YOUTH BOWLING ENGLAND

Grass Roots Athlete Development Scheme

"Bowling is a real sport, and I am an athlete.."

Name: _____

Club: _____

1. About the Athlete Assessment

From bowler to athlete!

This *YBE Grass Roots Athlete Development Scheme* was inspired by the *'Strike Out for Success: A 10-step Tenpin Bowling Assessment System'* written by Arthur J. McDonnell, a former BTBA Director of National Coaching, in July 1998.

This re-imagined and fully updated assessment is intended to provide an objective and measurable record of an athlete's general abilities at a given point in time, and is inclusive. Irrespective of gender, age or natural ability, it provides a pathway to begin thinking, training and competing as an *athlete*.

This assessment should be re-visited throughout the athlete's journey in tenpin bowling and any competent person can assist in assessing the athlete, even if they've no formal coaching qualifications or experiences themselves.

For the licenced instructor or coach this assessment provides a reliable and proven method to focus attention on the key skills of the sport, which they will no doubt apply to many levels of athlete throughout their coaching career.

Using this assessment it will be possible to:

- quickly identify and grade, or measure an athlete's abilities ;
- identify and display where progress is being made ; and
- highlight weaknesses which athlete's can focus attention on.

2. Using the Athlete Assessment

The assessment is adaptable to suit many different athletes of varying abilities. However, there are some guidelines which have been developed after many months of testing:

- The assessment **is** designed to be a test and will inevitably give rise to an element of pressure. This pressure should only be that which is natural, and of the athlete's own making.
- No more than two athletes should be assessed by any one assessor at the same time.
- If the athlete is unclear on what the assessment requires, the assessor should explain in more detail, and in such a way that the athlete understands.
- The assessor should not be overly obstructive, as every athlete is entitled to be assessed fairly.
- Athletes should be encouraged to take their time with these assessments. They may wish to complete a single game 'dry run' to get familiar with the assessment requirements and to ensure they are properly warmed-up.

3. Athlete Assessment Worksheets

The worksheets that follow are a complete step-by-step progression when completed in the order given. Athletes might wish to complete more than one worksheet in a training session, but it is not the speed at which a worksheet is completed, but the attention, focus, and accuracy with which it is completed that will bring better, more meaningful, and permanent results.

These assessments can and should form a regular part of a young athlete's journey to becoming not simply a better bowler but an accomplished, skilled, and valuable tenpin bowling athlete!

Certificates can be awarded for each successfully completed step. These can be downloaded from the Youth Bowling England website.

4. Important Assessment Principles

For each worksheet the following 'rules' will apply to the game or games bowled:

a) Athletes can be assessed on either a single lane or pair of lanes.

b) Games are bowled specifically for the purpose of assessment and should be treated as important.

c) Where more than one athlete is being assessed at the same time, they should all be assessed on the **same Step**.

d) Games must be played on a proper and correct bowling lane and using BTBA approved bowling equipment

e) Where Foul Lights are inoperative the assessor should appoint a lane judge.

f) No bumpers or other aids (such as a ball ramp) may be used.

g) No assistance or coaching is permitted during play from off the bowling lanes (i.e. other athletes or parents/guardians).

h) This is a test of the athlete's skill level, however it is important that everyone involved has good humour and respect. The assessment is supposed to be educational, but above all it **should be fun AND educational**.

i) Always encourage the athlete to try and score their game **if they are able** without simply copying-down the scores from the computer screens. Learning to score will help them quickly assess their game against other bowlers, and to know what they may need to score in match critical situations. Be ready to guide and assist them.

j) The Assessor should complete each Athlete Achievement table whilst discussing the athlete's progress with them.

"Good Luck! and Good Bowling!"

Your Youth Bowling England Committee

Assessment Step 1

For each of G1 and G2..

The athlete must demonstrate their ability to:

- Fill-in G1 and G2 frame-by-frame as they bowl, and if able attempt to score both games in the usual way without relying on the computer screens.
- Score a **1st ball** average of at least **4**.

Date: _____　　　　　Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G1										

	1	2	3	4	5	6	7	8	9	10
G2										

Athlete Achievements		
Game 1 Score	Game 2 Score	1st Ball Average

Step 1 Completed /Certificate Awarded on :-

Assessment Step 2

For each of G3 and G4..

The athlete must demonstrate their ability to :

- Fill-in G3 and G4 frame-by-frame as they bowl, and if able attempt to score both games as before.
- Score a **1st ball** average of at least **4.5**.
- Close any **two** frames - both a strike or spare is a closed frame. *(circle the score box of any closed frames bowled)*

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G3										

	1	2	3	4	5	6	7	8	9	10
G4										

Athlete Achievements			
Game 3 Score	Game 4 Score	1st Ball Average	No. of Closed Frames

Step 2 Completed /Certificate Awarded on :-

Assessment Step 3

For each of G5 and G6..

The athlete must demonstrate their ability to :

- Fill-in and score G5 and G6 as before.
- Score a **1st ball** average of at least **5**.
- Close any **three** frames.
- Bowl **5 1st balls** with an accuracy (or area) of **5 boards** (*using a target board chosen by the athlete, rolling the ball within two boards to the left and two boards to the right of their target. **Circle** every frame in which accuracy was achieved*).

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G5										

	1	2	3	4	5	6	7	8	9	10
G6										

Athlete Achievements				
Game 5 Score	Game 6 Score	1st Ball Average	No. of Closed Frames	No. of Frames with Accuracy

Step 3 Completed /Certificate Awarded on :-

Assessment Step 4

For each of G7, G8 & G9 (a 3 Game Series..)

The athlete will demonstrate their ability to:

- Fill-in G7, G8 and G9 as before – it's *like* a regular 3-game league match!
- Score a **1st ball** average of at least **6**.
- Close at leat **10** frames.
- Bowl at least **19** 1st Balls with **accuracy**.

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G7										

	1	2	3	4	5	6	7	8	9	10
G8										

	1	2	3	4	5	6	7	8	9	10
G9										

Athlete Achievements					
Game 7 Score	Game 8 Score	Game 9 Score	1st Ball Average	No. of Closed Frames	No. of Frames with Accuracy

Step 4 Completed/Certificate Awarded on :-

Assessment Step 5

For a 3 Game Series (or league, maybe..?)

The athlete will demonstrate their ability to:

- Fill-in and score as a **league** in the usual way.
- Score a **1st ball** average of at least **6.5**.
- Close at leat **13** frames.
- Bowl at lease **21** 1st Balls with **accuracy**.

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G10										

	1	2	3	4	5	6	7	8	9	10
G11										

	1	2	3	4	5	6	7	8	9	10
G12										

Athlete Achievements					
Game 10 Score	Game 11 Score	Game 12 Score	1st Ball Average	No. of Closed Frames	No. of Frames with Accuracy

Step 5 Completed/Certificate Awarded On:-

Assessment Step 6

For a Regular League..

The athlete will demonstrate their ability to:

- Score as if bowling in a **league**, in the usual way.
- Score a **1st ball** average of at least **7**.
- Close at least **18** frames.
- Bowl **24** 1st Balls with **accuracy**.

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G13										

	1	2	3	4	5	6	7	8	9	10
G14										

	1	2	3	4	5	6	7	8	9	10
G15										

Athlete Achievements					
Game 13 Score	Game 14 Score	Game 15 Score	1st Ball Average	No. of Closed Frames	No. of Frames with Accuracy

Step 6 Completed/Certificate Awarded On:-

Assessment Step 7

For a Regular League..

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The athlete will demonstrate their ability to:

- Score as a **league** in the usual way.
- Score a **1st ball** average of at least **7.5**.
- Spare at least **55%** of any spares you may have left.

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G16										

	1	2	3	4	5	6	7	8	9	10
G17										

	1	2	3	4	5	6	7	8	9	10
G18										

Athlete Achievements				
Game 16 Score	Game 17 Score	Game 18 Score	1st Ball Average	No. of 'Got' Spares

Step 7 Completed/Certificate Issued On:-

Assessment Step 8

For a Regular League..

The athlete will demonstrate their ability to:

- **Complete** your scores in the usual way.
- Score a **1st ball** average of at least **8**.
- Spare at least **65%** of any spares you may have left.

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G19										

	1	2	3	4	5	6	7	8	9	10
G20										

	1	2	3	4	5	6	7	8	9	10
G21										

Athlete Achievements				
Game 19 Score	Game 20 Score	Game 21 Score	1st Ball Average	No. of 'Got' Spares

Step 8 Completed/Certificate Issued On:-

Assessment Step 9

For a 3 Game Series..

The athlete will demonstrate their ability to:

- **Complete** your scores in the usual way.
- Score a **1st ball** average of at least **8.5**.
- Achieve a 1st Ball strike percentage of **25%**.
- Convert at least **70%** of any spares you may have left.

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G22										

	1	2	3	4	5	6	7	8	9	10
G23										

	1	2	3	4	5	6	7	8	9	10
G24										

Athlete Achievements					
Game 22 Score	Game 23 Score	Game 24 Score	1st Ball Average	1st Ball Strike	No. of 'Got' Spares

Step 9 Completed/Certificate Issued On:-

Assessment Step 10

For a 3 Game Series..

The athlete will demonstrate their ability to:

- **Complete** your scores in the usual way.
- Score a **1st Ball** average of at least **8.5**.
- Hit the **pocket** (i.e. 1-3 for right handers and 1-2 for left handers) a minimum of **40%** of first balls.
- Achieve a 1st Ball strike percentage of at least **30%**
- Convert a minimum **75%** of all spares you may have left.

Date: _____   Assessor: _____

	1	2	3	4	5	6	7	8	9	10
G25										

	1	2	3	4	5	6	7	8	9	10
G26										

	1	2	3	4	5	6	7	8	9	10
G27										

Athlete Achievements						
Game 25 Score	Game 26 Score	Game 27 Score	1st Ball Average	1st Ball Pocket Hits	1st Ball Strikes	No. of 'Got' Spares

Step 10 Completed/Certificate Issued On:-