

District and National Talent Identification Programme

Version 2.1



National Academy

with

NSCC

November 2009

Introduction:

The initial purpose of the Talent Identification & Development (T-ID) programme is to facilitate a higher standard of bowls at all levels of the game in South Africa and it is in support of Bowls South Africa's goal of making South Africa one of the top four bowls playing nations in the world.

The T-ID programme allows players in all parts of South Africa to compete on an equal footing with any other player in any other district, i.e. it creates a common performance measurement standard that can be quantified and ratified.

The T-ID programme will give players in all districts the opportunity to qualify for inclusion in National Academy camps. In future, initial eligibility for selection to National squads will be based on a player's ability to perform the T-ID exercises at the highest possible level.

To qualify for national selection, players must complete at least two (2) 20/20 assessments and at least one complete set of all six T-ID exercises once a month under the supervision of a qualified coach.

The long term purpose is to increase the number of players who can play at District, National and International level, and to allow Districts to uncover players of talent within their own ranks.

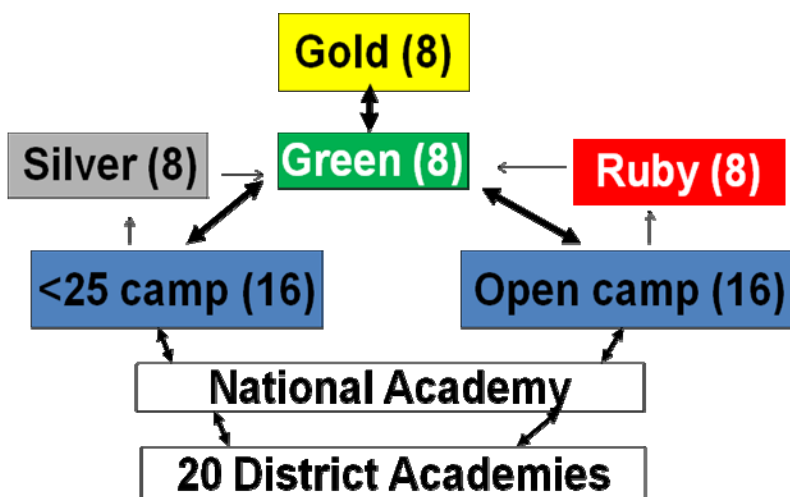
The T-ID score-sheets must be signed by both the player and the coach before being given to the local District Office. These scores will be entered onto specifically provided Results Schedules by a person appointed by the District's Standing Committee for Coaching.

A monthly TOP TEN listing, extracted from the Results Schedules, will be sent EVERY MONTH to Bowls SA's headquarters using the info@bowlssa.co.za email address, with the subject heading "National Academy T-ID". If email is not available, please fax the extracted list to Bowls SA at 086 519 6162.

The record sheets will be used to update a national database so that all players results countrywide can be compared and analysed by the National Academy. Every quarter, the districts will receive a consolidated report reflecting the national results – this will allow the District's players to compare their own performance with the national standard.

The National Academy will evaluate the results received and determine who will be invited to the national camps to form the National Squads.

The structure of national squads, as illustrated below, provides a clear performance pathway for players aspiring to represent South Africa.



The T-ID programme therefore provides a common base for comparison of performance - it provides an objective means of measuring performance that is fair to all, irrespective of Age, Race or Previous Record.

Good luck with the T-ID and thank you for your co-operation.

Bowls SA's National Academy & National Standing Committee for Coaching

Setting up the T-ID exercises:

Players at Club level can practice the T-ID exercises themselves, as long as they have a qualified/appointed Coach on hand to Score, Record and then verify their T-ID results by signing the score sheets with them.

Players DO NOT have to complete the T-ID programme in one session – the exercises have been grouped into three Sections, namely a Draw circuit, a Trail circuit and an Attack circuit, each of which can be practiced independently.

Typically, a player will do a 20/20 assessment and one of the T-ID sections, either Draw, Trail or Drive in one session, which keeps the exercises to a reasonable timeframe per session.

The two required 20/20 assessments plus one of each of the section exercises must be recorded on the scoresheets provided in this booklet. These scoresheets, duly signed, must be given to the District office each month.

For the purposes of standardised scoring, when the player is on the mat, his left shoulder is the “LEFT-side” of the rink, and his right shoulder is the “RIGHT-side” of the rink. We do not refer to “forehand” and “backhand” any longer, since it is different for left and right-handed bowlers.

NB: Where the booklet refers to “Left” or “Right”, it refers specifically to when the player is standing on the mat, as the basis for referring to which side of the green has been chosen by that player.

NOTE: A player may elect to play the “Right” side of the rink first instead of the “Left” side of the rink – this is acceptable, just use the correct column to record the results please.

How to organise the play:

- a. Each player (marker) should have a clip board, a pencil, an eraser and the appropriate score sheet (removed from the centre or back of this information booklet).
- b. Initially the recommended format is 3 players per rink – with experience with the T-ID exercises, this can be reduced to 2 players per rink, which saves time and speeds up the programme. With more than 3 players per rink, it can take too long to complete the full set of T-ID exercises. When doing the circuit with 3 players on the same rink, one plays, one marks & the third returns the bowls.
- c. Emphasise to all players that they should return the bowls using their standard delivery to avoid injury. Care should also be taken to make sure bowls are returned properly on the same line and on the same side of the rink - there is nothing more frustrating for a player than to fetch his bowls all over the place, and it breaks his concentration unnecessarily.
- d. Players takes turns on the same rink to complete each exercise on first one and then the other side of the same rink, recording each player’s score before the next bowl is delivered.
- e. The 20/20 should be done first in all cases, after which it is suggested that all available rinks are set up for the same exercise, i.e. all the players available do the same exercise at the same time.
- f. All players then complete the exercise on one side of the rink completely. Then the exercise is repeated on the other hand in the opposite direction, i.e. on the other hand.
- g. After each exercise, the players on each rink move to another rink before starting the next exercise – R1 goes to R2, R2 to R3 and R3 to R1, whilst R4 goes to R5, R5 to R6 and R6 to R4.
- h. All players are allowed 2 trial bowls up and down on each side of the rink and then 4 trial bowls on their chosen side before starting of the **first exercise** – thereafter, the players are allowed 4 trial bowls on their chosen side before starting the remaining exercises.
- i. Markers should tell the player the length to the target for each bowl delivered, unless the player indicates that is not required. Every effort should be made to assist the player during the exercise – we are trying to encourage better bowls, NOT prejudice any player in any way whatsoever, so we encourage support and assistance from the markers and assistants!
- j. Honesty and fairness must prevail at all times in the spirit of good sportsmanship – do NOT assume that a bowl is within 45cm or 90cm, use the dowel to measure it properly please.

Exercise #1: The 20/20 Assessment.

Purpose:

1. To identify a player's ability to draw to a jack with consistency of line and weight.
2. Allows the player to practice developing focussed concentration.

Resources:

Per Rink: 20 numbered pins / washers, 5m tape, mielie-meal or chalk, a mat and a jack.

Time required per Player: ±30 minutes

Set-up:

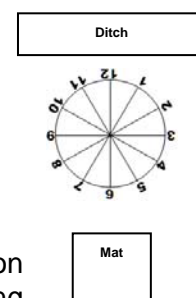
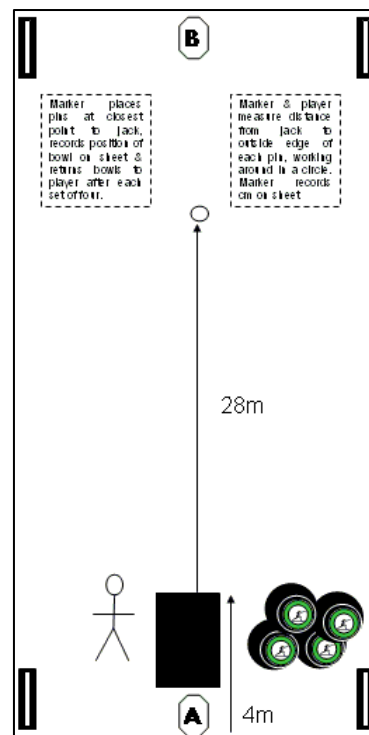
1. Squirt a mielie-meal mark 4m from rear ditch on centre line and place the front (mat-line) of the delivery-mat on this mark.
2. Measure 28m from the mat-line up the centre-line and squirt a 2nd mark for the position of the jack.

Action:

1. Allow the player to play 2 bowls on each side of the rink in BOTH directions, i.e. up and down the rink as a trial, after which the player must then choose which side of the rink is preferred.
2. The player delivers 4 trial bowls on the chosen side. The marker gives an indication of distance, removes the bowl to the back of the rink on the opposite side that the player is using and then returns all the bowls as soon as 4th bowl has been delivered.
3. After the trial, the player then delivers 20 bowls on the chosen side in 5 sets of 4 bowls – bowls are returned after each set.
4. The marker records each bowl's position where it comes to rest by placing a pin, *in numbered sequence*, **straight down** next to the bowl at the closest point to the jack.
5. After 20 bowls, the player comes to the head to evaluate his/her results before assisting with the measuring – the pins allow the player to check and form a picture of where problems may lie, e.g. line, length, concentration span, etc.
6. Once the 20 bowls have been measured & recorded on one side, the Player and the Marker swap ends and the player repeats steps 2 to 6 **in the opposite direction, but on the same side of the rink.**

Scoring:

1. The clock position of each bowl (see *clock at right*), should be recorded for each numbered pin as it is being measured.
2. Using a 5m tape, measure the distance from the **outside** edge of each pin to the nearest point of the jack, writing the distance in centimetres (rounded to nearest) on the score sheet next to the pin-number, beginning in front of the jack and working around in a circle until all 20 distances are recorded.
3. Any bowl delivered into the ditch or a wrong bias is an automatic penalty of **400cm**.
4. Once both sides have been played, i.e. 40 bowls, the marker adds up the scores for each side of the **rink and fills in the total**.
5. **The total for each side is** divided by 20 and the result filled in as *the average for each side*.
6. The two totals for each side are then added together and divided by 40 to determine *the overall average distance*.
7. Using the reference table provided on page 16, please then record the % result achieved.



Section 1:

Exercise #2: Line

Purpose:

Practice delivering a bowl consistently on the same line.

Resources:

Per Rink: A mat and two (2) 5.5cm diameter (i.e. 55mm) plastic or cardboard discs.

Time required per player: ±10 minutes

Set-up:

1. Place delivery-mat on 2m centre mark.
2. Place a 5.5cm disc on the left and right of the centre line, 6m from the mat-line, on the line from the mat to the opposite rink boundary.

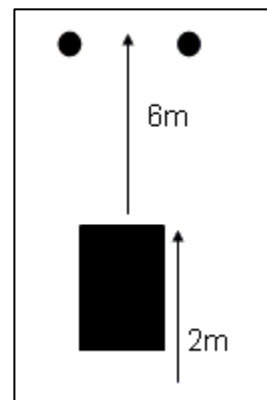
Note: This exercise may be done from the same end of a rink, there is no need to play in the opposite direction.

Action:

1. The player delivers up to 4 trial bowls to the left.
2. The player then delivers ten bowls to left side of green with enough weight to reach a full length jack.
3. The Marker stands ten meters from mat, off the player's line and stops bowls with foot.
Bowls are returned to the player after each set of 4 bowls has been delivered.
4. After all the players on the rink have delivered 10 bowls to the left, then the exercise is repeated on the right side of the rink using the same mat position.

Scoring:

- 1 Bowl travels over the disc at required speed.
- 0 Bowl misses disc.



Section 1:

Exercise #3: Draw to 2 Jacks

Purpose:

Practice finding & maintaining a line, while adjusting to different lengths.

Resources:

Per Rink: 1 mat, 2 jacks, 90cm long dowel stick, marked at centre, i.e. at 45cm.

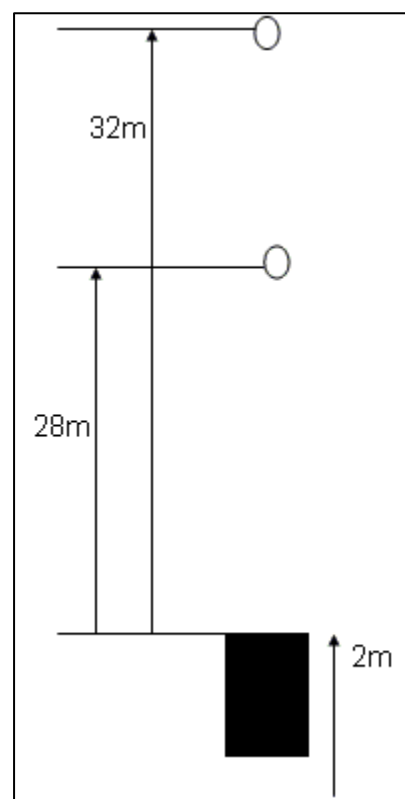
Time required per player: ±30 minutes

Set-up:

1. Squirt a mielie-meal mark for delivery-mat 2m from rear ditch on rink's centre line.
2. Measure 28m & 32m from mat-line up centre-line and centre a jack on each mark.

Action:

1. The player is allowed 4 trial bowls on the chosen side.
2. Thereafter, the player delivers 2 bowls on the chosen side to the short jack and then 2 bowls on the chosen to the long jack.
3. All bowls remain where they come to rest until the player has played four bowls, i.e. a set.
4. The bowls are then returned to the players and replayed for 5 sets, i.e. 10 bowls to each jack has been completed.
5. Once **all players** on that rink have completed 20 bowls, i.e. 10 bowls to each jack on the left side of the rink, then the rink is reset with delivery-mat and the jacks are moved to the other side of the same rink.
6. The exercise is then repeated **in the opposite direction, but on the same side of the rink**, i.e. on the other hand.
7. The player may have 4 trial bowls before beginning the second group of 20 bowls on the other hand.
8. A total of 40 bowls, 20 on each hand, are required to complete this exercise.



Scoring:

- 2 Bowl stops less than 45cm from the Jack (centre mark on dowel stick.)
- 1 Bowl stops less than 90cm from the Jack (length of dowel stick.)
- 0 Bowl stops more than 90cm (length of dowel stick) from jack.

Note:

On the scoresheets provided, the "S" means "Short" jack, and the "L" means "Long" jack.

Section 2:

Exercise #4: Trail

Purpose:

Practice slight adjustment of line and length for *pound-on* draw.

Resources:

Per Rink: 2 mats (a jack for visual reference).

Time required per player: ±25 minutes

Set-up:

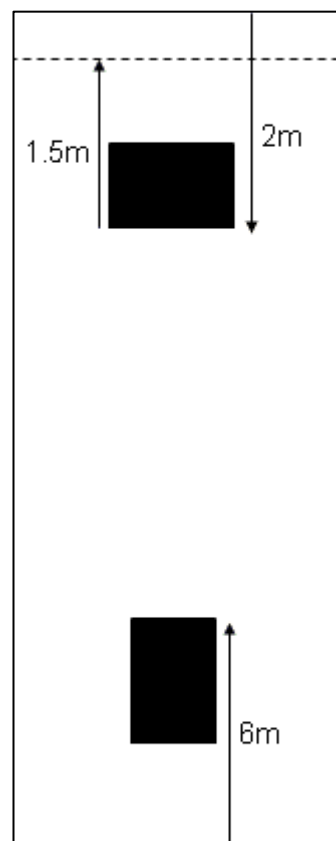
1. Squirt a mielie-meal mark 6m from rear ditch on centre line and place the front of the delivery-mat on this mark.
2. Measure 2m from the rear ditch and place the target-mat sideways (in landscape position) with the front of the mat on the mark.
3. A jack may be placed on the centre of the mat for visual reference.
4. Place a string or meal line 1.5m from the front of the target-mat, across the rink.

Action:

1. Player is allowed 4 trial bowls on the chosen side.
2. The player then delivers 4 bowls on the chosen side of the rink over the target-mat.
3. The bowls are removed after each delivery and returned after every 4 bowls, until the player has played 10 bowls.
4. After all players on the rink have completed ten bowls, then the rink is reset with the delivery-mat, the target-mats and the string moved to other side of the same rink.
5. The exercise is now repeated ***in the opposite direction, but on the same side of the rink***, i.e. on the other hand.

Scoring:

- 3 Bowl goes over the target-mat and stops before the 1.5m line.
- 2 Bowl goes over the target-mat and travels past the 1.5m line, but remains on the green.
- 1 Bowl goes over the target-mat and travels into the ditch.
- 1 Bowl stops against the target mat.
- 0 Bowl misses the target-mat but remains on the green.
- 1 Bowl is short of the target-mat OR misses the target-mat and travels into the ditch.



Section 2:

Exercise #5: Chop and Lie

Purpose:

Practice controlled-weight line and length.

Resources:

Per Rink: 2 mats (a jack for visual reference).

Time required per player: ±35 minutes

Set-up:

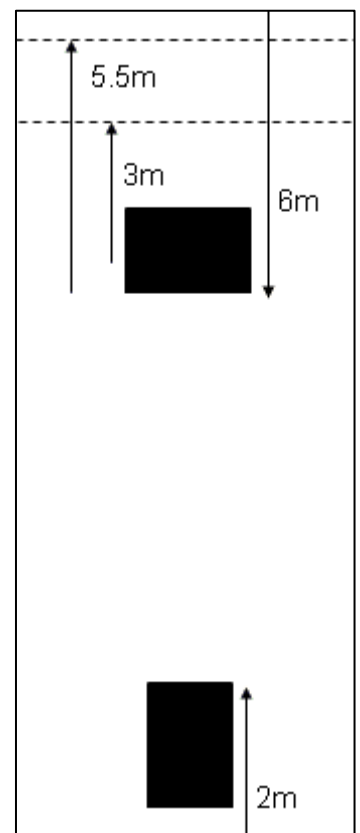
1. Squirt a mielie-meal mark 2m from the rear ditch and place the mat-line of the delivery-mat on this mark.
2. Squirt a mark 6m from front-ditch and place the front of the target-mat on the 6m mark. A jack may be placed on the centre of the mat for visual reference.
3. Place a string or meal line across the rink 3m behind the target-mat, measured from the front of the target-mat.
4. Place a second string or meal line across the rink 5.5m behind the target-mat, measured from the front of the target-mat.

Action:

1. The player delivers 4 bowls on the chosen side of the rink over target-mat.
2. The bowl is removed after each delivery and returned after every 4 bowls, until the player has played 10 bowls.
3. After **all players** have completed their first 10 bowls on the chosen side, then the rink is reset on the opposite direction, with the mats and strings are repositioned for play in the opposite direction.
4. The exercise is then repeated **in the opposite direction, but on the same side of the rink**, i.e. on the other hand.

Scoring:

- 3 Bowl goes over the target-mat and stops between 3m and the 5.5m lines.
- 2 Bowl goes over the target-mat and travels more than 5.5m but remains on the green.
- 2 Bowl travels over the target-mat but stops before the 3m line.
- 1 Bowl goes over target-mat and travels into the ditch.
- 0 Bowl misses the target-mat but remains on the green.
- 1 Bowl is short of the target-mat.
- 1 Bowl misses the target-mat and travels into the ditch.



Section 3:

Exercise #6: Drive and Draw

Purpose:

To practice to drive and then immediately draw with consistency.

Resources:

Per Rink: 1 jack + 2 mats, 90cm long dowel stick, marked at 45cm.

NB: Use at least 4 mats per rink to protect grass bank behind the target-mat.

Time required per player: ±20 minutes

Set-up:

1. Squirt a mielie-meal mark 4m from rear-ditch on the centreline of the rink and place the front of the delivery-mat on this mark.
2. Squirt a mark 4m from the front ditch and place the front of the target-mat on this mark.
3. A jack may be placed on the centre of the mat for visual reference.

Action:

1. After 4 trial bowls, the exercise begins.
2. The player drives over the target-mat on the chosen side of the rink with the first bowl.
3. With the second bowl, the player draws to the target-mat on the same side of the rink. Remove this bowl once it has been scored.
4. Repeat steps 2 & 3 until 10 bowls have been played, returning the delivered bowls to the player after each set of 4.
5. After all the players on the rink have completed the first 10 bowls, the rink is reset in the opposite direction, with the jack is moved to the other side of the rink.
6. The exercise is then repeated ***in the opposite direction, but on the same side of the rink***, i.e. on the other hand.

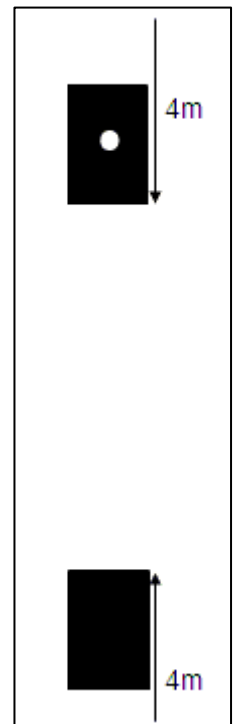
Scoring:

Draw:

- 2 Bowl is less than 45cm from the centre of the target-mat.
- 1 Bowl is less than 90cm from the centre of the target-mat.
- 0 Bowl stops more than 90cm (length of dowel stick) from the centre of the target-mat.

Drive:

- 1 Bowl passes over the mat and reaches the ditch with speed.
- 0 Bowl misses the target-mat and reaches the ditch with speed.
- 1 Bowl is short of the ditch on the drive.



Section 3:

Exercise #7: The Drive

Purpose:

Practice adjustment of line and length.

Resources:

Per Rink: 2 mats (a jack for visual reference).

NB: Use at least 4 mats per rink to protect grass bank behind the target-mat.

Time required per player: ±15 minutes

Set-up:

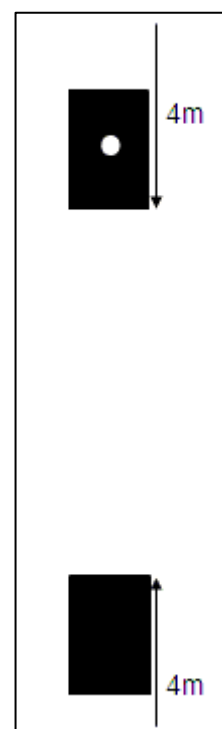
1. Squirt a mielie-meal mark 4m from rear-ditch on centre line and place the front of the delivery-mat on this mark (mat-line.)
2. Squirt a mark 4m from the front ditch and place the front of the target-mat length-wise on this mark.
A jack may be placed on the centre of the mat for visual reference.

Action:

1. The player delivers 4 drives on the chosen side of the rink over the target-mat at speed.
2. The bowl is removed after each delivery and returned after every 4 bowls, until the player has played 10 bowls.
3. After all the players on the rink have completed the first 10 bowls, the rink is reset in the opposite direction by moving jack to the other mat.
4. The exercise is then repeated ***in the opposite direction, but on the same side of the rink***, i.e. on the other hand.

Scoring:

- | | |
|----|--|
| 1 | Bowl goes over the target-mat and into the ditch at speed. |
| 0 | Bowl misses the target-mat but into the ditch. |
| -1 | Bowl over mat but does not reach the ditch. |
| -1 | Bowl is short of target mat. |



Player's personal T-ID Results Scoresheet Summary:

	Date:	Venue:	Green speed	20/20 Average (cm's)	20/20 % (A)	2 Jacks Draw Ex 3: % (B)	Trail Ex 4: % (C)	Chop & Lie: Ex 5 % (D)	Drive & Draw: Ex 6: % (E)	Drive : Ex 7: % (F)	Attack % (C+D+E+F) (G)	Overall % $\frac{(A+B+G)}{3}$
1												
2												
3												
4												
5												
6												
7												
8												
9												

Exercise 1: 20/20 Draw	CM	%
Gold Squads	40	100
	45	95
	50	90
	55	85
	60	80
Silver Squads	65	75
Provincial Team & District Academy	70	70
Provincial Team	75	65
Provincial Team	80	60
District Academy	85	55
	90	50
	95	45
	100	40
	105	35
Keep on Swinging	110	30
	115	25
	120	20
	125	15
	130	10
	135	5
	140	0

For 20/20 Assessment Please Note:	
For following errors, use penalty distance shown:	
Wrong Bias in 20/20	400
Bowl into Ditch in 20/20	400

Exercise 2: Line Play	Score
Delivery-mat 2m 2 x 5.5cm discs at 6m from mat	
Bowl over disc:	1
Bowl misses disc:	0

Exercise 3 : Draw to 2 Jacks	Score
Delivery-mat 2m Two Jacks @ 28M & 32m 90cm Dowel	
Draws to less than 45cm of jack.	2
Draws to less than 90cm of jack	1
Draw exceeds length of dowel (90cm)	0

Exercise 4 : Trail	Score
Delivery-mat 6m Target-mat 2m (landscape)	
Over Mat & not past 1.5m line	3
Over mat but past 1,5 line but still on green	2
Over mat into ditch	1
Rests on target mat	1
Miss target mat but stops on green	0
Miss target mat and into the ditch	-1
Short of target mat	-1

Exercise 5 : Chop & Lie	Score
Delivery-mat - 2m Target-mat - 6m (landscape)	
Over mat & stops between 3m and 5.5m lines	3
Over mat but past 5.5m line but on green OR between target & 3m	2
Over mat but into the ditch	1
Miss mat but stops on the green	0
Miss mat and into the ditch	-1
Stops short of target mat	-1

Exercise 6 : Drive then Draw	Score
Delivery mat is 4m from rear ditch. Target-mat - 4m from ditch with centred Jack.	
Drive over mat	1
Draws to < 90cm from centre of mat	2
Drive misses mat	0

Exercise 7 : Drive	Score
Delivery-mat - 4m from rear ditch. Target-mat - 4m from ditch with centred Jack.	
Over mat and into the ditch	1
Miss target-mat and into the ditch	0
Over mat but short of ditch	-1
Short of target mat	-1

Name: Lance Sayce	Age	BSA No.	M	Date:	Left	Attack Sheet
			F		Right	

Exercise 1: 20/20 Draw				
Left		Side #	Right	
Clock	cm		Clock	cm
		1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		
		9		
		10		
		11		
		12		
		13		
		14		
		15		
		16		
		17		
		18		
		19		
		20		
		Sub-tot:		
		Ave Dist: (/20)		
		Total Overall:		
		Final Average (/40)		
		% (from table page 16)	%	

Ex 4: Trail		Side	Ex 5: Chop & Lie	
Left	Right		Left	Right
		1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		
		9		
		10		
		Total		
Ex #6: Drive then Draw		Side	Ex #7: Drive	
Left	Right		Left	Right
		1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		
		9		
		10		
		Total		

RESULTS		%
Trail:	/60	
Chop & Lie:	/60	
Drive & Draw:	/30	
Drive:	/20	
TOTAL:	/170	

Signed: _____
 Marker: _____ Player: _____

Venue:
Green speed (Secs):

Full Name: Lance Sayce	Age	BSA No.	M	Date:	Left	Draw Sheet
			F		Right	

Exercise 1 20/20 Draw: NB: Use same side of rink.				
Place a numbered pin straight down next to the bowl at a point nearest to the jack.				
Left		#	Right	
Clock	cm		Clock	cm
		1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		
		9		
		10		
		11		
		12		
		13		
		14		
		15		
		16		
		17		
		18		
		19		
		20		

	Total:	
	Avg (/ 20)	
Total Overall:		
Average (/ 40)		
(from table p 16)		%

Ex 3 Draw				
2 Points <= 45cm 1 point <= 90cm.				
Left-side:		#	Right-side:	
Short	Long		Short	Long
		1		
		2		
		3		
		4		
		5		
		6		
		7		
		8		
		9		
		10		
		Sub-total: Short		
		Sub-total: Long		
Total Short (40)				%
Total Long (40)				%
Total (/80)				%

Ex 2 Line Play		
1 point if bowl goes over disc:		
Left	#	Right
		1
	2	
	3	
	4	
	5	
	6	
	7	
	8	
	9	
	10	
	Sub	
Total (20)		
		%

Player: _____

Marker: _____

Venue _____

Green speed: (secs): _____