



National Development Programme

(Funding support from the Irish Sports Council)

December 2014 Update

Background

The ITBA National Development Programme is a coaching-based programme which encompasses best practice knowledge, proven delivery techniques, coupled with development and performance monitoring. It is designed to develop and prepare bowlers so that they can compete nationally and internationally and is predicated on the following:

Coaches

- ITBA certified coaches will attend a series of coaching clinics in December 2014 (27th 28th and 29th) (30th Team Ireland) prior to the further roll-out and implementation of this phase of the National Development Programme from early 2015 onwards.
- These clinics undertaken by an internationally recognised coach are based on the modern game techniques.
- The clinics will be held in the Irish Sport HQ and at bowling Centres when appropriate (9.30 am to 4.30 pm).
- These clinics will be supported and augmented by an ongoing, online ITBA Coach Education programme and the existing National Development Programme manuals.
- Further sessions are planned in mid 2015 (to be confirmed).
- A list of ITBA certified coaches will be published (ITBA Web and Centre notice boards) on a quarterly basis.
- It is a requirement for all ITBA certified coaches to actively promote, support and coach the National Development Programme.

It is a basic requirement for all ITBA certified coaches applying for appointment for the role of a National Team Coach (all age groups) to complete the clinics and be actively engaged in the National Development Programme.

Bowlers

- The ITBA National Development Programme has been chosen as the only ITBA structured programme to develop bowlers of all age groups (Juniors up to Seniors) who wish to continually improve their bowling and ultimately to be in a position to competitively represent their country at international level. The programme can be adapted to the physical skills and ability of a bowler.
- The ITBA National Development Programme covers the following key areas:
 - 1) Bowling skill development
 - 2) Bowling equipment understanding
 - 3) Lane play options
 - 4) Mental game development
 - 5) Fitness
 - 6) Nutrition
- It is a requirement for all bowlers wishing to represent Ireland on National Teams to be ITBA members, who have formally signed up to the ITBA National Development Programme and that they participate in the development and training sessions run jointly by their respective Group Sub committee and ITBA certified coaches.

For further information contact: ITBA Coaches Sub-Committee at coaches@tenpinbowling.ie.