

Appendix 3

Player Indoor Bowls Assessment Form

Before taking the skills test the person should be allowed a minimum of 2 ends to get used to the rink. Each bowler should have a skills test done within two month of the competition.

Placing the mat and centering the jack

Placing the mat correctly i.e. central and no less than 2m from the ditch	(1 point)
Able to accurately centre the jack is placed at a minimum of 1 yard from the centre line	(1 point)

Casting the jack

Deliver a valid jack to a predetermined length (this will test both delivery of a legal jack and ability to set a desired/preferred length). Each bowler is to cast 4 jacks to each length (8 in total); to a short length (between 23m and mid-point to T), to a long length (a mid-point to T to T length).

Jack lands within bounds and within target length	(2 points)
Legal jack cast but outside target length	(1 point)
Jack lands in ditch, not minimum length (23m) or out of bounds	(0 points)

(Possible max score of 16 points)

Bowling Ability

The aim of the exercise is to test the drawing ability of the bowler. Throughout the test the front of the mat is placed 2m from the ditch. Each bowler is to deliver a total of 12 bowls as follows:

- Using the bowlers preferred bias he/she delivers 4 bowls to the jack which has been physically placed at 24m, i.e. a yard beyond the minimum length
- Leave each bowl in turn on the rink until all four bowls have been delivered
- If any of the bowls or the jack are in danger of being hit by a delivery, lift and replace the stationary bowl to let the moving bowl through
- Measure the distance in metres and centimetres between all four bowls and the placed jack using a steel measuring tape and record the points (as indicated below) for each bowl on the athlete's Skills Test Score Sheet
- In order to measure accurately as possible, the measuring tape will have to be flat to the floor and you will have to add the length of the measuring tape casing onto the distance measured
- The exercise is then repeated with the jack placed at the mid-point between 23m (minimum distance) and the T on the local rink (4 bowls)
- The exercise is then repeated with the jack placed on the T (maximum length) 4 bowls in total

Bowl within 0.5m of the jack	(6 points)
Bowl within 1.0m of the jack	(5 points)
Bowl within 1.5m of the jack	(4 points)
Bowl within 2.0m of the jack	(3 points)
Bowl within 2.5m of the jack	(2 points)
Bowl over 2.5m from the jack but in play	(1 point)
Bowl out of play (ditch, beyond side bounds or not 14m)	(0 points)

(Possible max score of 72 points)

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Assessors Details (Normally the Head Coach)						
Assessors Name:				Assessors Signature:		
Assessors Position:				Venue of Assessment:		
Date of Assessment:	/ /					
Assessors notes:						
Players Details						
Player Full Name				Name known by		
SO Region			Gender: M/F	Date of Birth:	/ / /	
SAM No						

<i>Players Skill Test</i>																						
		<i>Jack Length</i>								<i>Bowling Length (Preferred hand)</i>												
		<i>Short/Med</i>				<i>Med/Long</i>				<i>Short</i>				<i>Mid</i>				<i>Max</i>				
<i>Set Mat</i>	<i>Centre Jack</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>Total</i>

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Knowledge & Tactical Awareness Level (Please tick in the end box the level that best matches the players general ability level)		
Level 1	The player has a good understanding of the rules, can take full responsibility for his or her own game, can read a head, has tactical awareness and can respond to a changing game situation when jack moves during play. The player can also play both backhand and forehand to variable lengths, use mat to tactical advantage and is able to help team members with technical aspects, bias, weight and line.	
Level 2	The player has some understanding of the rules and knows when to ask for a measure or check who holds shot, cannot read a head but has some tactical awareness. The player requires advice of a coach/teammate i.e. hand/shot selection in an attacking/defensive tactical situation but can play both backhand and forehand one of which to variable lengths. The player can help team members with technical aspects, bias, weight line. The player is usually able to adjust line and length if the jack moves during play.	
Level 3	The player has some understanding of the rules, requires verbal prompts from the marker (i.e. ask for a measure, check who holds shot) but is not tactically aware so the player requires assistance of a coach/teammate (i.e. adjustment to weight, hand/shot selection in a changing match situation). The player tends to play to a regular length/hand from a preferred mat position but can adjust with prompts. The player usually sets a legal jack.	
Level 4	The player has little or no understanding of the rules or any tactical awareness. The player requires regular assistance from a coach (i.e. use of correct bias adjustment to weight, direction bowl). The player can only bowl either forehand or backhand and usually to one length from the same mat position. The player has difficulty regularly setting a legal jack.	