, turn.
4. Repeat Row 2 until the strip length wraps around the neckline with a little stretch. Do not stretch it excessively.
5. Sew the short ends together to form a ring. Fold the ring lengthwise if you want a doubled collar, then pin it evenly around the neckline and sew in place.

Finishing

Weave in all ends securely. Check the underarms, shoulder joins, and collar seam for gaps. Lay the pullover flat and gently shape it to the measurements. Wash and dry according to the yarn label; avoid stretching the collar while wet.

Fit Troubleshooting

The body feels too narrow: Add width to both body panels or choose a larger size plan before assembling.
The sweater is too long: Shorten the panels before sewing the shoulder seams.
The collar flares: Use a shorter strip or sew it on with less ease.
The collar feels tight: Add length to the ribbed strip and check that the neckline opening is large enough to pass over your head.
The fabric feels stiff: Try a larger hook or a softer yarn, then recheck gauge.

Photo Checklist for Your Blog

For a helpful tutorial post, photograph: (1) yarn, hook, and tools; (2) a close-up of the textured swatch; (3) one finished body panel; (4) the sleeve panels; (5) the collar strip before joining; (6) the shoulder and sleeve assembly; and (7) the finished pullover from the front, back, and side. Use your own photos and add descriptive alt text.

Frequently Asked Questions

Can a beginner make this pullover?
A confident beginner who knows basic stitches and can measure gauge should be able to follow this construction guide. Garment assembly takes patience.

Can I use a different yarn?
Yes. Choose a yarn with a similar thickness and make a new gauge swatch. Finished dimensions and drape will change with yarn substitutions.

Is this the same as a branded pattern?
No. This is an original CozLoop Home educational pattern concept. It is not a reproduction of the Yarnspirations PDF.

Can I sell finished sweaters made from this guide?
You may sell finished items you make, but do not resell or redistribute this PDF as your own pattern. If you publish the guide, keep the CozLoop Home credit and do not claim it is a tested commercial-grade pattern.

About This Guide

Created for CozLoop.com. This original guide is provided for personal crafting and educational use. It has not been professionally graded or wear-tested across all sizes. Always check your measurements, gauge, and fit during construction. CozLoop Home does not guarantee a specific finished result.

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