



# National Development Programme (NDP)

## Coaches Commitment Form

ITBA Certified Coaches have an opportunity to commit and develop within an internationally recognised structured National Development Programme (NDP). Key NDP coaching goals include:

- I. providing Bowlers with the skills and knowledge to perform to the best of their ability;
- II. assisting Bowlers to be independent and trust their own decisions;
- III. developing Bowlers to represent Ireland nationally and internationally, at the highest levels;
- IV. formally recognising, encouraging and supporting Bowlers who sign-up to the NDP.

The current NDP is the best chance Coaches have had in recent years:

- I. bringing coaching in line with coaching on a worldwide basis;
- II. permitting Coaches to be Structured, Progressive, Adaptable, Relative and (K)Creative (SPARK);
- III. providing Coaches with an opportunity to sign-up, develop, increase their skills and knowledge and specialise in a fully supported structured programme;
- IV. providing consistent delivery of best in practice Coaching Methods.

### NDP Overview

The NDP is structured in developmental phases: Bantam, U16, U19/U21 and Transition with 24 modules structured for each of the following five levels (see also the illustration that details the content of the modules):

- |                                      |                |
|--------------------------------------|----------------|
| 1. Physical Game                     | 2. Equipment   |
| 3. Bowling Skills and Knowledge      | 4. Mental Game |
| 5. Lifestyle (Fitness and Nutrition) |                |

### Sign-up to NDP:

I am aware that it is a requirement for all ITBA Certified Coaches to formally commit to the NDP, to complete on-line modular training and participate in the developmental clinics (classroom/on lane(s)) run by ITBA Tutors and nominated Experts:

- ✓ I agree to actively engage in the National Development Programme (NDP).
- ✓ I agree to attend forums, complete NDP training, assignments / tasks to support and maintain Coach Certification.
- ✓ I agree to maintain the "Bowlers Passport" for each bowler signed up to the NDP.
- ✓ I agree to maintain session planners for all my NDP coaching sessions / clinics.
- ✓ I understand that the NDP is the only gateway open to ITBA Certified Coaches to coach at International Level.
- ✓ By signing this document I acknowledge that my commitment applies to all seasons and that I will not have to re-commit at the beginning of each bowling season.
- ✓ I reserve the right to opt-out at any time, in writing or e-mail the Coaches Sub-Committee.

Coach Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Coach Name: \_\_\_\_\_

E-mail \_\_\_\_\_

(Print)

(Print)

**Note:** The ITBA in conjunction with Coaching Ireland and the Irish Sports Council will formally recognise, encourage and support coaches who participate in the NDP. A list of ITBA Certified Coaches who have committed to the NDP will be made available on the ITBA website: [www.tenpinbowling.ie](http://www.tenpinbowling.ie).

### Return signed form to the Coaches Sub-Committee or post to:

IRISH TENPIN BOWLING ASSOCIATION | COACHES SUB-COMMITTEE | IRISH SPORT HQ | NATIONAL SPORTS CAMPUS | BLANCHARDSTOWN | DUBLIN 15.

The following table illustrates the 24 Module activities for the NDP within each age group:

No	NDP-1 (U12)	NDP-2 (U16)	NDP-3 (U19)	NDP-4 (Transition)
1	Programme Introduction	World-Class Physical Game	Physical Game Evaluation	Physical Game Evaluation
2	Lane Dimensions	Physical Game Evaluation	Physical Game Evaluation	Physical Game Evaluation
3	Test of Knowledge	Physical Game Evaluation	Simplified Spare Shooting	Ball Speed Variation
4	Introduction to Targeting	3-Point Targeting with Quiet Eye	Introduction to Lane Transition	Ball Speed Variation
5	Bowling Centre Environment	3-Point Targeting with Quiet Eye	Team Lane Play Manipulation	Axis of Rotation
6	Making Adjustments	Simplified Spare Shooting (SSS)	Team Lane Play w/ + Observation	Axis of Rotation
7	Simplified Spare Shooting 1	3-Point Targeting + SSS	5 Ball Motion Manipulations	Skill Challenge Medium
8	How-To Keep Score	Physical Game Evaluation	Axis of Rotation	Skill Challenge Medium
9	Check-in Test	Physical Game Evaluation	Ball Speed	Physical Game Evaluation
10	Intro to Skill Challenges	Physical Game Evaluation	Rev Rate	Physical Game Evaluation
11	Intro to 5-Step Approach	Knowledge Assessment	Physical Game Evaluation	Individual Assessment of Skill
12	5-Step Delivery Continued	Skill Challenges 1	Physical Game Evaluation	Potpourri Skill Challenges
13	5-Step with Manual Scoring	Skill Challenges 2	Physical Game Evaluation	Skill Challenge Long
14	5-Step with Manual Scoring	Intro to Ball Speed Change	Testing Releases for Short	Skill Challenge Long
15	5-Step with Manual Scoring	Ball Speed Change	Testing Releases for Long	Lane Transition Reflection 1
16	5-Step with Manual Scoring	Short Release Variation	Testing Releases for Medium	Lane Transition Reflection 2
17	5-Step with Manual Scoring	Long Release Variation	Skill Challenge with Releases	Physical Game Evaluation
18	5-Step with Manual Scoring	Release Variation Planning	Team Baker Practice	Physical Game Evaluation
19	5-Step with Manual Scoring	Physical Game Evaluation	Team Baker Practice	Physical Game Evaluation
20	5-Step with Manual Scoring	Physical Game Evaluation	Team Baker Practice	Team Building Skill Development
21	Physical Game Evaluation	Physical Game Evaluation	Team Baker Practice	Team Building Skill Development
22	Physical Game Evaluation	Skill Challenges 1 Revisited	Physical Game Evaluation	Team Building Skill Development
23	Year End Tournament	Skill Challenges 2 Revisited	Physical Game Evaluation	Team Building Skill Development
24	End of Programme Skill Challenges	Year End Tournament	Year End Tournament	Year End Tournament