

# BTBA COACHING ANNOUNCEMENT

## BTBA ACADEMY EXPANDING IN 2019

The season of 2017/2018 saw the launch of the new BTBA Academy for Juniors, split into Regional and National groups. We also launched two Combine events designed to assess bowlers' capabilities in more detail than merely tournament scores. Both are key elements of our long-term coaching vision for all age groups.

In 2019 we will be expanding the academy, by introducing more groups for juniors, adults and seniors, plus an academy exclusively for two-handed players. We will also hold combine events for all age groups.

ACADEMY GROUP	DEVELOPMENT STAGE	LEARNING FOCUS
Foundation 1	3 & 4	introduction to swing concept, timing concept, steps 1-3, training methods
Foundation 2	5	Intermediate swing, timing and training methods. Introduction to sparing and lane play, plus steps 4 & 5
Development 1	6 & 7	Advanced physical technique, intermediate lane-play and sparing, introduction to ball management, bowling psychology and bowling fitness
Development 2	8	Advanced lane-play, intermediate ball management, bowling psychology and bowling fitness
National – Squad	9 & 10	How to compete internationally
National -Team	11 & 12	How to win internationally
Two-handed Foundation	3, 4 & 5	Physical technique and training methods to intermediate level and introduction of lane play and sparing
Two-handed Development	6 & 7	Advanced physical technique, intermediate lane-play and sparing, introduction to ball management, bowling psychology and bowling fitness

## Development Stages Explained

As part of the long-term strategy for coaching we have introduced a 12-stage structure to guide coaches and bowlers together in their bowling development.

Development Stage		L.T.A.D. Stage	Learning Focus
1	Fun First	FUNdamentals	Learning movement through fun games, before learning bowling specific movement
2	First Steps		Introduction to the bowling ball, bowling lane with the focus on instinct
3	Steps to Bowling	Learning to Train	Introduction to the swing and first 2 steps
4	Bowling Foundations		Introduction to the 3 <sup>rd</sup> step, timing concept and training methods
5	Foundation Development		Intermediate swing, timing and training methods. Introduction to sparing, lane play, and steps 4 & 5
6	Developing Scores	Training to Train	Introduction to ball management, bowling psychology and bowling fitness
7	Scoring Skills		Advanced physical technique, intermediate lane-play and sparing
8	Skill Production		Advanced lane-play, intermediate ball management, bowling psychology and bowling fitness
9	Producing Performance	Training to Compete	Introduction to playing internationally, for the country or in international tournaments
10	Performance Building		Participating internationally, either for the country or individually
11	Building Sustainability	Training to Win	Learning how to win internationally
12	Sustaining a Career		Building consistent performance internationally over many years

# THE REGIONAL ACADEMY 2019

## Juniors & Youth U22

### PROVISIONAL SCHEDULE

This schedule is not complete until we can confirm locations for each group. Full details will be announced as soon as possible. Once this is the case we will invite applications via the BTBA Coaching Facebook Page and BTBA websites.

DATE	FOUNDATION 1	FOUNDATION 2	DEVELOPMENT 1	DEVELOPMENT 2
Weekend One				
Saturday 5 <sup>th</sup> JAN	venue T.B.C.	venue T.B.C.	venue T.B.C.	venue T.B.C.
Sunday 6 <sup>th</sup> JAN	venue T.B.C.	venue T.B.C.	venue T.B.C.	venue T.B.C.
Weekend Two				
Saturday 2 <sup>nd</sup> MAR			venue T.B.C.	venue T.B.C.
Sunday 3 <sup>rd</sup> MAR	venue T.B.C.	venue T.B.C.		
Weekend Three				
Saturday 4 <sup>th</sup> MAY	venue T.B.C.	venue T.B.C.		
Sunday 5 <sup>th</sup> MAY			venue T.B.C.	venue T.B.C.
Weekend Four				
Saturday 22 <sup>nd</sup> JUN	venue T.B.C.	venue T.B.C.	venue T.B.C.	venue T.B.C.
Sunday 23 <sup>rd</sup> JUN	venue T.B.C.	venue T.B.C.	venue T.B.C.	venue T.B.C.

# THE TWO-HANDED ACADEMY 2018/2019

## WHO IS INVITED?

Anyone who plays the game with a 2-handed swing and is at least 13 years of age is invited to attend. This is also open to anyone who would like to start playing in this way.

Please be aware that this technique requires a higher level of athletic ability to perform it well and safely, which is why we have made the decision that you must be at least 13.

## WHAT IS THE PURPOSE OF SEPERATING THIS STYLE OUT?

Swinging the ball with 2 hands requires a different technique to more the traditional 1 handed swing. More muscle use is required, more flexibility of the upper body, and generally more explosive power. This requires a different approach to teaching and so being able to focus solely on this style of player.

By bringing this group of bowler together we hope to create a very unique environment where bowlers and coaches learn together about this technique.

## PROVISIONAL SCHEDULE

<b>DATE</b>	<b>AGE GROUP(S)</b>	<b>ABILITY</b>	<b>VENUE</b>
13 <sup>th</sup> JANUARY	ALL - 13+	ALL	Dunstable
Date to be confirmed	ALL - 13+	ALL	venue T.B.C.
Saturday 4 <sup>th</sup> MAY	ALL - 13+	ALL	venue T.B.C.

# THE NATIONAL ACADEMY 2019

2019 will see all age groups come together for 2 weekends at the National Academy stage.

## WHO WILL BE INVITED?

The top 24 men and 24 women from the Adult TE Playoffs (October 21<sup>st</sup> & 22<sup>nd</sup> 2018) will automatically be offered a place.

The top 12 men and 12 women from the Senior Adult trials will automatically be offered a place.

We will also invite a maximum of 36 bowlers from the U22 & U19 age categories (combined) based upon their EYC Combine results, 2017/2018 JTE Tour results, and all players who have represented England at EYC or WYC in 2018.

## PROVISIONAL SCHEDULE

DATE	VENUE	ALL NA MEMBERS	EYC TEAM	EMC TEAM	WWC TEAM	SWC TEAMS
Saturday 5 <sup>th</sup> JANUARY	Dunstable	√	√	√	√	√
Sunday 6 <sup>th</sup> JANUARY	Dunstable	√	√	√	√	√
Saturday 22 <sup>nd</sup> JUNE	Dunstable	√	√	X	√	√
Sunday 23 <sup>rd</sup> JUNE	Dunstable	√	√	X	√	√

## WHAT IS THE PURPOSE OF BRINGING ALL THE AGE GROUPS TOGETHER?

International competition requires the same set of knowledge about lane play, ball motion arsenal management, bowling psychology and bowling fitness - regardless of age group.

By bringing everyone together twice in this first year of the event, we will reduce the overall number coaching days necessary.

A big aspect of the National Academy is to help foster relationships between athletes and coaches and to create the culture of Team England. This will improve the long-term performance of our teams at major events with better understanding throughout the teams and coaches, particularly as players move up the age groups.