



NSS TENPIN BOWLING ASSESSMENT FORM

Venue: _____ Date: _____

Assessors: _____

Name of Student: _____ Date of Birth: _____

Assessment Criteria	Student Mark	Maximum Points
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TACTICAL

Insight knowledge, understanding of the sport, game intelligence, decision-making, movement

Warm up, Equipment preparation and Cool down		3
Knowledge of Equipment and proper attire		3
Knowledge of the basic bowling rules		3
Lane target Points (Dots & Arrows)		3
Knowledge on Adjusting lines (strikes and spare system) and when to move		5
Approach (steps)		5

TECHNICAL

Technique and skill of the sport

Approach	Stance, Alignment and shoulder position		5
	Position of Ball and Hand		3
	Direction of the Pushaway		3
	Length and cadence of the steps		3
	Back swing (direction and height)		3
	Knee Bend at the release point		3
	Direction of the steps (drift)		3
	Timing of swing with steps		4
Pre-shot routine			3
Release and follow-through			3
Spares -Consistency in converting spares			6
Strikes -Consistency in hitting targets for strikes			6

PHYSIOLOGICAL

Relevant Physiological Attributes

Balance, hand & Ball Coordination		5
Swing Speed and ability to repeat the swing		5
Flexibility (motion of the shoulder, hips, ankle)		6
Strenght and Power (grip, legs, upper body)		6
Endurance (both upper and lower body)		6

GENERAL

Determination, confidence, concentration and positive attitude		5
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Total marks 100

Assessor's Signatures: _____

Coordinator's Signature: _____