



National Development Programme (NDP)

Junior Bowlers' Commitment Form

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

- (i) providing bowlers with the skills and knowledge to perform to the best of their ability;
- (ii) providing bowlers with a "Bowlers Passport" to map, support and monitor progress;
- (iii) assisting bowlers to be independent and trust their own decisions;
- (iv) develop bowlers to represent Ireland nationally and internationally, at the highest levels;
- (v) to formally recognise, encourage and support bowlers who participate in the NDP.

A presentation was made on February 7th 2015 to parents and bowlers, which you may not have attended, therefore, we are briefly outlining the programme below (see also the illustration that details the content of the modules):

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:

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

Note: a list of ITBA Certified Coaches who have committed to the NDP will be made available on the ITBA website: www.tenpinbowling.ie.

Sign-up to NDP:

I am aware that it is a requirement for all Junior Bowlers wishing to represent Ireland on National Teams; to be ITBA members, formally commit to the NDP and participate in the development and training sessions run by ITBA NDP certified coaches.

- ✓ I agree to actively engage in the National Development Programme (NDP).
- ✓ I agree to participate, co-operate and willingly engage in the NDP, on all 5 levels (as above).
- ✓ I understand that commencing in the 2015/16 season the NDP will be the only gateway open to Junior Bowlers to represent Ireland at International Level.
- ✓ I accept that this signed form will be shared with the Coaches Sub-Committee.
- ✓ 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 to the Junior Sub-Committee.

Bowler Signature: _____ or Guardian Signature: _____
(If applicable)

Bowler Name: _____ or Guardian Name: _____
(Print) (If applicable Print)

Date: _____ E-mail Contact Details: _____

**Return signed form to Junior Sub-Committee or post to:
Phil Joyce, Greenanstown, Stamullen, Co. Meath**

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

No	NDP-1 (U12)	NDP-2 (U16)	NDP-3 (U19/21)	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