



ROLES AND RESPONSIBILITIES OF COACHES AND MANAGERS

Duty Statements for Coaches and Managers are set out below. Please read them carefully.

Following also are technical benchmarks for junior teams. These provide useful guides when developing coaching plans.

Duty Statement – Coach

1. Be a Community Coaching (level 1) certificate holder, or be in the process of obtaining one, (school policy for all sporting team coaches) and coach to the level required commensurate with the age of the boys being coached. Specialist coaching assistance will be available to assist coaches achieve a club coaching and consistency standard.

Note 1: the cricket club will pay for the coaching courses required.

Note 2: technical coaching benchmarks for junior and youth teams are in the coaches/managers handbook.

Note 3: Cricket Australia's coaching code of ethics is covered in the level 1 course and its application is expected from all coaches.

2. Having established preferred training times with your team, ensure you, or your appointed representative, is then available at those times, unless weather or the like has caused a cancellation.
3. Ensure, in conjunction with the manager, that the team kit is available for each training session and on game day, and assist the manager in keeping the gear in good order and condition. Advise the age coordinator of equipment in need of replacement.
4. Ensure, in conjunction with the manager, that for home games the ground is ready for play by the scheduled commencement time.
5. Ensure, in conjunction with the manager, that the Marist College's high standard in relation to its no sledging policy, and the code of conduct for parents, players and team officials both on and off the field, is maintained.

Duty Statement – Manager

1. Be responsible for ensuring that all Marist Cricket Club notices and other team advice is relayed to team members in a timely manner.
2. Ensure 'Willow Talk' articles and game results are submitted on time, and that team/member statistics are kept up-to-date throughout the season (as agreed between coach and manager).
3. Ensure all players are registered and collect registration fees for latecomers.
4. Encourage attendance at specialised coaching clinics offered by the Club.
5. Ensure, in conjunction with the coach, that the team kit is available for each training session and on game day, and be responsible for keeping the gear in good order and condition.
6. Ensure, in conjunction with the coach, that for home games the ground is ready for play by the scheduled commencement time.
7. Ensure that there is a responsible team scorer available each game day. (This might best be achieved by a roster system for parents, with the parents responsible for finding a substitute in the event they are unavailable on their rostered day.)

Note – scorer's scoring notes are in the coaches/managers handbook.

8. Ensure, in conjunction with the coach, that the Marist College's high standards in relation to its no sledging policy, and the code of conduct for parents, players and team officials both on and off the field, is maintained.



Technical Benchmarks for Junior and Youth Teams

BATTING

<p>Stage 1 (u10-11)</p> <ul style="list-style-type: none"> • Check-grip, stance, back-lift protection • Awareness of stumps-where they are • Importance placed on vertical bat strokes-forward and back These are your <u>survival</u> shots • Expose and coach players to a full range of strokes • Focus on ball • Emphasis placed on method, playing the right shot to the right ball • Enjoyment • Be prepared to listen and learn • Equipment 	<p>Stage 2</p> <ul style="list-style-type: none"> • Begin to integrate basics and attacking strokes (learn by trial and error) • Learning to adapt the right shot to the right ball • Become aware of concentration • Enjoyment • Begin to think about placing the ball • Introduction to running between wickets. Calls, judgement of a run. • Introduction to goal setting • Learn to value your wicket • Must be confident without arrogance • Introduce to pressure • Be prepared to listen and learn
<p>Stage 3A</p> <ul style="list-style-type: none"> • Goal setting • Placement of the ball • Running between wickets - left, right hand fielders • Method in the way that they play • Value your wicket • Begin to make larger scores • Begin to analyse one's own game • Must be confident without arrogance • Temperament • Prepare for pressure situation • Be prepared to work • Mental rehearsal 	<p>Stage 3B</p> <ul style="list-style-type: none"> • Strategies and tactics against different bowlers • Know limitations • Planning an innings • Concentration – making big scores • Develop consistency • Analysing of own game • Must be confident in own ability • Be prepared to dominate game • Be placed in pressure situations • Be prepared to work • Arousal/Mental rehearsal

BOWLING

<p>Stage 1</p> <ul style="list-style-type: none"> • Basics of run: <ul style="list-style-type: none"> - balance - run up - delivery - follow through • Awareness of why ball swings and cuts • Learn to spin, swing, cut ball to maximum (depending on bowler type) • Enjoyment • Importance placed on good action for that particular bowler • Watch (concentrate) where ball is to be bowled • Learn to bowl a stock delivery 	<p>Stage 2</p> <ul style="list-style-type: none"> • Learn to bowl a stock delivery • Variation within bowling type • Introduction to goal setting • “Bowling is starting a play, hence you can restrict what happens • Enjoyment • Must be confident without arrogance • Continue to overcome any problems with technique/action • work towards efficient action
<p>Stage 3A</p> <ul style="list-style-type: none"> • Learn to defend and attack • Begin to think about strategies • Goal setting • Begin to think about bowling to a plan • Work on variations eg. Flight within the bowling. Be able to bowl a type, variety of deliveries • Learn to work – get introduced to work. Learn to enjoy work • Begin to look at how players respond to pressure • Begin to understand what type of bowler they are • Mental rehearsal • Begin to think about line and length 	<p>Stage 3B</p> <ul style="list-style-type: none"> • Strategies and tactics against different batters, in different situations • Identify players (batters' faults) • Learn when to bowl the right delivery • Be able to bowl line and length • Be able to perform basic variations within a bowling type • Get them to understand bio-mechanics • Players must be able to assert their authority and be prepared to dominate • Work to bowl well in unfavourable conditions • Be calm under pressure • Become aware of limitations



FIELDING

Stage 1	Stage 2
<ul style="list-style-type: none"> • Basic catching-above & below waist (Soft Hands / Tennis balls) • Over-arm throwing technique • Team play eg. backing-up • Begin to learn to watch ball off bat • Moving in to field the ball • Emphasize that fielding is enjoyable and challenging 	<ul style="list-style-type: none"> • Under-arm throw • Side-arm throw • Slips fielding • Emphasize enjoyment and challenging • Begin to learn to read the ball off the bat
Stage 3A	Stage 3B
<ul style="list-style-type: none"> • Getting rid of the ball ie. run-outs • Specialist fielding positions – cues • Concentration • Emphasis on challenging 	<ul style="list-style-type: none"> • Analyse the game ie. Batter game situation • Concentration • Emphasis on challenging ie preventing runs, taking half chances etc

FITNESS

Stage 1	Stage 2
<ul style="list-style-type: none"> • Not of major importance as most players are naturally fit • If any players are unfit (overweight) make them aware of problem • Emphasis on players being healthy and in good condition through sport. This will hopefully stick with them for life • Awareness of Hydration strategies • Flexibility Exercises/warm up, warm down • Fitness incorporated in practice skills • Enjoyment 	<ul style="list-style-type: none"> • Make players aware that fitness is important in cricket • Make them aware that different types of players require different levels • Flexibility Exercises/ Warm up, warm down • Make players aware of different components e.g speed, strength, power, endurance • Awareness of Hydration • Enjoyment
Stage 3A	Stage 3B
<ul style="list-style-type: none"> • Fitness testing • Look at what different players are doing in terms of fitness • Look at what programs fast bowlers, spin bowlers, keepers, batters etc should be doing to keep fit • Flexibility Exercises/Warm up, warm down 	<ul style="list-style-type: none"> • Fitness testing • Implement programs for players to do in off, pre, and in season to reach optimum fitness levels for cricket • Design personal fitness programs if necessary • Relate fitness to skills (how to incorporate both) • Flexibility Exercises