
REGIONAL ASSESSMENT DAY INDIVIDUAL SKILLS TESTING

Prior to Assessment day

Regional Coaches create email distribution list of players in their region

- Send email to player notifying them of assessment date, time and venue.
- Invite players to contact coaches to arrange to set player's goals and to prepare an individual training programme.
- As part of the first meeting with each player, coach to explain the skills exercises

Format for the day

Skills session set up

- Two lanes prepared for pointing and two lanes for shooting – these lanes are out of bounds unless completing exercise
- Begin with pointing exercises first
- Players to have two attempts at pointing and shooting exercises
- Highest total score for each exercise is taken (pointing and shooting)
- Player's names drawn in pairs
- Pairs to complete exercises simultaneously
- One Regional Coach to score one player each
- Regional Coach to announce score after every boule thrown
- Regional Coach to record total score and sign score sheet. Player to countersign sheet
- Players are responsible for minding own sheets until conclusion of all exercises
- All signed sheets should be mailed by the Regional Coach within five days to the TDR at (126 North shore Road, RD2, Napier)