

## Zone Talent-Development Programme (ZTDP)

Item	Details	
Abbreviations used	DSCC	District Standing Committees for Coaching
	EZ-Squad	Emerging players who maintain required assessment average
	LTPD	Long term player development programme
	NA	National Academy
	NSCC	National Standing Committee for Coaching
	TIs	Talent Identifiers within each district, appointed by NA
	Z-Squad	Top 12 men and 12 ladies who maintain required assessment average
	ZCs	Zone Co-ordinators for each of the 6 zones, appointed by NA
	ZTDP	Zone Talent Development Programme – also known as “Z-Squad Programme”
1.	Goals	<ul style="list-style-type: none"> <li>To develop voluntary &amp; identified players with potential, who show commitment through regular fulfilment of requirements of a coherent National programme as a feeder for National Squads</li> <li>Provide an accessible long term player development programme (LTPD) for talented, committed players – a pathway to reach their potential</li> </ul>
2.	Preamble	This programme replaces the annual series of assessment ‘camps’ run by the National Standing Committee for Coaching (NSCC) for the National Academy (NA). For any queries, please contact your district’s Standing Committee for Coaching.
3.	Structure	<p><i>Phase 1 Feb 2017: <b>Z-Squad:</b> Identified players who are committed and meet minimum assessment standards. : A maximum of 12 male and 12 female players per District to be known as Z-Squads, with all costs to be carried by the players.</i></p> <p><i>Phase 2 Feb 2018 (or now – depending on capacity in the district): <b>EZ-Squad:</b> Emerging players who are committed and meet lower minimum talent-identification assessment requirements, but who have a desire to develop their current talents in order to contest for a spot in the Z-Squad at a future date.</i></p>
4.	Requirements	<p><b>Z Squad (Phase 1):</b> <i>For initial entry, any current Inter-district player and/or players who participated in the 2016 Zone Camp series will be invited to commit to the Z-Squad.</i></p> <ul style="list-style-type: none"> <li>Maintain a minimum average of 50% (men) or 45% (ladies) for all <u>ZTDP-team supervised assessments</u> – maximum 12 ladies &amp; 12 men</li> <li>Show proof of <u>commitment</u> via participation in squad and individual training requirements which are recorded by ZTDP team-member.</li> <li>Movement to EZ-Squad will be determined on an annual basis <i>at 1 April</i></li> </ul>
		<p><b>EZ Squad (Phase 2):</b></p> <ul style="list-style-type: none"> <li>Maintain a minimum average of 40% (men) or 35% (ladies) for all controlled assessments</li> <li>Show proof of <u>commitment</u> via participation in squad and individual training requirements which are recorded by ZTDP team-member.</li> <li>Movement to Z-Squad would necessitate meeting the minimum requirements of Z-Squad, with decisions made on an annual basis <i>at 1 April</i>.</li> </ul>
8.	2-Month Assessment Cycle	<p>Assessments (<i>based on National Camp Protocol</i>) – mini-zone camp run once every 2 months in each district, with scorers.</p> <ul style="list-style-type: none"> <li><b>Protocol:</b> <ul style="list-style-type: none"> <li>✓ Bowls will be scored as they come to rest, <b>but not removed for the 2 drawing protocols – bowls are only removed in the attacking protocols.</b></li> <li>✓ All activities set up as 2-rink mini-circuits with each drawing circuit played 6 times – once for trial (2 ends) and 5 times for scoring (10 ends). The Attacking circuits, are played three times with 2 trials bowls and 10 scoring bowls (6 ends).</li> </ul> </li> <li><b>Activities:</b> <ul style="list-style-type: none"> <li>✓ All 3 activities can be completed at one event or divided into 3 shorter events.</li> <li>✓ All 3 activities can be repeated on multiple occasions during each 2-month cycle, with the proviso that ALL results are submitted to ZCs.</li> <li>✓ One or more activities may be repeated at the same event, provided the opposite side of each rink is used.</li> <li>✓ Minimum 3 x 20-20 – set up as indicated in 9.</li> <li>✓ Minimum 3 x Targets – set up as indicated in 10.</li> <li>✓ Minimum 3 x Attacking - Trail / Drive / Control, set up as indicated in 11, 12 &amp; 13.</li> <li>✓ One Trial end of 4 bowls may be played on both rinks at the start of each drawing exercise and 2 bowls each end at the start of each attacking exercise, with the Scorer providing distance information and removing the bowl from the head (trial bowls only).</li> <li>✓ In their pairs, one pair starts on the odd rinks and the other pair starts on the even rink, with each player playing one bowl alternatively.</li> <li>✓ Scorer records the score for each bowl delivered, as it comes to rest.</li> </ul> </li> </ul> <p><b>Note:</b> <i>Any assessments done within a month of each other will be considered to be assessments within the same cycle – part of the goal of this programme is to allow the players to develop their skills between cycles.</i></p>

## Zone Talent-Development Programme (ZTDP)

	Item	Details
9.	20-20 Protocol	<p>See <i>Appendix E</i> for rink markings &amp; <i>Appendix B</i> for 20-20 activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Circles:</b> <ul style="list-style-type: none"> <li>✓ Centre 33m from rear ditch</li> <li>✓ Inner circle radius 0.5m, outer circle radius 1m</li> </ul> </li> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 1 &amp; 2 – 5m from rear ditch (playing length 28m)</li> <li>✓ Rinks 3 &amp; 4 – 6m from rear ditch (playing length 27m)</li> <li>✓ Rinks 5 &amp; 6 – 7m from rear ditch (playing length 26m)</li> </ul> </li> <li>• <b>Scoring:</b> <ul style="list-style-type: none"> <li>✓ Touching the line of or within the 0.5m circle = 2</li> <li>✓ Touching the line of or within the 1m circle = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Odd rinks will play to the right and even rinks to the left.</li> <li>• Players complete all 3 mini-circuits at one event.</li> </ul>
10.	Target Protocol	<p>See <i>Appendix E</i> for rink markings &amp; <i>Appendix C</i> for Target activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Circles:</b> <ul style="list-style-type: none"> <li>✓ Centre 33m from rear ditch</li> <li>✓ Inner circle radius 0.5m, outer circle radius 1m</li> </ul> </li> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 1 &amp; 2 – 4m &amp; 8m from rear ditch (playing length 29m &amp; 25m)</li> <li>✓ Rinks 3 &amp; 4 – 3m &amp; 7m from rear ditch (playing length 30m &amp; 26m)</li> <li>✓ Rinks 5 &amp; 6 – 5m &amp; 9m from rear ditch (playing length 28m &amp; 24m)</li> </ul> </li> <li>• <b>Scoring:</b> <ul style="list-style-type: none"> <li>✓ Touching the line of or within the 0.5m circle = 2</li> <li>✓ Touching the line of or within the 1m circle = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Players play 2 bowls from the shorter mat (closer to the target) &amp; then 2 bowls from the longer mat (closer to rear ditch), with this being the only exercise where players can choose which side to play.</li> <li>• Players complete all 3 Target mini-circuits at one event.</li> </ul>
11.	Trail Protocol	<p>See <i>Appendix E</i> for rink markings &amp; <i>Appendix D</i> for Attack activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Target:</b> <ul style="list-style-type: none"> <li>✓ Flat mat with chalk circle (cone size) drawn in centre and jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed landscape (length across the centre-line)</li> <li>✓ Line drawn 1.5m behind the front-edge of the target-mat (i.e edge closest to the player)</li> </ul> </li> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 1 &amp; 2 – 3m from rear ditch</li> </ul> </li> <li>• <b>Scoring</b> (2 trial + 10 scoring bowls on each side): <ul style="list-style-type: none"> <li>✓ Through any part of the circle on the target-mat (line inclusive), resting between the target-mat and the 1.5m line (line inclusive) = 2</li> <li>✓ Over any other part of the target-mat (edge inclusive), resting between the target-mat (must be behind the target-mat) and the 1.5m line (line inclusive) = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Odd rinks will play to the left and even rinks to the right.</li> <li>• Players complete all 3 Attack activity's mini-circuits at one event.</li> </ul>
12.	Drive Protocol	<p>See <i>Appendix E</i> for rink markings &amp; <i>Appendix D</i> for Attack activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 3 &amp; 4 – 5m from rear ditch</li> </ul> </li> <li>• <b>Target:</b> <ul style="list-style-type: none"> <li>✓ Flat mat with jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed portrait (length down the centre-line)</li> </ul> </li> <li>• <b>Scoring</b> (2 trial + 10 scoring bowls on each side): <ul style="list-style-type: none"> <li>✓ Over any part of the target-mat (edge inclusive), with enough weight to hit the ditch (not dribble in) = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Odd rinks will play to the left and even rinks to the right – total of 16 scoring bowls only.</li> <li>• Players complete all 3 Attack activity's mini-circuits at one event.</li> </ul>

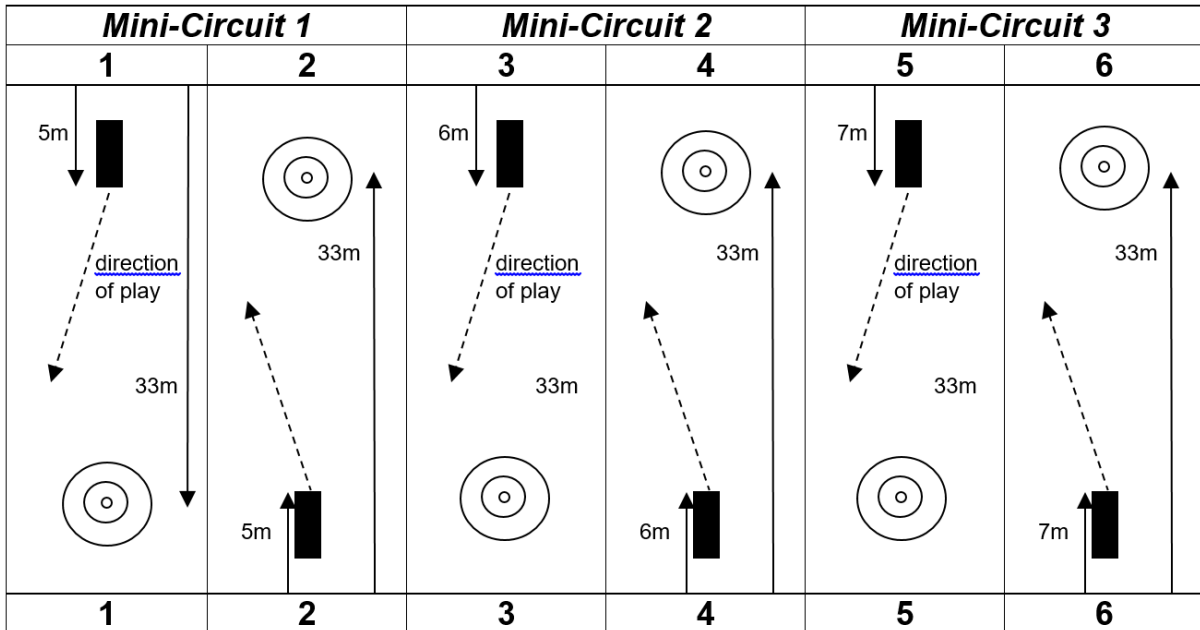
## Zone Talent-Development Programme (ZTDP)

	Item	Details
13.	Control Protocol	<p>See Appendix E for rink markings &amp; Appendix D for Attack activity's green diagram.</p> <ul style="list-style-type: none"> <li>• <b>Mat-Lines:</b> <ul style="list-style-type: none"> <li>✓ Rinks 5 &amp; 6 – 2m from rear ditch</li> </ul> </li> <li>• <b>Target:</b> <ul style="list-style-type: none"> <li>✓ Flat mat with jack placed in centre, with the edge closest to delivery mat at 28m from the delivery mat-line, placed portrait (length down the centre-line)</li> <li>✓ Line drawn 2m behind the front edge of the target-mat (i.e edge closest to the player)</li> </ul> </li> <li>• <b>Scoring</b> (2 trial + 10 scoring bowls on each side): <ul style="list-style-type: none"> <li>✓ Over any part of the target-mat (edge inclusive), resting on the green beyond the 2m line (line inclusive) = 1</li> <li>✓ Anywhere else = 0</li> </ul> </li> <li>• Odd rinks will play to the left and even rinks to the right.</li> <li>• Players complete all 3 Attack activity's mini-circuits at one event.</li> </ul>
14.	2-Month Development Cycle (District-based)	<p><i>Note: The application of this aspect of ZTDP will depend on each District's current coaching capacity and structures. If capacity exists, it can be started after the first or second assessment-cycle in 2017. If not, structures should be put in place during 2017 to make this application possible in 2018.</i></p> <ul style="list-style-type: none"> <li>• District-based coaches should build in individual training programmes for Z-Squad members to provide for the periodised, 2-monthly cycle-based <b>development</b> of the players, based on their individual needs and developmental status. <i>Note: This can only be done locally within the districts, where the coaches develop a more detailed knowledge of the players, building a trust relationship over time. ZCs should be consulted and kept in the loop regarding these developmental programmes.</i></li> <li>• Skills developed should cover all 5 areas in an holistic annual programme: <ul style="list-style-type: none"> <li>✓ Technical skills: a selected variety of skills worked on each cycle</li> <li>✓ Physical fitness: e.g. walking, gym, stamina-building</li> <li>✓ Psychological skills: individual, team, positional etc. (with Talent Identifiers)</li> <li>✓ Tactical skills: understanding of different game / level pressures and strategies to make effective tactical decisions during play</li> <li>✓ Life skills: in collaboration with organisations like SAIDS &amp; Provincial Coaching Commissions, develop understanding of, e.g. anti-doping, nutrition, etc.</li> </ul> </li> </ul>

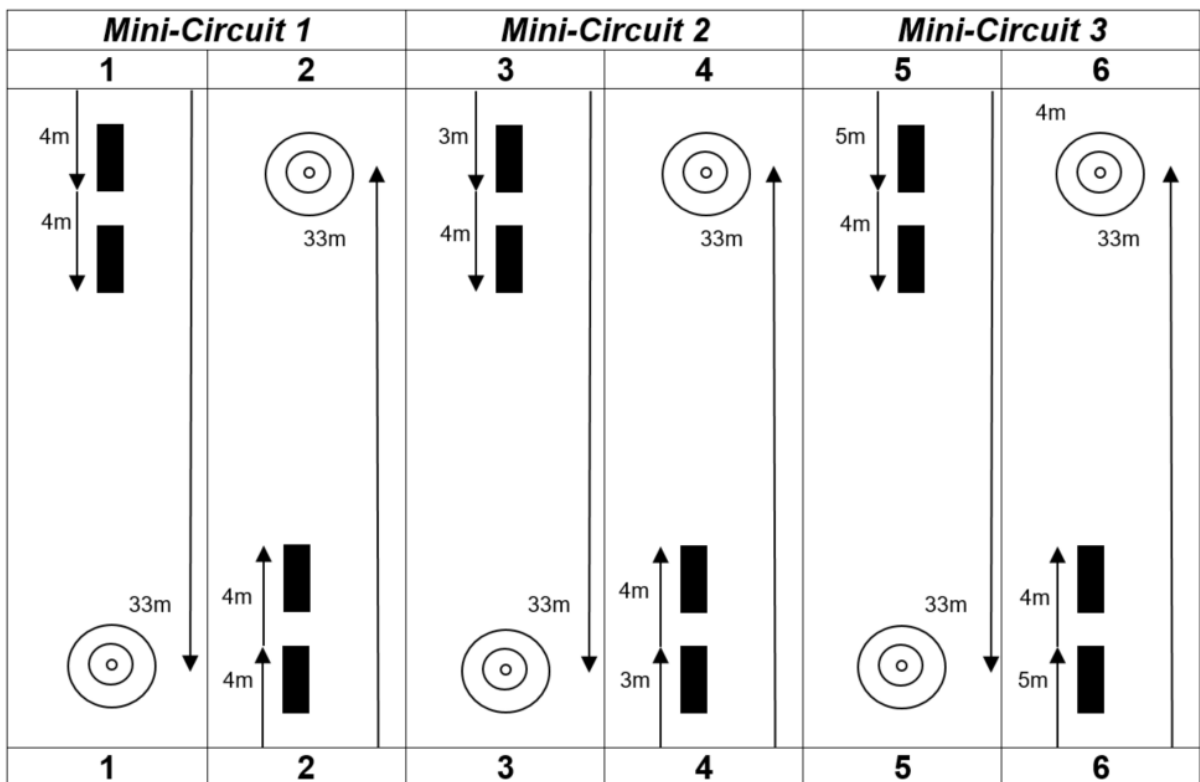
**Note:** Administrative information has been left out of this document for the Players' use.

# Zone Talent-Development Programme (ZTDP)

## Appendix B – Green Set-up for 20-20 Protocol<sup>1</sup>



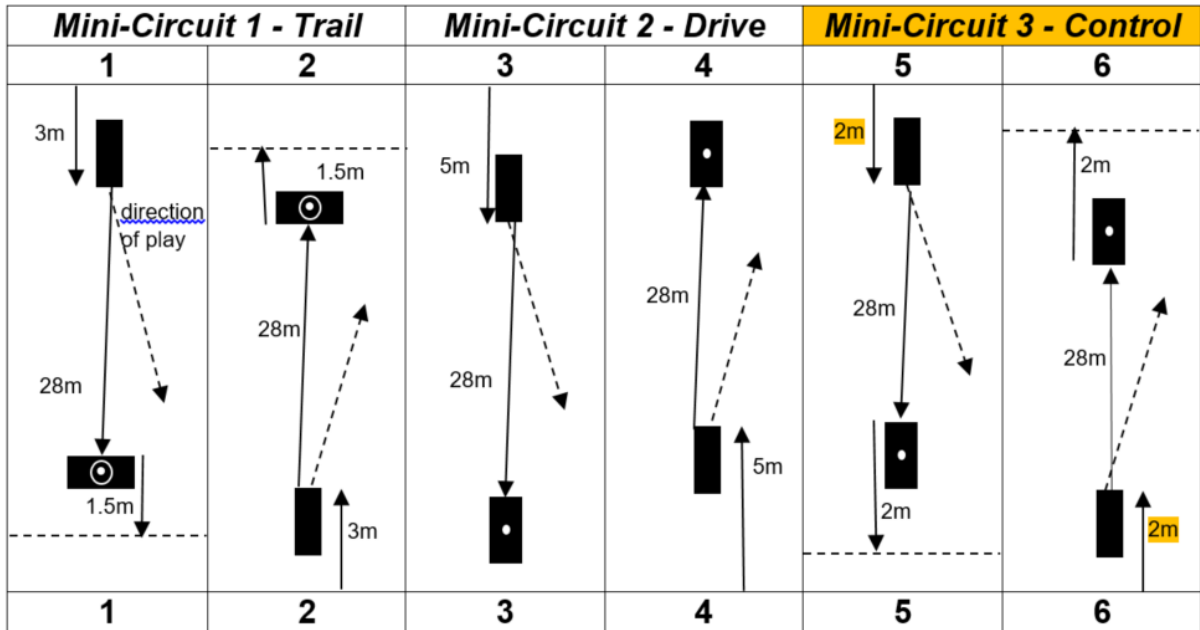
## Appendix C – Green Set-up for Target Protocol



<sup>1</sup> Inner circle radius = 0.5m; Outer circle radius = 1m for both drawing Activities

# Zone Talent-Development Programme (ZTDP)

## Appendix D – Green Set-up for Attack Protocol



## Appendix E – Measurements for Rinks for all 3 Activities

**NOTE:** Rink measurements must be marked by 08:00 to allow quick delivery-mat movements and activity set-up, so that the entire event (all 3 protocols) can be accomplished on one day, starting at 08:30, with playing and scoring instructions given to everyone together at the start of each type of exercise (very NB to ensure that scoring is done correctly). For the Attack Protocol, use FLAT mats OR mat-size felt cut-outs that are pinned down.

20-20 & Target Trail Drive Control

