



Developing Strong Standards
For Successful Marist Cricketers

Player Manual

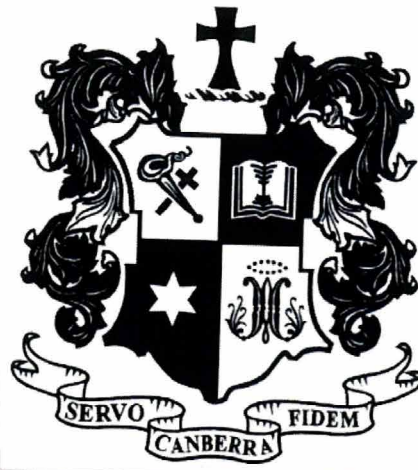
Part 2



CONTENTS

Skills to Develop

- Fielding Basics
- Wicket Keeping
- Fitness
- Cricket Psych Skills
- Captaincy
- Game Sense



FIELDING



The game of cricket requires players to spend up to 80% of their time fielding and whilst attention is paid to fielding activities it is often as an “afterthought” or simply to fill in time at the end of training. Every player’s aim should be to become as competent at fielding as they are at batting or bowling.

That has always been the best advice any coach can give a budding cricketer, but it is even more the case these days now that limited-overs cricket plays such a big part in a cricketer’s career. There is nowhere to hide when batsmen are chasing runs in the one-day game.

KEY POINTS

- **Maintain low body height – bend the knees**
- **Watch the ball into the hands**
- **Return to the 'keeper on the full**
- **Communicate with your team-mates**

Ground Fielding and

MOVING TO THE BALL

Fielders away from the bat, i.e. not in the slips/close catching positions, move in with the bowler. They should maintain a low body weight, and the weight should be on the inside of the balls of the feet. Adjust body position for clean pick-up, watch ball into hands and keep head and eyes steady.

The fielder can maximise anticipation by watching the batter's stance, his footwork and blade of the bat angles.

KEY POINTS

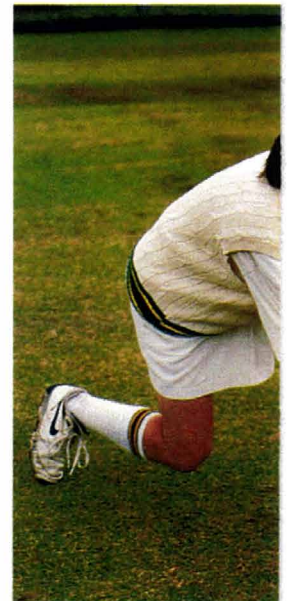
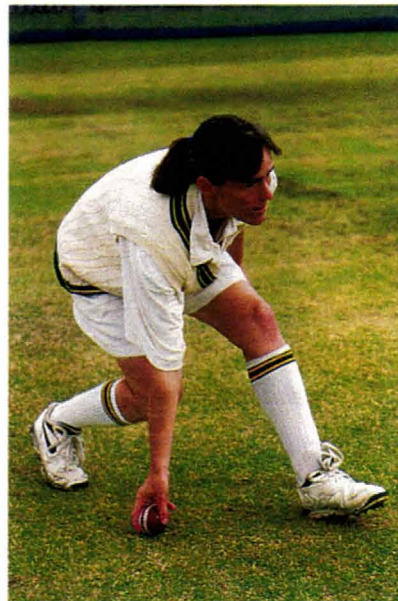
- **Attack the ball**
- **Soft hands**
- **Flat throw on the full or with a clear bounce to 'keeper**

ATTACKING FIELDING

- Back foot right angles to line of the ball
- Low body weight
- Flexed knees
- Head in line
- Watch ball into hands
- Soft hands
- Elbows shock absorbers
- Pick up ball two hands, full return to 'keeper



UNDERARM THROWING



DEFENSIVE FIELDING

- Body is the second line of defence
- Never be late for the ball
- Bend hips and knees as low as practicable
- Keep your eyes on the ball
- Let your hands give with the ball

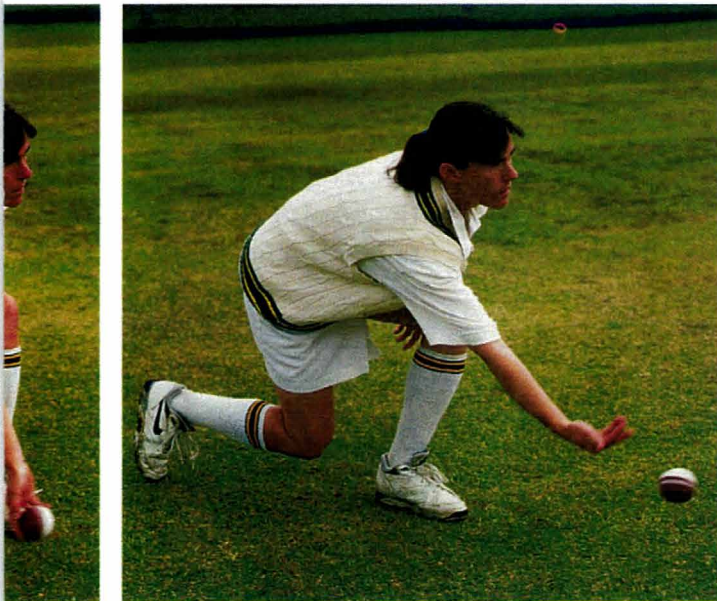
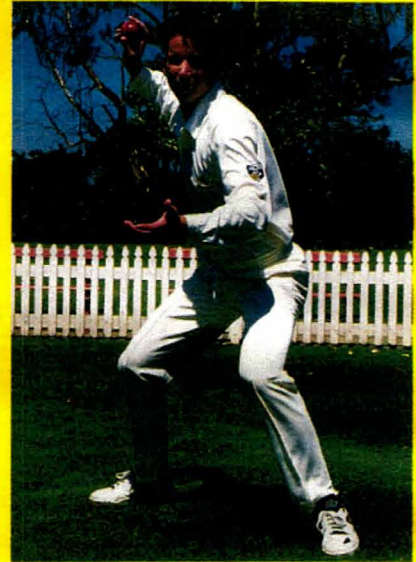
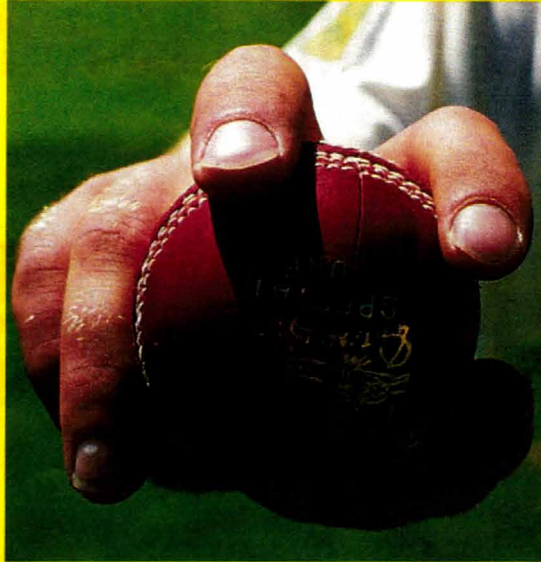
KEY POINTS

- **Stay front on**
- **Fingers point down, not at ball**
- **Throwing arm straight back, straight through at target**
- **Arm close to body**
- **Maintain low body crouch**

Throwing

GRIPPING THE BALL

- Grip across seam
- Wrist loose for overarm throws
- Wrist firm for underarm throws

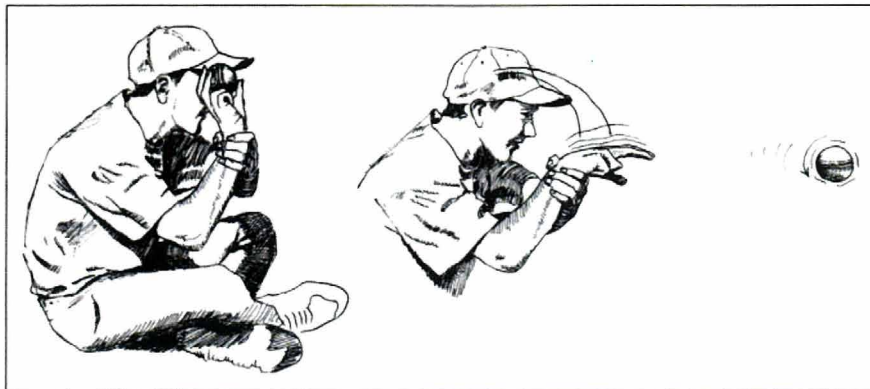


Underarm throws are used in close-to-the-wicket run out situations. The return can go either to the wicketkeeper or the fielder/bowler at the bowler's end, depending at which end the run

out is to be effected. Feet point in direction of throw, hips and shoulders face the target. Pick up ball level with foot on throwing arm side, step onto opposite foot to release.

Learning to Throw

OVERARM THROW – PROGRESSIONS

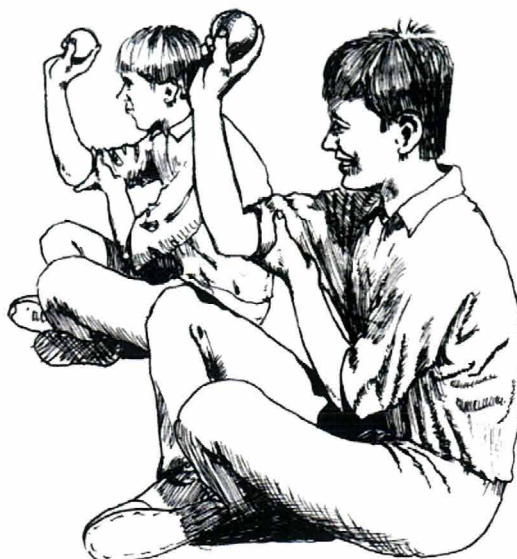
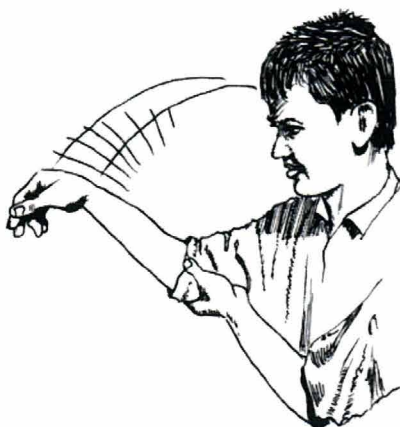


Wrist and Finger Flick

- Partners three metres apart (sitting)
- Hold wrist with non-throwing hand
- Bounce ball to partner with a flicking action

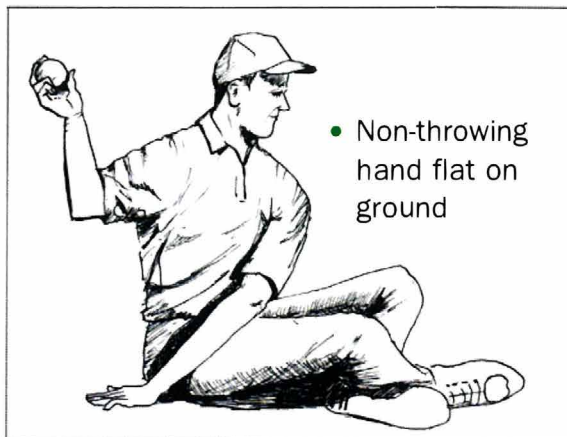
Elbow Flick

- Partners five metres apart (sitting)
- Hold throwing arm triceps with non-throwing hand
- Bounce ball to partner using elbow, wrist and fingers



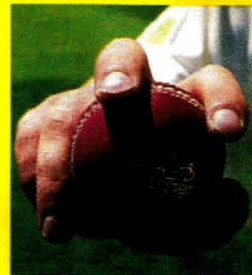
Arm Rotation

- Partners eight metres apart (sitting)
- Non-throwing arm flat on ground beside power hip
- Bounce ball to partner using shoulder, elbow, wrist and fingers



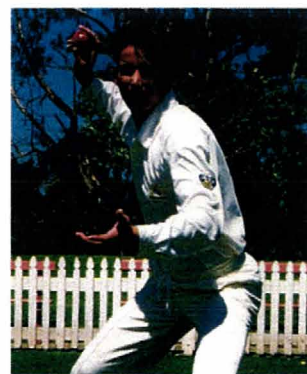
- Non-throwing hand flat on ground

Remember the Grip!



Shoulder Rotation

- Partners ten metres apart (kneeling on back knee)
- Finish with throwing shoulder pointing to target
- Focus on technique rather than power

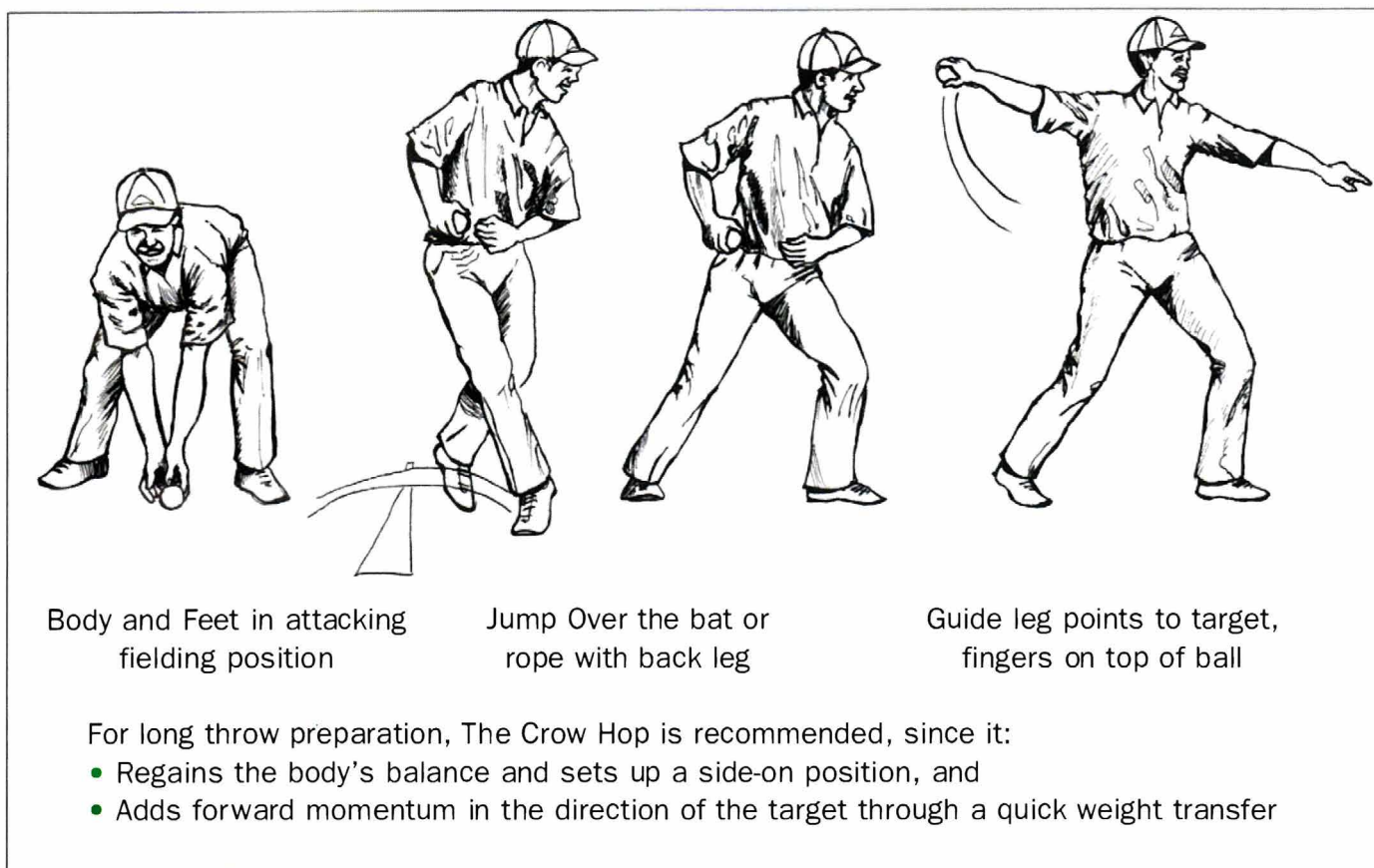


Hip Rotation

- Partners stand 15 metres apart
- Front shoulder, hip and foot point to target
- Bounce ball to partner stepping through to finish with throwing

- Hip rotation mastered, concentrate on front arm digging in beside front hip to generate power

THE CROW HOP



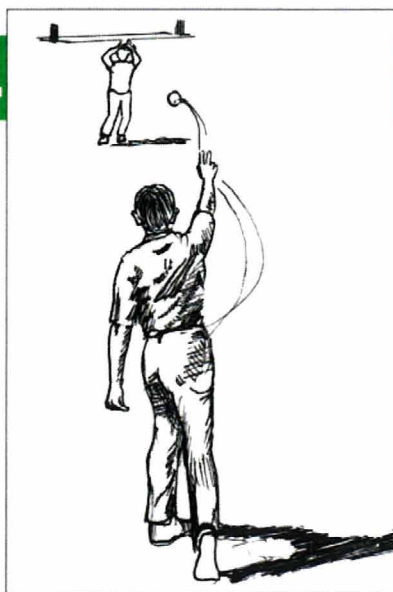
USING THE CUT-OFF MAN

With long returns from the outfield a player should not over-extend himself and may use a relay throw to a player mid way to the wicket (particularly if the ball is new) or a bounce throw where the ball is skimmed low so that it lands 3-5 metres before the stumps and the bounce can be easily gathered to allow for an easy run out.

THROWING DRILL

Relay throw practice

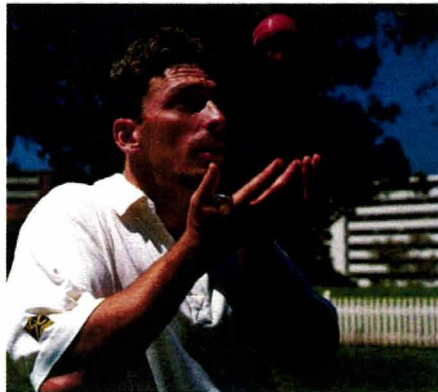
Concentrate on throwing accurately to the relay thrower's throwing shoulder (e.g. receiver throws right or left arm)



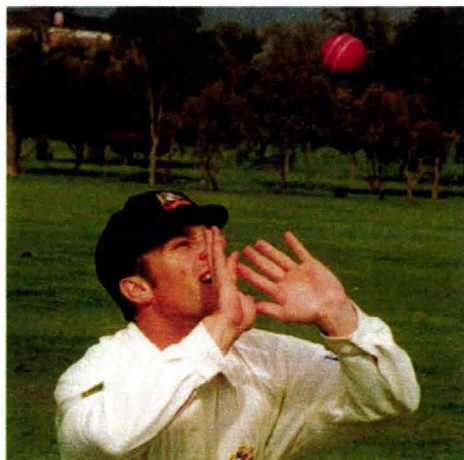
Catching

OUTFIELD AND MIDFIELD

There are two acceptable techniques used for taking high outfield catches.



The first is where the fielder “cups” his hands under the ball with elbows tucked into his sides. Hands are usually positioned around chin or eye level.



KEY POINTS

- Move quickly to the line of the ball
- Position hands in high, comfortable position
- Watch ball into hands
- Elbows as shock absorbers

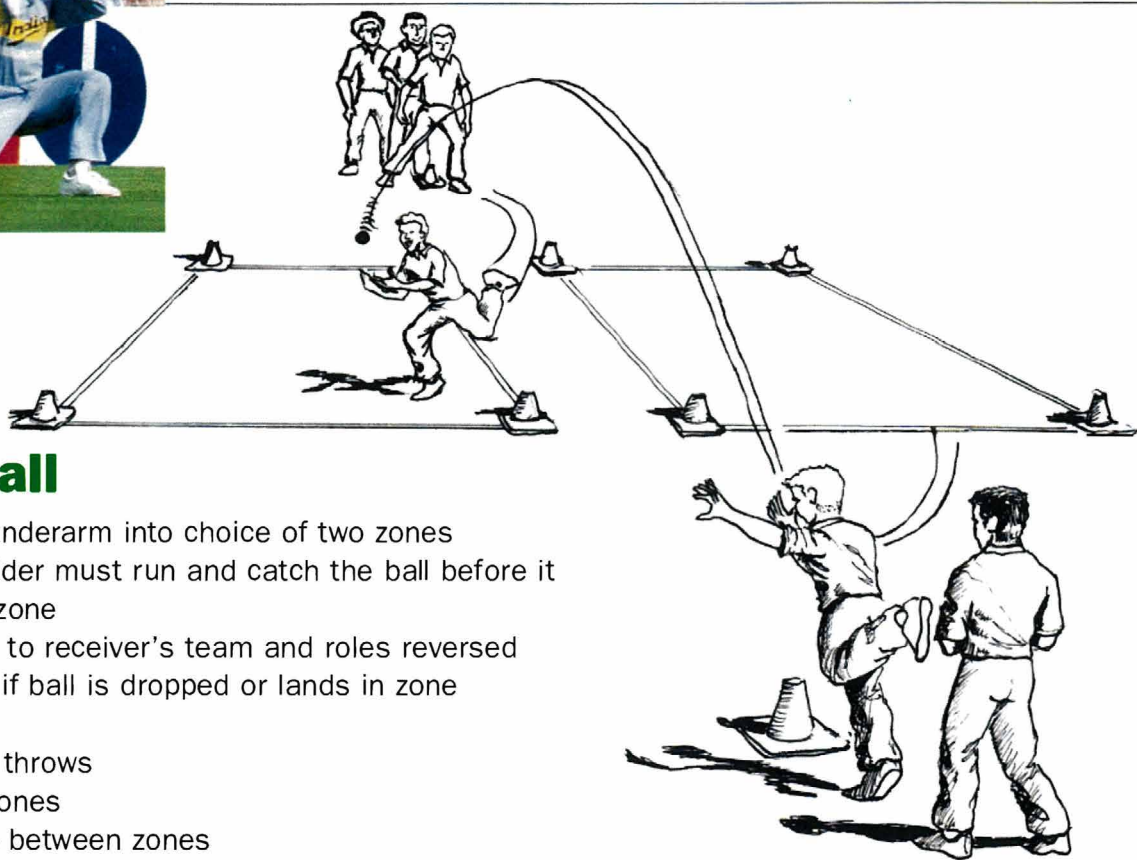
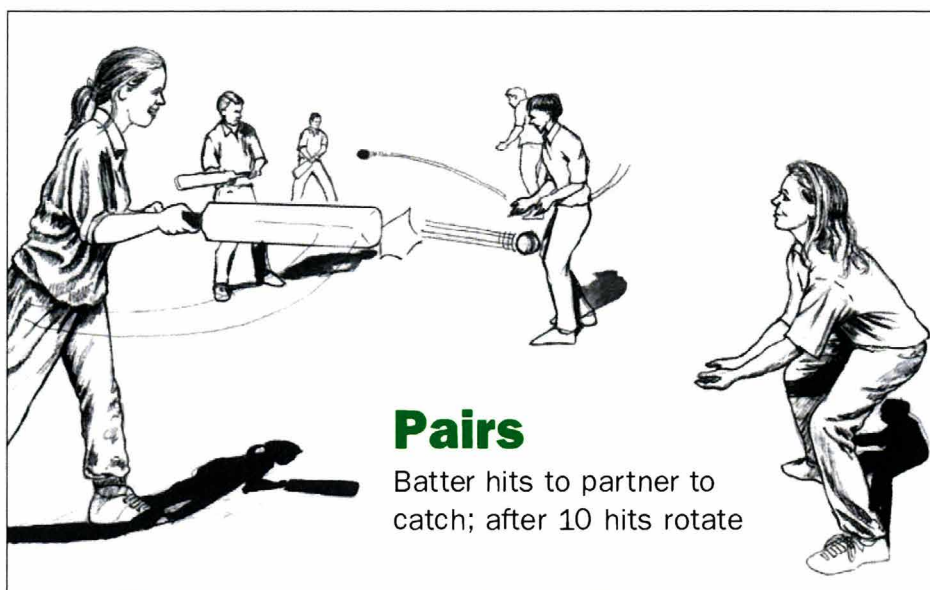
The second is where the fielder pushes his elbows away from his body inverting his palms upwards, often linking his fingers together. Hands must be positioned above eye level or the ball is likely to ricochet off the palms.

Both methods are effective and like all skills of cricket must be practised often. Players will vary on which technique they feel is the better.

“Outfield” positions are generally close to, or on the boundary. Fielding positions referred to a

“midfield” include those up to approximately 30-40 metres from the batter e.g. cover, point, mid off, square leg, mid on, mid wicket. They demand quick reflexes and the ability to change direction and to catch hard hit, flat balls, as well as routine high and ground balls.

OUTFIELD/MIDFIELD CATCHING DRILLS



Goal Throwing

- Suitable for Midfield or Slips drills
- Pairs stand three to four metres apart between goal stumps or markers
- Flick catches underarm below waist height – vary pace, height, direction, distance between pairs
- Score point for opponent's dropped catch or ball passing between goals below waist height. Extend goals to include two partners

Slips Catching

Slips fielders are real “specialists”, they rarely field in other positions and have the ability to control their concentration for long periods, turning off/on at will. They will have excellent

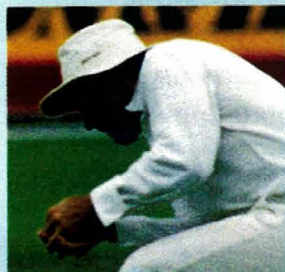
reflexes and an anticipatory sixth sense to “read” a batsman so they are in the best position to take a catch. Their hands will be quick and soft, enabling them to catch instinctively.

To develop confident and competent slip fielders coaches should:



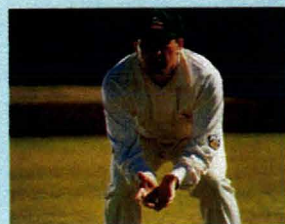
Motivate players by:

- Stressing enjoyment
- Being enthusiastic
- Providing encouragement



Ensure good technique by:

- Demonstration
- Clarifying and emphasising key points
- Providing quality feedback



Encourage a concentration plan for consistent focusing



Slip catching can be subdivided into correct:

Position – Depth, Spacing, Stance, Balance

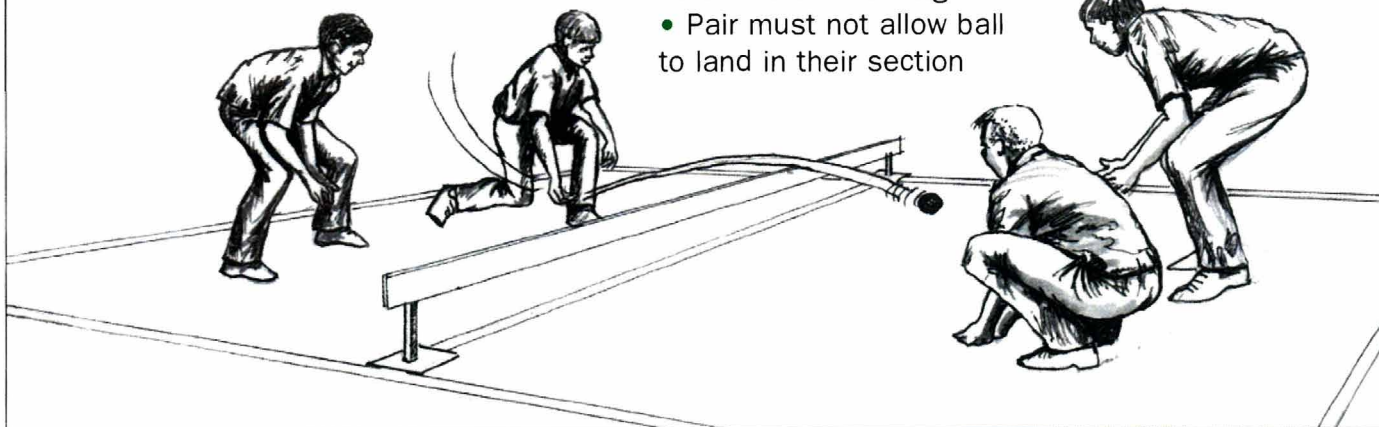
Movement – Crouched, low body weight, bend knees

Focus – Turn on / Turn off

DIVING IN THE SLIPS DRILLS

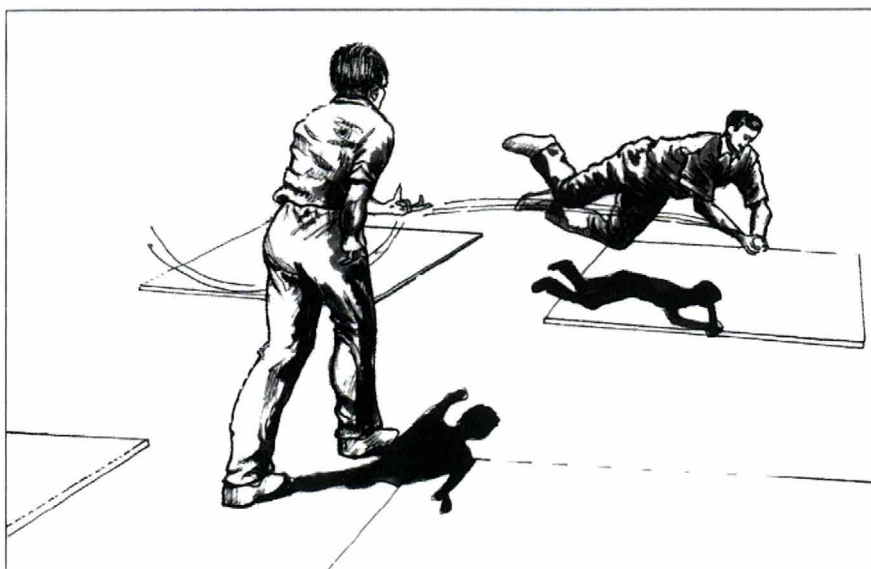
Slips Catching

- Ball can only be lobbed from below knee height
- Pair must not allow ball to land in their section



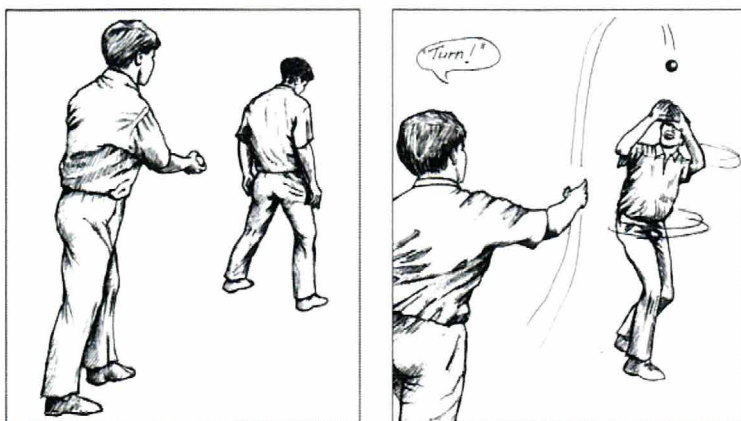
Diving Pairs

- Mats positioned both sides of catchers
- Catch thrown over mat (particular side initially); extend dive distance and then throw either side
- When advanced, score points for dropped catch or ball landing on opponent's mat



Pair Lines

- Partners stand opposite each other
- One ball per pair
- Take as many catches as possible in a given time (e.g. one minute)



Blind Catching

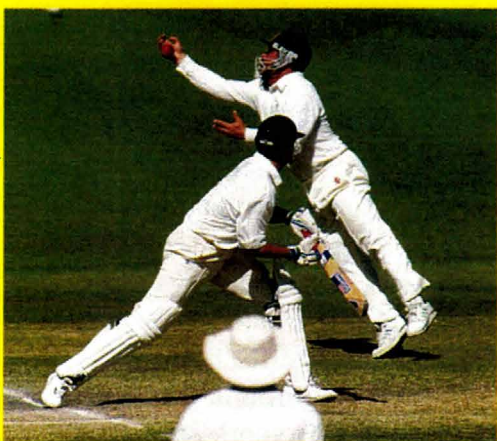
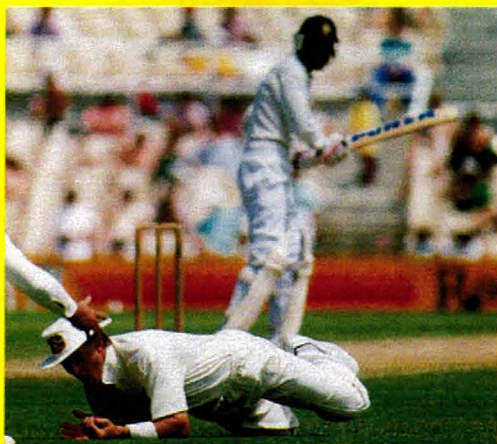
- One partner faces opposite direction and spins on call to take catch
- Alternate catcher; vary distance, catch difficulty/pace; catcher crouches/kneels/lies

KEY POINTS

- **Safety rolls**
- **Blocking impact**
- **Shoulder roll to cushion impact**
- **Arm roll to cushion impact**
- **Use gym mats or sand in training**

FIELDING STRATEGIES DRILLS

Tactical simulations to improve fielding could include:



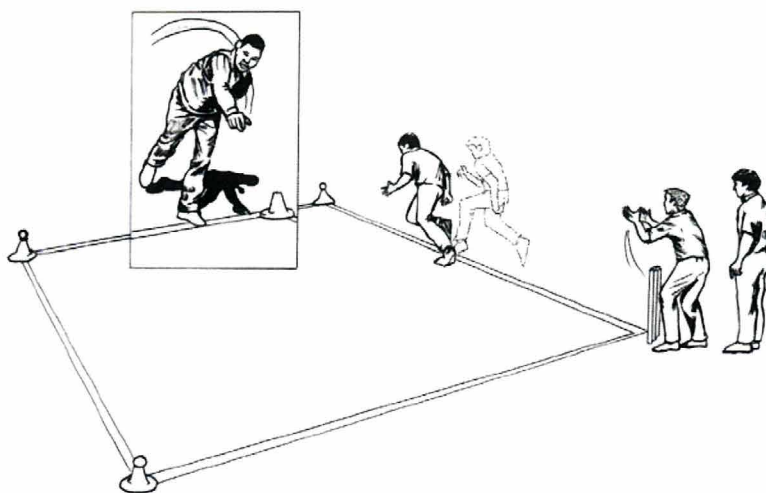
- Positions in the field, angles to batsmen etc.
- Walking in with bowler
- Diving in the field
- Saving singles/giving singles
- Throwing to bowler's end
- Backing up
- Throwing at the stumps
- Close to the wicket catching
- Bat-pad fielding
- Outfield catches
- Coping with the sun
- Long throws
- Relay throws
- Sliding stops
- Run outs (with batsmen)

Multiple-ball Throws

- Balls inside markers placed in diamond pattern
- Target stump placed in front of wicketkeeper
- Fielder runs out from stump and throws balls, in order, at the stump
- Score one point for each hit

Variations

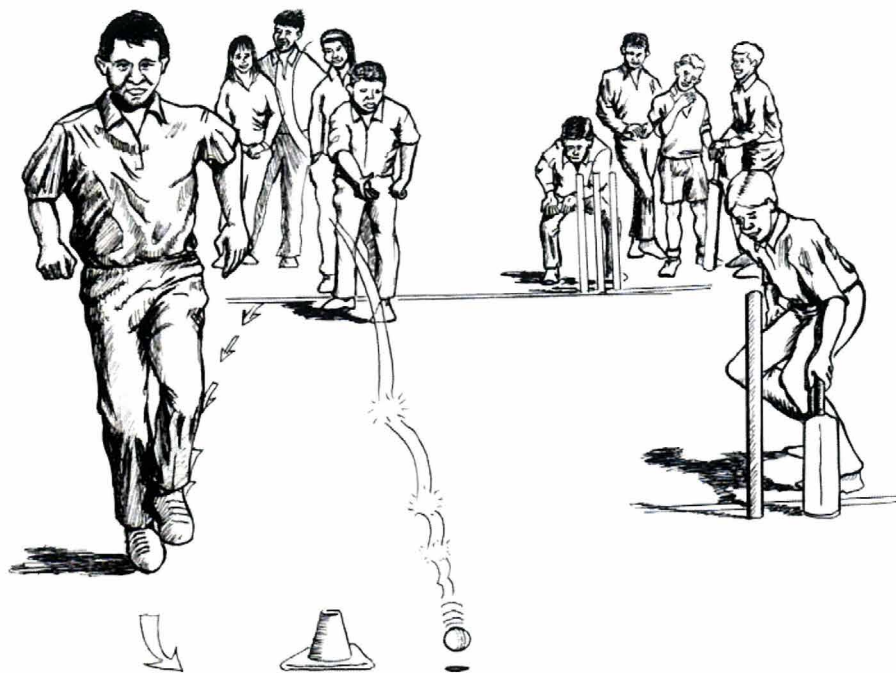
- Number of balls
- Order of retrieval



- Starting point/distances
- Overarm/underarm throws
- Vary marker positions
- Vary number of stumps to be hit

Run-a-Two Run-outs

- One team of runners, one team of fielders
- On calling “yes” first runner sets off for a two – first fielder runs to ball and throws to receiver
- Players move onto opposite groups to attempt other skill
- Score point for run-out/safe run

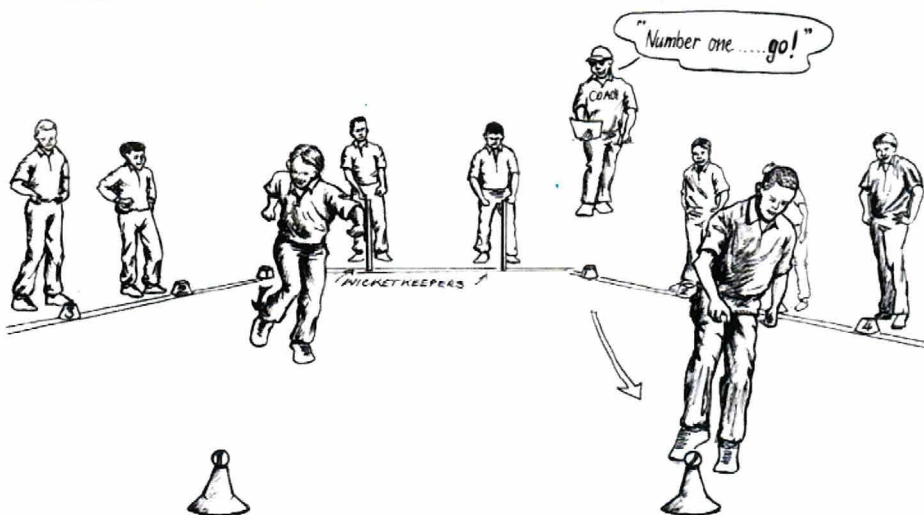


Sprint Off

- Two competing numbered lines of fielders
- Coach calls number. First fielder to return ball to wicketkeeper scores point for that team

Variations

- Fielders standing/sitting/lying

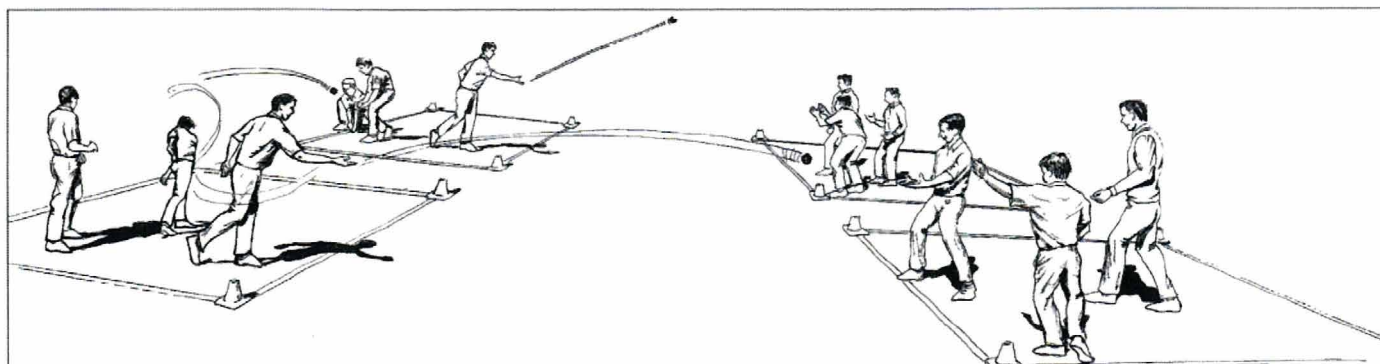


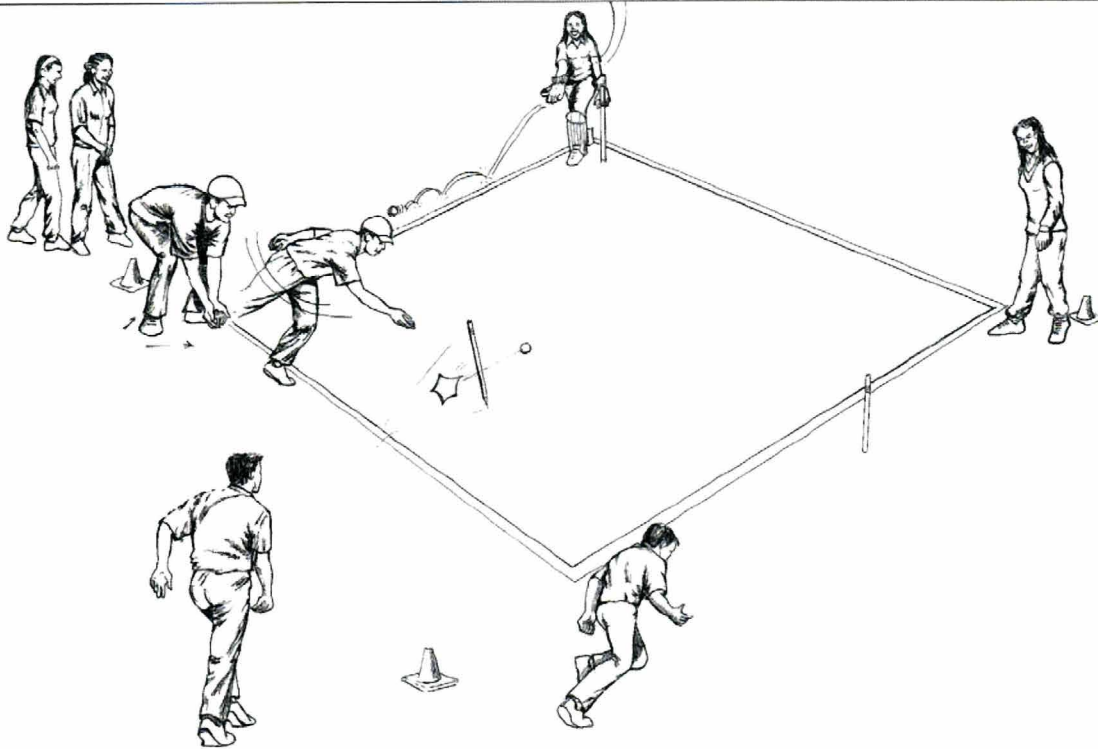
Hand Grenades

- Fielders try to land ball on full in another team's zone
- Score one point for each landing

Variations

- Use multiple balls
- Number in each team
- Size of zones
- Distance between zones





Triangle Target-hitting

- Stumps placed in a triangle with “run in” markers positioned for fielders
- Wicketkeeper rolls ball out

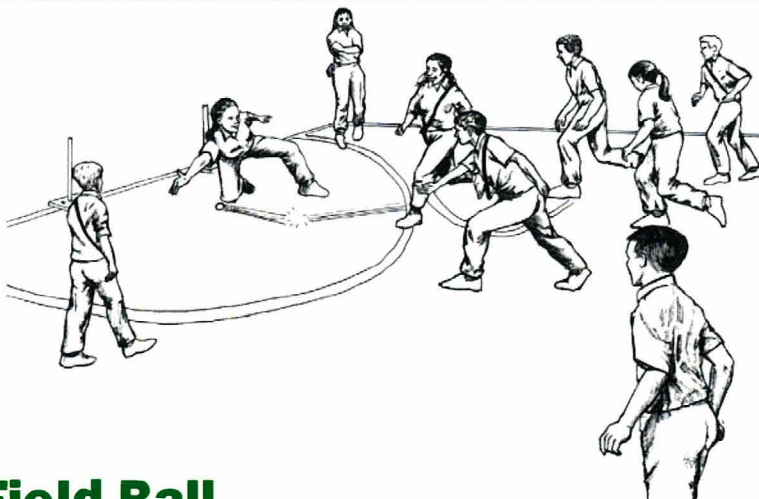
to (1) – fielder aims at stumps, backed up by (2) who aims at next stump

- Back up returns ball to wicketkeeper
- Each fielder rotates to next position after throwing

- Hit scores one point

Variations

- Hit to (1) rather than roll
- Vary distance between stumps for overarm/underarm throws.



Field Ball

- Two sets of goals – 30 to 40 metres apart
- Aim is to score a goal by rolling ball from outside goal zone through the goal
- Players may roll ball to team mates – no offside
- Players cannot run with the ball but can

run to receive it

- Goal shot must be non-dominant hand, underarm; one goalkeeper per team

Variations

- Catches rather than roll – one/both hands
- One bounce throws
- Underarm/overarm throws

Caught and Bowleds

- Normal run-up and delivery without a ball.
- Coach hits catch from batting tee just after delivery



WICKETKEEPING



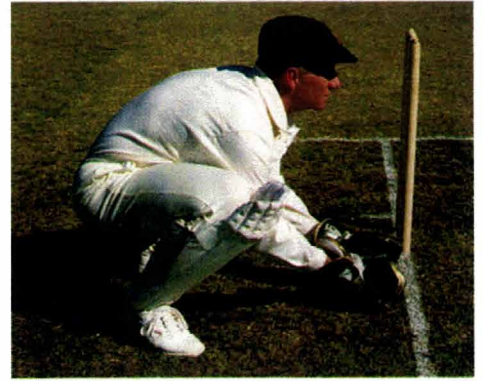
The wicketkeeper provides the focal point for the fielding team. The good wicketkeeper earns the respect of team-mates and leads the fielding team by demonstrating enthusiasm and skill, as well as visible hard work at training. Keeping wickets is a complex, subtle art but for the purposes of clear coaching key points are

established in this manual which form the basis for wicketkeepers at all levels of expertise. The crucial facets covered are Equipment, Crouch, Positioning, Glovework, Footwork, and Concentration. Drills and activities for the development of these aspects of wicketkeeping are presented as a concluding section.

KEY POINTS

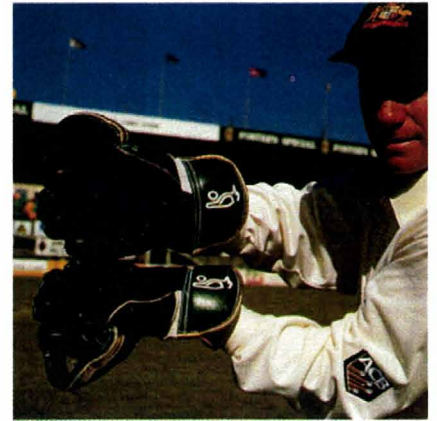
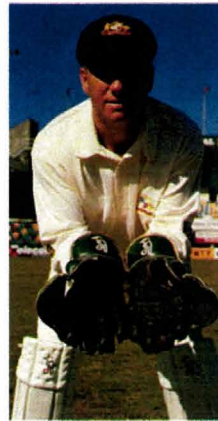
- Crouch
- Glovework
- Positioning
- Footwork
- Concentration

The Skills



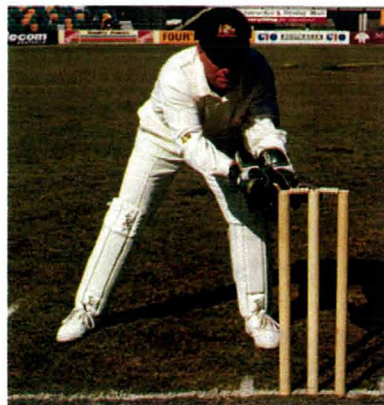
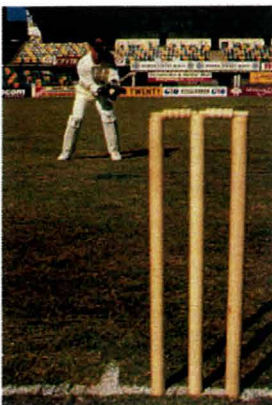
Crouch

- Feet approximately shoulder width apart
- Weight balanced on the balls of the feet



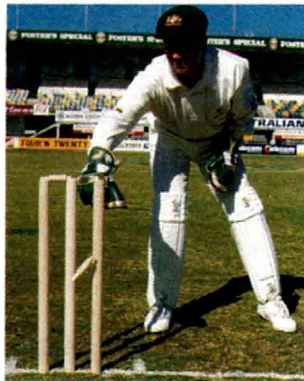
Glovework

- Cupped gloves rise with the ball
- Keep gloves slightly out in front of the eyes
- Point fingers at the ground, sky or sideways rather than straight at the ball



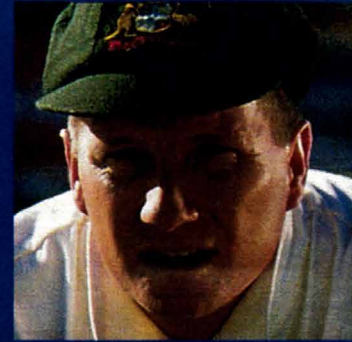
Positioning

- Ensure a clear view of the bowler in delivery
- Position to take the ball at hip height standing back
- To spinners, pivot (left) foot should be about 5cms outside off stump and two "foot lengths" back



Footwork

- When standing back, position the feet to take the ball in line with the inside hip
- Maintain bent knees through sideways movements
- Keep the head over the gloves (in line with the ball) to the spinners
- Move across the crease in a straight line



Concentration

- **Focus when the ball is “live”, relax when it is “dead”**
- **Recover from error by positive thinking and involvement**
- **Lead by example in the field and at training**



EQUIPMENT

'Keeping is a highly demanding job, requiring all available energy to concentrate and focus effectively on every delivery bowled. Inadequate equipment should therefore not add to the normal stresses of a day.

Clothing should be non-restricting and as cool as possible, including hats. Footwear should be extremely comfortable, have good traction and be white at all times. Equipment must be almost a second skin to the 'keeper when wearing it. Pads should always be clean, comfortable, and light, with the gloves as useable as normal hands. 'Keepers should thus be able to throw easily with the gloves on and catch naturally with two hands as well as one hand. Ensure that the finger length of the glove is not too short, as this decreases “feel” for the ball. For a junior to maintain proper fitting gloves and pads during each year, parents may have to pay high prices, but with the range of gear on the market, a compromise can suc-

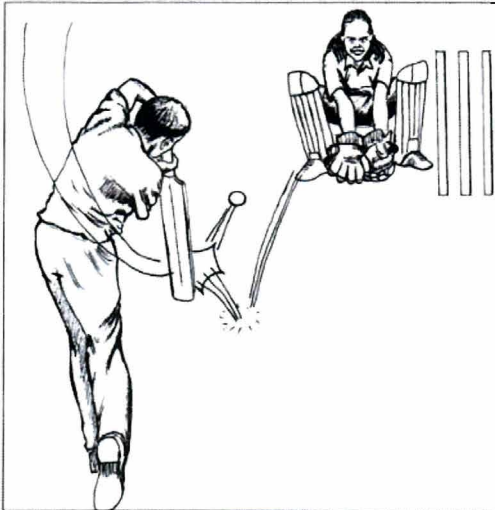
cessfully achieve several seasons use from the one purchase. 'Keepers should maintain their equipment meticulously, whether that be cleaning their shoes or pads, or refacing their gloves when the rubber is worn. “If you can't be a good cricketer, at least look like one,” is an old adage, and a truism – a major step towards being a good cricketer is to look like one.

WICKETKEEPING DRILLS

Drills should simulate match conditions as closely as possible.

For example, when Wall-catching, the wicket-keeper should relate the activity to taking the ball in line with the inside hip on the offside or onside, depending on the sideways movement. The coaching points and focus for each activity should be specific to the developmental needs

of the 'keeper (e.g. obvious weaknesses) and selected from the key points of the relevant sections of this manual. In all the drills the major focus is the ball. Have your 'keeper watch it right into the gloves in all activities.



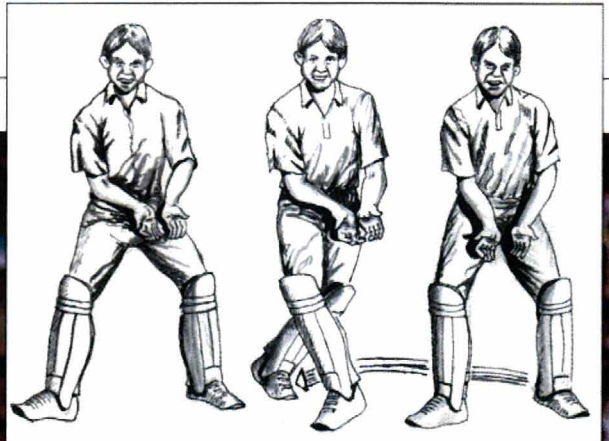
Half-volleys

This is the major drill and aims to establish effective foot-work and glovework, and to establish the focus which is required in a game e.g. right-handed batter missing the ball outside off stump/leg stump.

- Wicketkeeper back in semi crouch position
- Throw to hitter on bounce, move to take catch imagining a particular type of batter

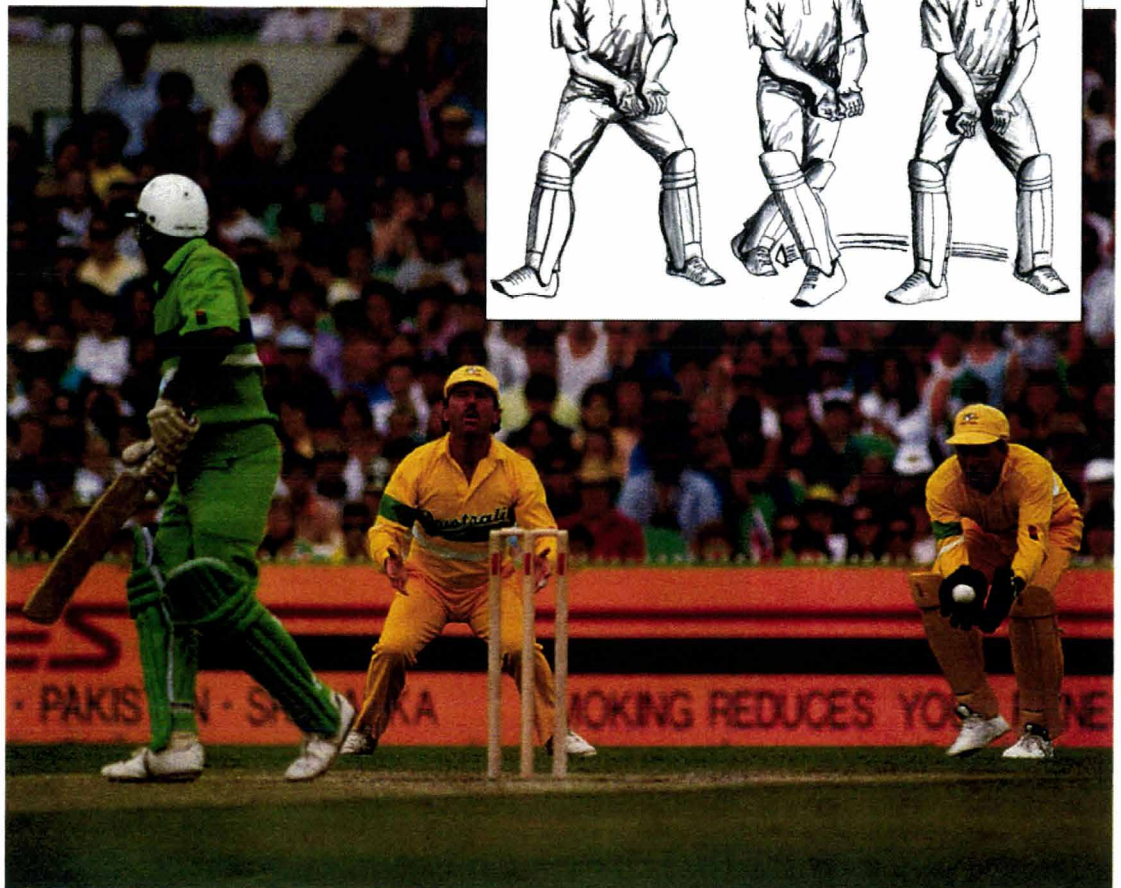
Variations

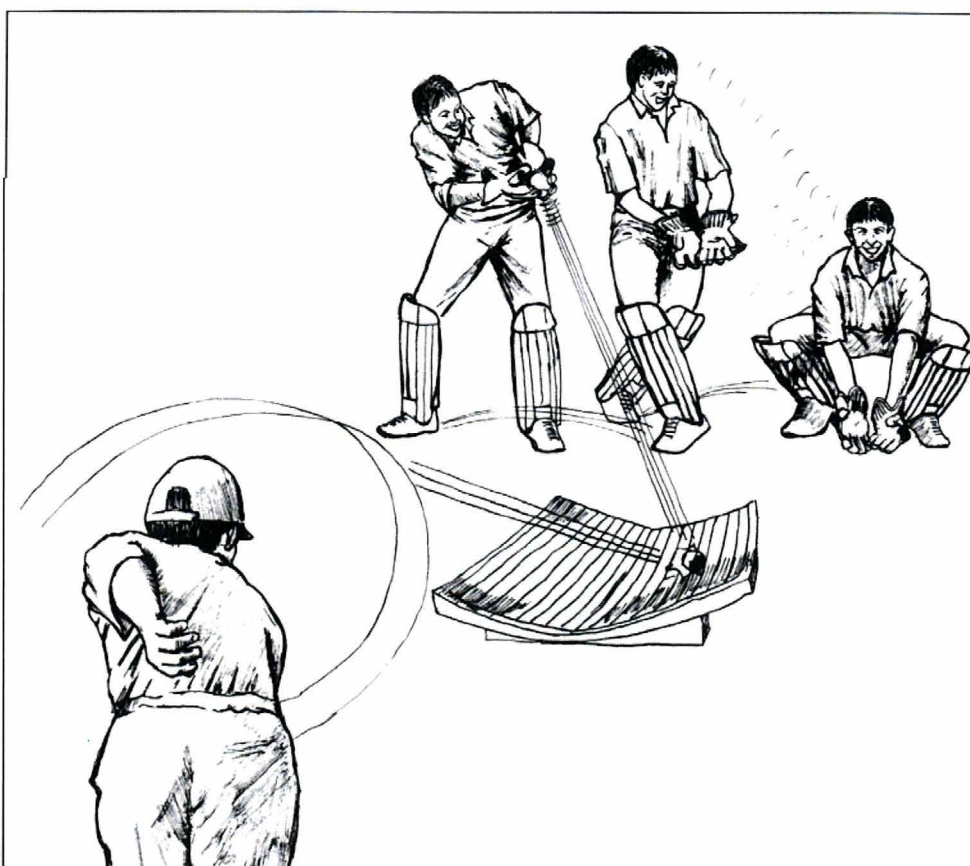
- Work legside/offside (10 each)
- Vary distance back



Fast Bowling

- Take ball in line with inside hip
- Weight on balls of feet
- Gloves low
- Movement strong and well balanced
- Cross over or side stepping





Slips Cradle

Aims to produce a general rhythm of slip work and develops slip patterns and understanding for the cordon who will be together in the match.

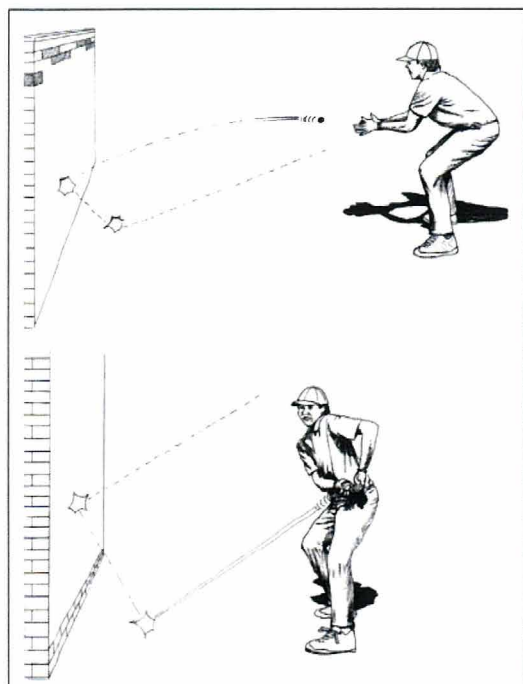
- Ball thrown into cradle
- 'Keeper moves from crouch to take catch.

Variation

- Use roller instead of cradle
- Have one slip next to 'keeper to develop understanding
- Vary pace/angle of throw

Wall-catching

Aims to develop effective sideways movement for quick and slow bowlers; to ensure the hands are cushioning the ball enough and that the ball is seen entering the hands; and to enable much "mental imagery" for the many tight situations of an upcoming match.

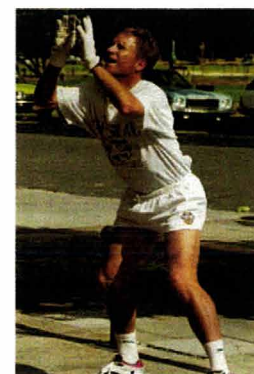
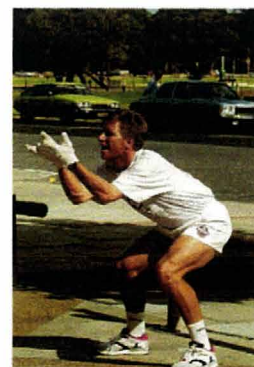


entering the hands; and to enable much "mental imagery" for the many tight situations of an upcoming match.

- 'Keeper stands square on to wall in semi-crouch position with inners on
- Throw golf ball to rebound off wall then concrete (or vice versa) before catching.
- Move sideways along wall and back.

Variations

- Change angle/height/pace of throw
- Change distance from wall to take diving/reflex catches
- Place sand, stones or stump/bat in bounce zone
- Utilise thrower from behind 'keeper
- Use tennis ball



WICKETKEEPING DRILLS

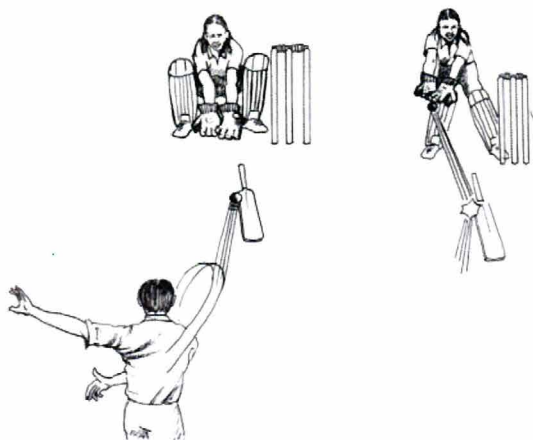
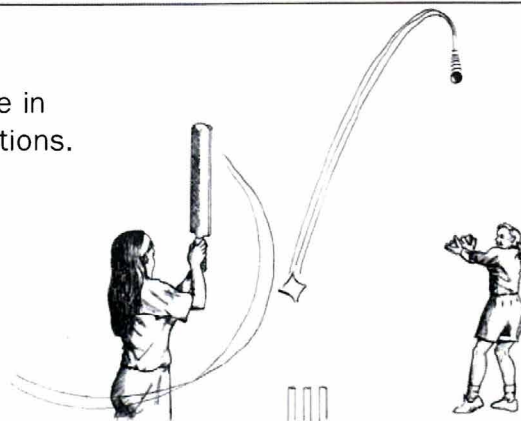
High Balls

Aims to regularly maintain the 'keeper's confidence in taking running high balls, especially in windy conditions.

- 'Keeper back in crouch position
- Ball lobbed in high over wicketkeeper's head
- 'Keeper turns, calls, sprints and catches

Variations

- 'Keeper face down/on back/kneeling
- 'Keeper closes eyes, thrower calls "NOW"
- Hit rather than throw ball



Stumping

Aims to ensure the 'keeper only watches the ball and doesn't react suddenly when it hits an obstruction or just misses it.

- Place bat face down on a good length

- Throwing bounces ball to 'keeper crouched behind stumps
- 'Keeper completes stumping



Variations

- Change pace/length/spin of throw
- Place stump as obstruction at various lengths/lines
- Batter stands in position and play inside/outside line
- Use cricket/golf/tennis ball
- Shadow batting routines



Nicks

Aims to ensure that only the ball is focused on and not the swinging bat; to stay low, focus and move powerfully side-ways; to simulate the 'nick' in the game and to practise glove work.

- Wicketkeeper and slip crouched in position
- Batter nicks ball from thrower, fielders catch

Variations

- Change pace of throw, depth of catches –

underarm/overarm throws

- Two competing teams on opposite sides of hitter – 'nicks' and 'glides'



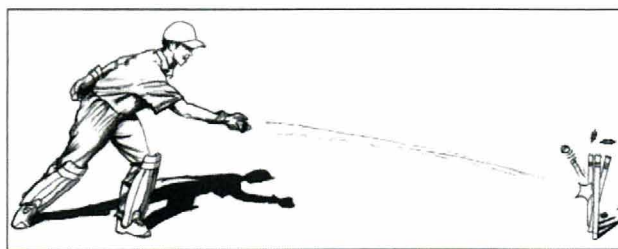
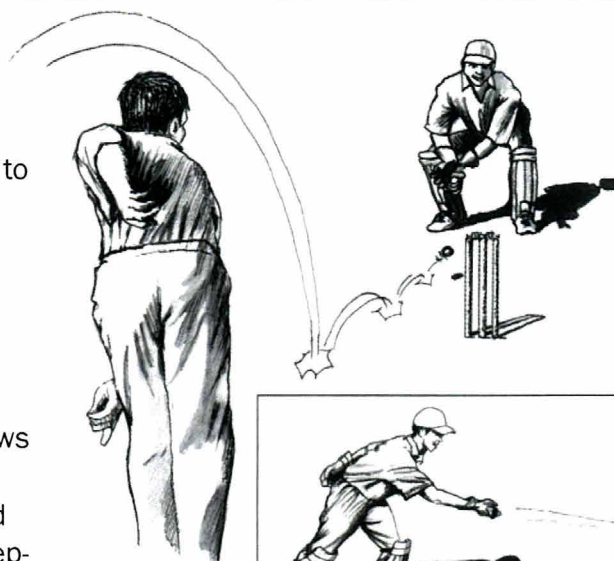
Underarms

Aims to maintain confidence for crucial last ball run outs!

- Ball bounced short of stumps to reach 'keeper standing back
- Wicketkeeper underarms at stumps
- Thrower backs up

Variations

- Bowl/throw ball
- Wicketkeeper underarms/throws to bowler's end
- Ball rolled to legside or around stumps to simulate leg bye, 'keeper sprints up, underarms at stumps



Run Outs

Aims to provide practice for 'keeper – sprint, stop, turn, catch, stump (difficult skill).

Teaches fielders the difference between a quick

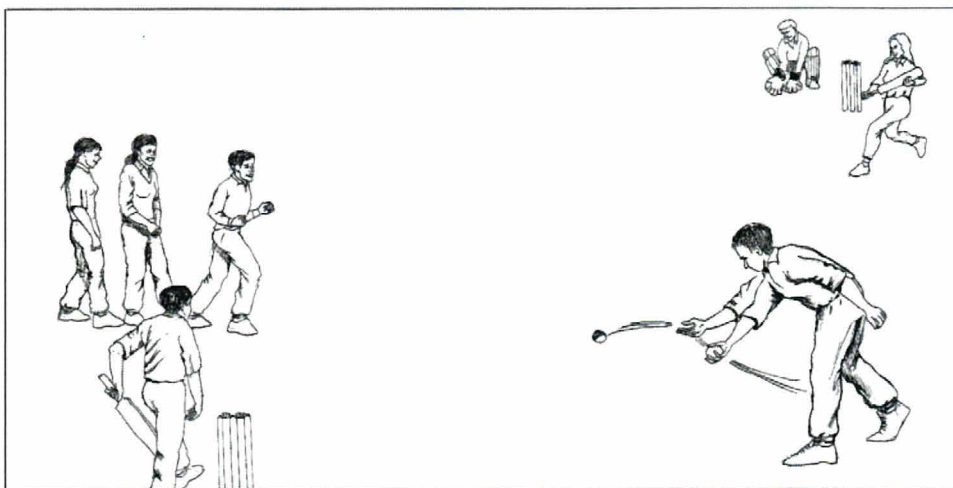
throw and a hard throw (have them take some weight out of their throws); throwers learn to time their throws with the 'keeper's run to the stumps. Ball between gloves and stumps.

- Wicketkeeper back in crouch position, batters and fielders in position
- Ball rolled out to cover, 'keeper sprints to stumps to effect run out from throw
- Batters attempt run



Variations

- Change position of fielders – backward point/midwicket
- Ball hit by batter to either side, fielders in position
- Vary distance of fielders/far stumps; wicketkeeper throws to bowler's end





FITNESS



Skill and mental application are critical ingredients for every cricketer. Fitness too, makes an important contribution to both individual and team performances. Fitness will encourage

- **Optimum performance**
- **Injury prevention**

Fitness and conditioning is very important pre-season and in-season. There are many fielding

and coaching activities which can incorporate fitness components and maintain enthusiasm and enjoyment. Regular fitness testing is now an important part of the preparation of national, state and many club squads. Results provide the coach with some indication of where weaknesses lie in the various components of fitness and what progress has been made in response to prescribed training programs.



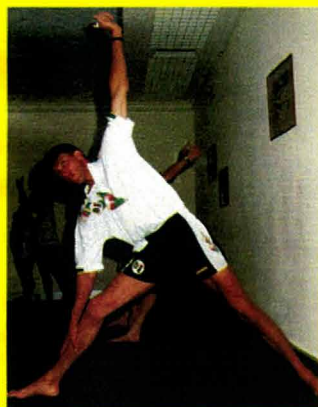
FATIGUE IS YOUR WORST ENEMY

Injury Awareness

The coach must share in the responsibilities associated with the protection and management of cricket injuries.

His role is to ensure continued liaison between the training staff and himself regarding the care and welfare of the players. Coaches and players must take responsibility and be up to date with the latest methods of injury prevention. Access to appropriately qualified health professionals is important, including qualified sports trainers, sports physiotherapists and

sports physicians. Injuries will occur. However, the effective coach will take measures to ensure these are kept to a minimum and players are fully recovered before resuming full competition. Even with good training and good coaching, injuries still occur. The golden rule is prevention is better than cure. The following key points will assist you in preventing injuries.



Stretching Rules

- 1 Warm-up prior to stretching.
- 2 Stretch before and after exercise.
- 3 Stretch alternative muscle groups.
- 4 Stretch gently and slowly.
- 5 Never bounce or stretch rapidly.
- 6 Stretch to the point of tension or discomfort, never pain.
- 7 Do not hold your breath when stretching; breathing should be slow and easy.

Cool-downs

Cool-downs are also important, because they prevent pooling of the blood in the limbs, which could lead to fainting or dizziness, and improves the recovery of the heart, muscles and other tissues after exercise.

An effective cool-down consists of a gradual reduction in activity levels for 5-10 minutes followed by a

comprehensive stretching program.

Warm-up

Warm-up is a vital part of any competition or strenuous exercise session. It results in improved flexibility as well as preparing the mind, the heart, the muscles and the joints for participants, thus reducing the likelihood of injury. The warm-up should involve 5-10 minutes of general activity before the stretching session. A good indication of a sound warm-up is a light sweat.

Stretching

Stretching, before and after activity, is another vital factor in the prevention of injury. Without stretching, muscles lose their flexibility and may fail to respond when being used, and injury could be the result.

Fluid Replacement

Players who are unfit or overweight are more susceptible to heat illness. Coaches should be familiar with the symptoms of heat stress such as cramps, headaches, dizziness and uncharacteristic lack of co-ordination. Regular intake of fluid reduces the risk of heat illness and enables better maintenance of physical and mental performance.

Fluid replacement is very important. Coaches should be aware of the points in the following.

Cold

Cold weather can cause injuries by cooling warm muscles. Long breaks will cause the



- **Thirst is a poor indicator of fluid replacement – therefore drink before you are thirsty**
 - **Plain water is the best fluid replacement**
- The following quantities of water are advisable:**
- **Before event** (45 minutes), one or two glasses of water
 - **During event**, drink at all available opportunities during play and practice
 - **After event**, water should be consumed regularly to replace fluid loss (amounts will depend on the weather conditions).

body to cool down; players should be encouraged to wear adequate warm clothing such as tracksuits at practice and jumpers in match situations. Coaches should plan practice sessions to avoid long breaks. Another warm-up period may need to be considered if long rest periods cannot be avoided.

Manage Existing Injuries Properly

Returning to play too early after injury can make the player susceptible to further injury. The coach should ensure that the risk of recurrence of injury is reduced. Concentration on muscle stretching and a strengthening exercise routine before play will assist in preventing injury.

Illness and Participation

During times of illness, the player's body is particularly vulnerable, with the risk of damage to tissues or organs being very high. When ill or feverish, the player should not participate.

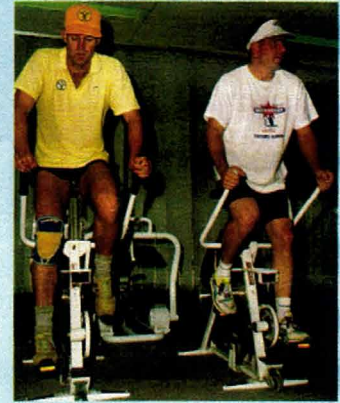
FITNESS GUIDELINES

Cricket requires a combination of

- **ENDURANCE**
- **SPEED**
- **STRENGTH**

Endurance

Poor endurance will delay recovery between the repeated efforts required in cricket, hasten the onset of fatigue and lead to lapses in concentration.



Speed

The speed of chasing in the field requires good technique and co-ordination to give maximum straight line speed.

Speed and acceleration are important to enable players to run between wickets and change direction in the field.

Agility and balance are vital to faster running between the wickets and in short sharp movements in close catching positions.

Strength



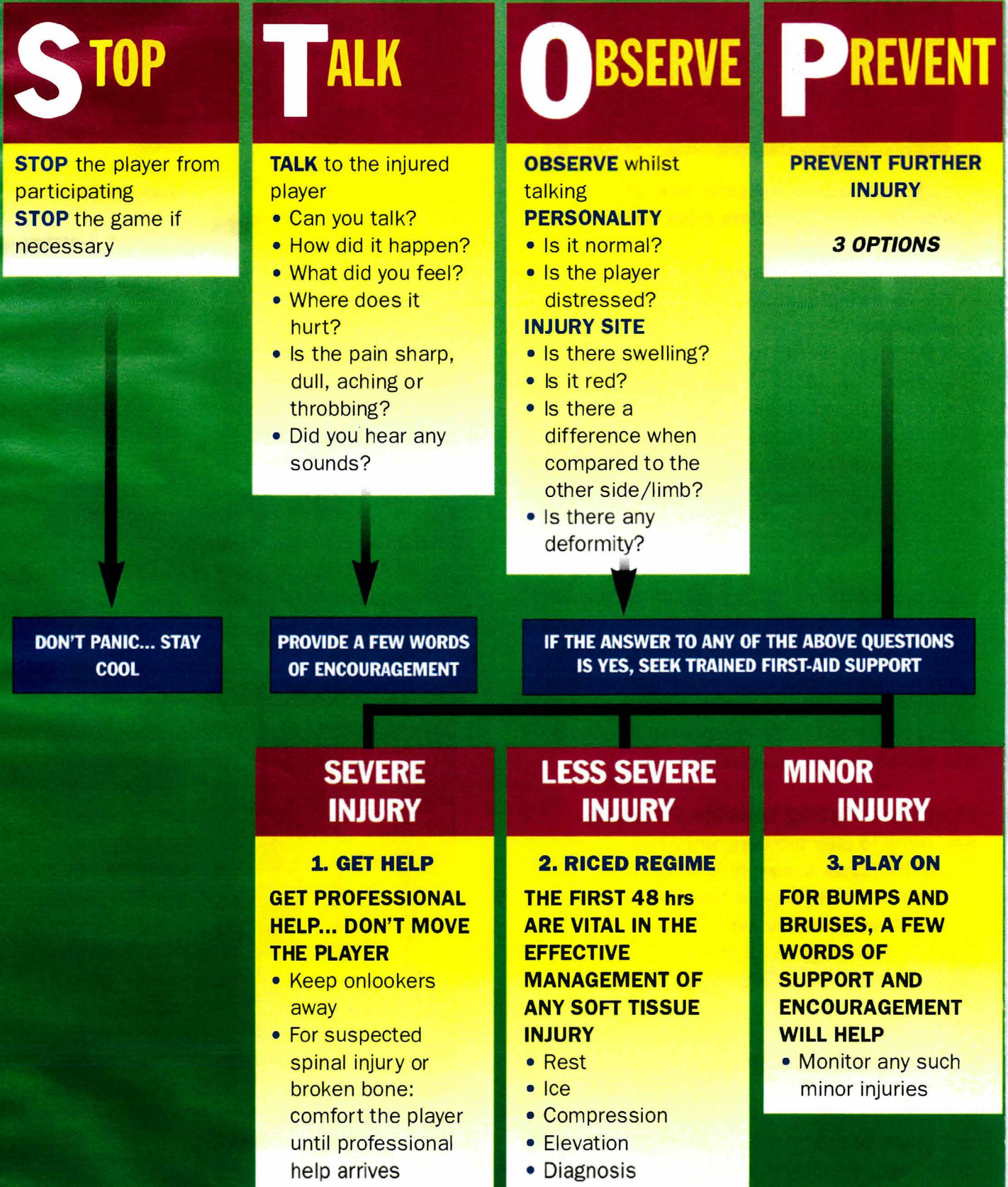
The abdominals are vital to good posture and to providing a sound support structure for many movements required by cricket. Weak abdominals can lead to injury problems, particularly in the lower back in bowlers.

Leg power is important for the short sharp efforts involved in batting, fielding and wicketkeeping and for maintaining a strong delivery position in bowling.

INJURY

While the coach can't expect to be a medical specialist, an understanding of fundamental first aid is seen as a part of a good coach's responsibility. The following summaries provide procedural guidelines in the assessment of immediate management of injuries.

INITIAL ACTION



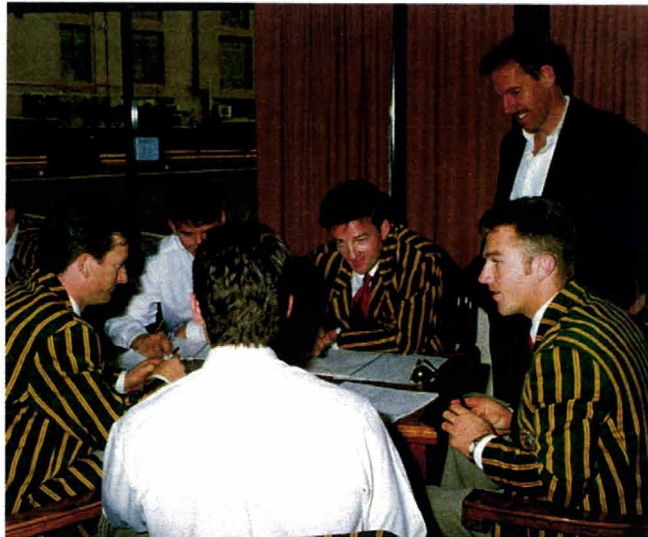
PRIMARY MANAGEMENT OF THE INJURY

The first 48 hours are vital in the effective management of any soft tissue injury. Injuries managed effectively in the first 48 hours can reduce the time spent on the sidelines by up to 6 weeks. The immediate management should follow the **RICED** regime. This regime is used for all ligament sprains, muscle strains and muscle haematomas (corks, etc); in fact any bumps and bruises which occur in sport.

	HOW	WHY
R est the injured part	Movement of injured part only when pain is absent	Activity would promote bleeding by increasing blood flow
I ce	<p>The conventional methods are:</p> <ul style="list-style-type: none"> • Crushed ice in a wet towelling bag • Immersion in icy water • Cold water from the tap is better than nothing • Apply for 20 minutes every 2 - 3 hours for the first 48 hours <p>CAUTION:</p> <ul style="list-style-type: none"> • Do not apply ice directly to skin as ice burns can occur • Do not apply to people with circulatory problems • Children have a lower tolerance to ice 	<ul style="list-style-type: none"> • Reduces inflammatory response • Reduces pain • Reduces muscle spasm
C ompression	Apply a firm wide bandage over a large area covering the injured part	<ul style="list-style-type: none"> • Reduces bleeding and swelling • Provides support for the injured part
E levation	Raise injured area above the level of the heart at all possible times	<ul style="list-style-type: none"> • Reduces bleeding and swelling • Reduces pain
D iagnosis	Refer to a suitably qualified professional such as a Doctor or Physiotherapist	<ul style="list-style-type: none"> • To ascertain the extent of the injury • To gain other expert advice on the rehabilitation program required



PSYCH SKILLS



PREPARATION AND ATTITUDE

Basic psychological principles are important in cricket coaching. A fundamental understanding helps to:

- Highlight the coach's role as a facilitator of learning
- Teach the fundamental principles of learning and reinforcement
- Establish how to create a learning environment through the effective use of organisation and communication skills
- Introduce the principles of match preparation and basic tactics

ORGANISATION

Successful clubs and teams have plans which:

- Are appropriate to the age, skills, experience and aspirations of the players
- Encourage a sense of purpose and confidence amongst all members of the club/team
- Describe the expectations of the coach, including basic standards and results

Goal Setting

The process of goal setting is the first, and most important step in planning. Clear goals or objectives are essential for a coach to create a successful program. These goals will generally cover each of the following two categories:

1. ACHIEVEMENT GOALS (e.g. win the premiership)

Achievement goals provide motivation and can be either long term (e.g. “play Test cricket”), or short term (e.g. “win this game”). As a guideline, the younger the players the shorter the time frame for goals.

2. PERFORMANCE GOALS (e.g. bowling an effective outswinger)

Performance goals describe the processes (actions) which lead to the result goals. Importantly, these goals are more under the player’s control than result goals.

Principles of Effective Goal Setting

Numerous research studies have shown that performance can be markedly improved by the effective use of goal setting. The coach can ensure that goal setting is effective by following the guidelines:

- Specific – clear, written
- Measurable – e.g. bowl 5 out of 6 deliveries in “corridor”
- Important – and agreed between player and coach
- Challenging – but not too difficult
- Flexible – able to change if circumstances change
- Multiple – use more than one goal

Practical Goal Setting

TEAM

- Develop your goals and plan for achieving the goals, including a list of standards

for areas such as dress, practice behaviour, match behaviour and off-field aspects

- Meet with players to discuss the goals and involve them in developing an agreed plan for making improvements in key areas
- Write down the team goals and standards and distribute these to all players
- Regularly meet with the players to review progress and provide feedback on performance

INDIVIDUAL

- Have each player develop a personal goal plan, including their long term and short term goals. Offer advice on goals, particularly in regard to what is challenging but realistic
- Have each player develop a personal improvement plan based on your observations of areas that you want them to improve

BEWARE!

Many coaches fail to gain full benefits from goal setting because they don't involve the players in the process.

Even with younger players it is valuable to create a feeling of ownership for the goals.

- Review the plan regularly and ask the player for his own assessment on progress. As a guide, do this once per month and then suggest changes as required

Preparation

Top level cricketers have pre-game and within-game rituals which they follow. Coaches can assist players to develop effective rituals by explaining their importance and then following the guidelines outlined in the next two sections.



Pre-game Rituals

The effective coach creates a team system based around rituals for the following areas:

- Team meetings to discuss strategies
- Clear arrangements for arriving at the ground
- Team inspection of pitch
- Team warm-up, including stretching, catching and practice
- Final discussion before the game begins

Players will want time to do their own personal preparation, particularly if they are experienced. As a rule, allow more free time for older, more experienced players, while guiding the younger players through a preparation which helps them to be physically and mentally ready when the game begins.

Within-game Rituals

The within-game rituals fall into two broad, overlapping categories:

Team Rituals

- Walking out onto the field together
- Coming together after a wicket falls
- Always backing up a throw
- Batsmen walking back together at a break or end of innings
- Keeping the ball shined

They are some. Most of these rituals are minor aspects of cricket but they can set the standard for the team's total performance and as such are very important.

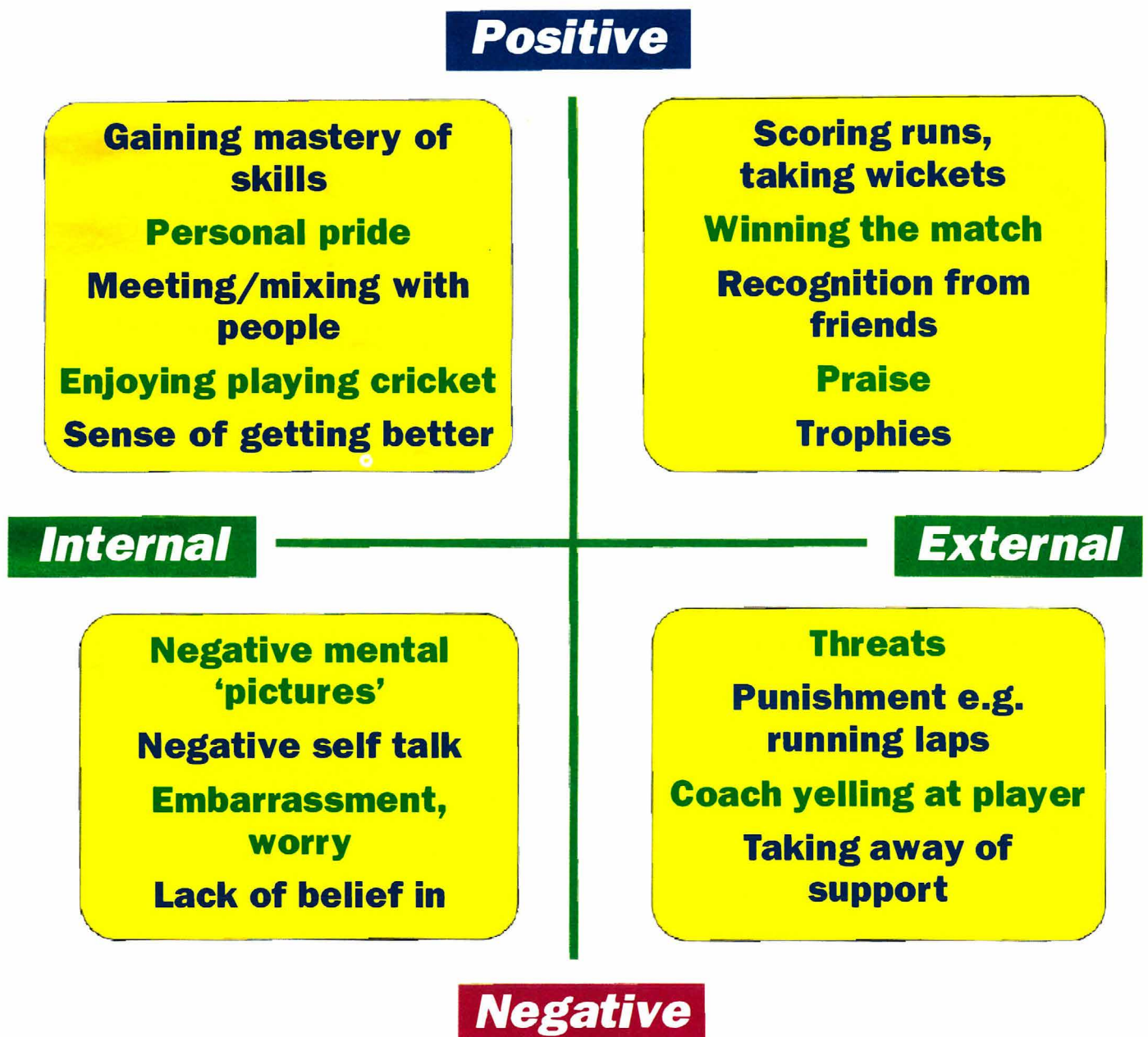
Individual Rituals

- Starting an innings
- Bowler's ritual between deliveries
- Wicketkeepers ritual between deliveries

They are some. Individual rituals include all the things which the coach wants players to do consistently during a game. Coaches can help players to develop effective rituals by highlighting those behaviours which help to produce results (e.g. bowlers using time between deliveries to plan, and polish the ball)

Motivation & Communi

The effective coach is a teacher who recognises the importance of creating an environment in which players can learn. The following diagram highlights some of the motivators for cricketers.



cation

Developing Acceptable & Motivated Behaviour

Coaches can discourage unacceptable behaviour by:

- Focusing criticism at the behaviour, not the person (e.g. instead of saying, "You are stupid," try saying, "You gave no thought to that.")
- Avoiding emotion when dealing with unacceptable behaviour
- Linking consequences to the behaviour (e.g. "if you do slog the ball out of the net again, then you are not batting any longer.")
- Being consistent in applying punishment (i.e. application every time the behaviour occurs)
- Dealing with the individual and not in a group situation
- Developing standards in advance for areas that are likely to be of concern (e.g. practice behaviour for when players are not batting or bowling)

Coaches can encourage acceptable behaviour by:

- Having clear standards and team goals which are regularly communicated
- Developing individual goal plans and allocating time to discuss progress with each individual (this encourages commitment)
- Providing regular feedback which focuses more on performance instead of just the results (this helps the players to focus on ways to improve)
- Encouraging players to take responsibility for their own performance by creating the opportunity for self assessment
- Being a positive role model (in words and actions)

How to be an Effective Communicator

Effective coaches are effective communicators. Good communication in matters of preparation and attitude is just as important as it is in technical matters. Effective coaches incorporate the guidelines below into their own personal style



- Always tell the players what you do want them to do (e.g. "follow through across your body"), rather than what you don't want them to do (e.g. "stop letting your arm slide down the right hand side of

your body")

- Make your verbal and non-verbal messages consistent by using your facial expression and gestures to reinforce what you are saying
- Use a range of communication methods, such as telling, demonstrating, story telling, white board, written, video and using a role model (e.g. senior player)
- Keep information to a minimum so that the player gets a simple, easy to understand message



CAPTAINCY



Tactics, leadership and captaincy play a major role in Australian cricket at senior and youth levels for both players and coaches. It is the responsibility of the club coach to schedule productive time to develop skill, understanding and effective practical applications of those key elements. There is no single correct way to captain a side. Captains have to respond to all types of situations. What can be helpful is knowing how others have handled situations. The most

important principle to remember when captaining a cricket team is to keep it simple and don't complicate matters.

After that it's a matter of gaining the other players' respect (the most important asset for a captain), playing well yourself, having a little touch of good fortune at the right time, and success will come your way. As in all other walks of life being a successful cricket captain is a nice balance of ability and common sense.

Strategies

Before The Game

The team should assemble at least an hour before the scheduled start of play to enable the team to warm-up together and have a brief practice to be prepared to either bat or bowl following the toss.

Aspects Of The Toss

“Do not be hasty with your decision.” It is the first duty of the captain to always inspect the pitch, particularly if its condition is doubtful, before tossing for the choice of batting. For

example, if the pitch has been affected by rain it should be tested so that the captain can determine whether the ball will go straight through, as it will on a “wet” surface, or whether it will grip, as happens on a “sticky”, or drying surface. A good method of testing a turf pitch is to press a finger slightly into the surface and run it along in the direction which the ball will take. If the

finger slides straight along the surface the ball will probably do the same, but if the surface yields, and “heaps up” in front of the finger then the ball will probably grip and the pitch will be difficult for batting.



Off-field Leadership

“If the players give you full support on the field you should be prepared to give them full support off the field. As a captain it is well to remember that your team is depending on you and they will float with your emotions whether they be high or low. So try to keep your emotions on a level plane. Certainly don’t show your lows because they will be right down there with you if you do. I

remember a young player telling me that Richie Benaud used to look so calm in the field even though his team, NSW, were in trouble, that the whole team used to think he had some ace up his sleeve. As soon as he made his next move they would think that was the ace and nine times out of ten the move would succeed because the

team believed in Benaud and believed his move would work.” – Ian Chappell, former Australian captain.

Motivation – Team Spirit

Try to get your players to take pride in their team, to value their membership of it. This induces the much talked-about, but hard to define, team spirit which is so valuable to any side. Occasionally a captain will find that it is profitable to have conferences with his players on the team's tactics in general.

Captaincy In The Field

“Have your plans well prepared.” The Bowling Attack is a cricket phrase; stick to it – attack. Use pace men in short spells, use a wrist spinner or a finger spinner as relief. Be ever

thoughtful of your bowler. Fast bowling on present-day wickets is a hard, and a mostly strenuous task. A fast bowler should not be bowled for long periods, and this principle applies particularly to his opening effort.

Captaincy Of The Batting Side

“Be with your team as much as possible.” Make winning your aim. To win you must give yourself time to win. When batting attack should always be the main tactic. Three runs an over, slightly more if you can, should be the aim over the span of the innings.

GENERAL ASPECTS OF CAPTAINCY

1 Sound knowledge of the Laws of Cricket



2 Should be able to discuss, advise and assist his teammates on matters of general tactics

3 Should strive, by his own good example, both on and off the field, to obtain the respect, loyalty and confidence of his players

4 Must inspire optimism in his team

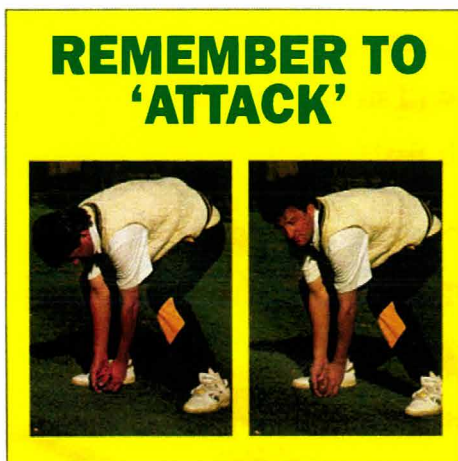
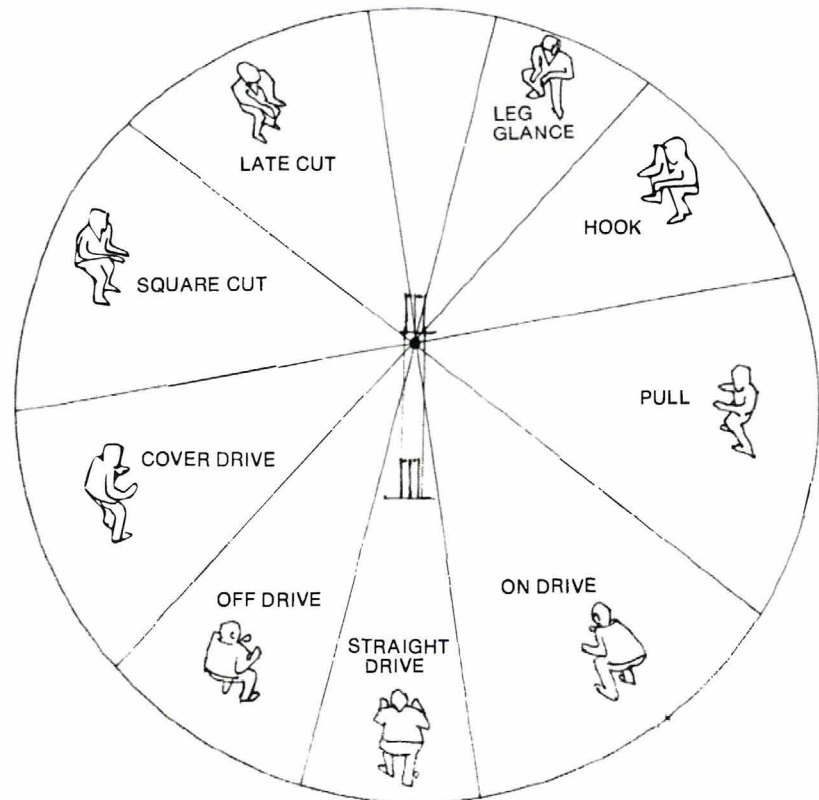
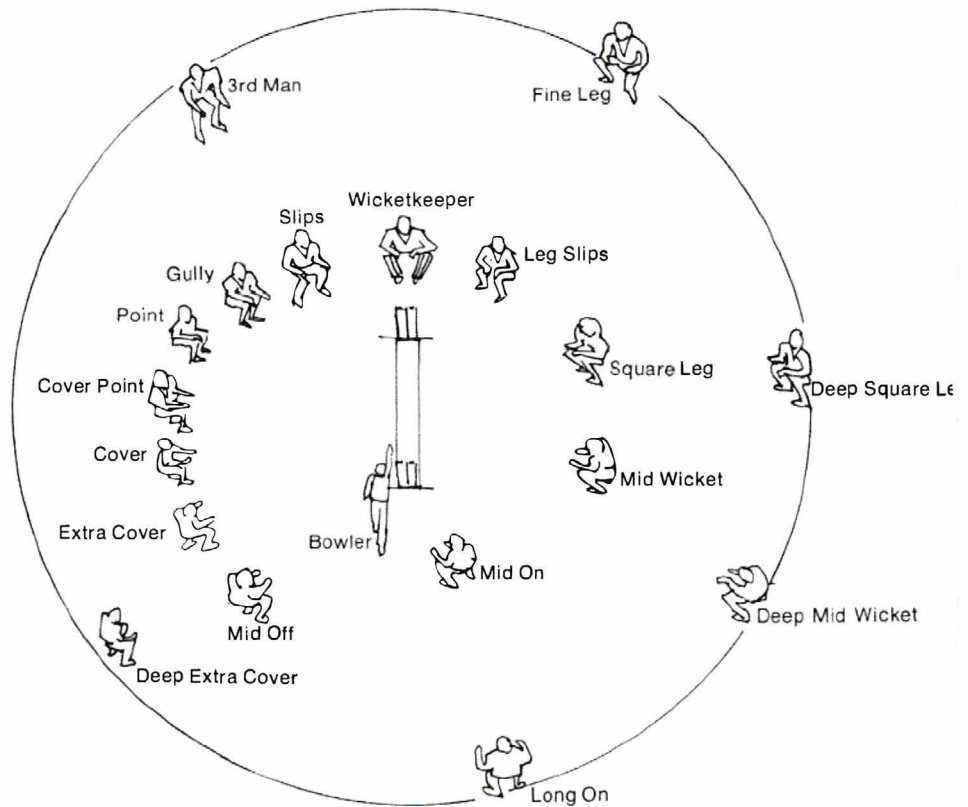
5 Encouragement given to his players will create confidence and much enthusiasm

6 Should observe the character and temperament of his players

7 Unselfishness must be an outstanding characteristic

In The Field

Coaches must pay attention to the subtleties of team tactics in the field and gradually develop these with their teams. Players must become confident in attacking the ball, and competent in intercepting and returning to the 'keeper. Run outs and match-winning catches don't "just happen"; each batsman is different and must receive special attention from the fielding team. The most obvious tactic is field placements; fieldsmen may be positioned to cut off a batter's favourite shot, or a position left open to invite a rash shot. A speedy fielder may be positioned with the aim of making a stop and returning the ball quickly to the stumps; whatever, fielding can be great fun as well as a challenging tactical exercise.



Images

Captaincy can often be instinctive, a tactic at a particular moment in a match, but like batting and bowling fundamentals are valuable allies.



KEY POINTS

- Perfectionists don't make good captains
- A good captain is a psychologist
- A good captain should never ask one of his team mates to do anything he wouldn't do
- Captains must be consistent as cricketers and people

– Rod Marsh

- Know the strengths, weaknesses, technically and mentally, of your own players
- Similarly, know your opponent's strengths and weaknesses
- Study scoresheets to determine ways opponents are most often dismissed
- Make winning your aim

– John Benaud

- "Lead from the front", and create rapport with players
- Knowledge of abilities, conditions
- Harness team spirit
- Strong sense of self-discipline (mental & physical)
- Ability to project confidence in self and team

– Barry Richards

- Responsibility to the game and beyond – over rates, competitive spirit, example to community and youngsters
- Understanding "The Game"
- Decision making and implementation
- Handling people and getting the best from individuals

– John Inverarity

Umpiring & The Laws

The Umpires' primary responsibility is to ensure that the conduct of the game proceeds strictly in accordance with the Laws, and to do so they must interpret and apply those Laws. Ultimately this responsibility has to be actively shared by all of us – umpires, players, coaches and officials.

Good coaches ensure play is conducted within the spirit of the game as well within the Laws; they should also maintain a good knowledge of the Laws and local playing conditions. It is always handy to have a current copy of the Laws of Cricket and the local playing rules.

“Throughout my career I have been conscious of the need for players, as well as umpires, to have a comprehensive knowledge of the Laws, so much so that early in my first class career I studied the Laws and passed an umpires' exam under the auspices of the NSW Cricket Umpires' Association.

*My umpiring knowledge served me well in later years (especially when I was made captain), and I would counsel all players to widen their understanding of the Laws so that they may **co-operate with umpires** in the smooth running and interpretation of what is a very complex game.*

An umpire's decision to give a batsman out or not out in a game of cricket can be so critical. In that regard I believe cricket to be unique amongst all games and it is for that reason players have a duty to assist umpires make correct judgments not take part in mass intimidatory appeals.”

– Sir Donald Bradman

(extracts from his foreword for the ACB's Umpires Manual, “What's Your Decision”)

The coach who is well versed in the Laws and local playing conditions is not only ensuring his team(s) will have every possible advantage, but is also playing an important role in ensuring the proper traditions, values and spirit of the game are continued.

Captains and coaches would be aware of the many attributes required by cricket umpires. There is one above all others, which is also an expectation from umpires of captains and coaches – commonsense! This is often referred to as “the unwritten Law 43”.

Coaches can improve their knowledge of the Laws, and their players', by:

- Attending training seminars on the Laws
- Studying the Laws and Rules
- Inviting umpires to attend and participate in club practice
- Having players “stand” at practice i.e. play out the role of an umpire
- Random quiz at practice, or in newsletters

While some umpires are paid for their Saturday afternoons, everyone is essentially involved because they love the game. Often fellow players, managers/coaches (particularly in junior teams), mums and dads also stand in the middle.

The need for both a knowledge of the Laws and an understanding of the role of umpiring is important for players and coaches in ensuring that the game is always played competitively, keenly and in the right spirit.

Law 42.1: Responsibility of Captains

The Captains are responsible at all times for ensuring that play is conducted within the spirit of the game as well within the Laws.

THE NO BALL RULE

Bowling a no ball is criminal in cricket. It gives easy runs to the opposition and indicates poor discipline and attention to detail by bowlers.

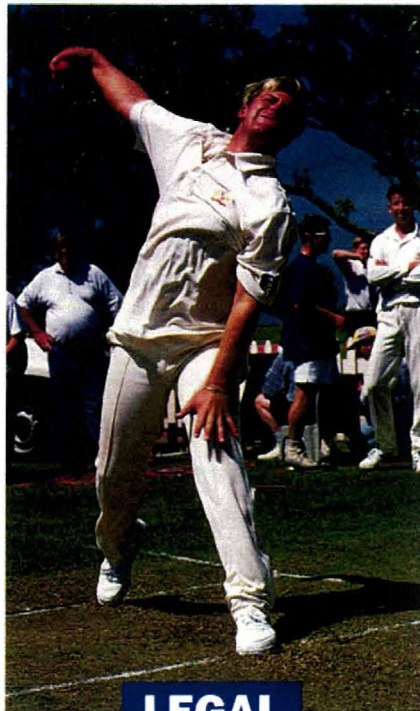
Stand-in umpires such as the next batter in should be used at practice, and no balls eliminated through appropriate awareness and training.

To assist coaches the current no ball rule has been included. As with the laws of cricket, players should be educated and made aware of practical examples and ramifications of not adhering to the law. At present the no ball law reads as follows:

NO BALL – a no ball shall be called if the bowler:

- i) Throws the ball, or;
- ii) Does not have part of his front foot, either grounded or raised, behind the popping crease, or;
- iii) Does not ground his back foot within (and not touching) the return crease.

The ball does not become “dead” on the call of “no ball”. The striker may hit a no ball and whatever runs result shall be added to his score; but runs made otherwise from a no ball (e.g. runs normally scored as wides, byes etc.) shall be scored no balls, and if no runs be



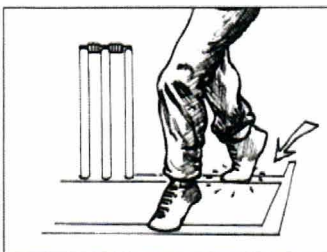
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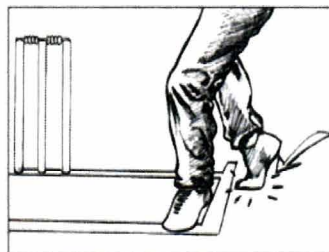
ILLEGAL

made one run (i.e. no ball) shall be scored. The striker may be out from a no ball for hit the ball twice and either batsman may be out, obstructing the field, handed the ball or run out.

NOTE: To ensure that bowlers do not bowl no balls, bowlers should aim only to break the popping crease with their front toe.

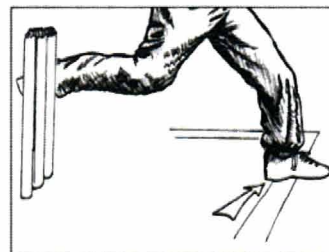


FAIR DELIVERY

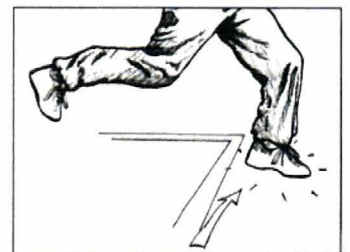


NO BALL

The bowler's back foot touches or lands on or outside the return crease.



FAIR DELIVERY



NO BALL

The bowler in the delivery stride has no part of the front foot behind the popping crease.

ACKNOWLEDGMENTS

The Australian Cricket Board is grateful to each of the State Cricket Associations and the ACB Coaching Committee for their cooperation and commitment to ensure quality coaching for the game throughout Australia.

Sir Donald Bradman A.C. for his foreword.

The Australian Cricket Board acknowledges the outstanding contribution to cricket and to coaching provided by the Rothmans National Sport Foundation, which ceased operation in 1994, particularly in its role as 'patron' for the first national coaching manual in 1973.

Richie Benaud and Brian Taber who provided the platform from which this manual has been prepared.

Graham Winter.

Australian Sports Commission.

Australian Coaching Council.

Commonwealth Bank.

Ansett Australia.

Coca-Cola.

National Australian Football Council.

Australian cricket team for their cooperation and genuine commitment to contribute to the development of Australian cricket coaching.

All the players, coaches, administrators and supporters of the game.

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The manual is issued to Level 1 candidates as a part of course instruction.

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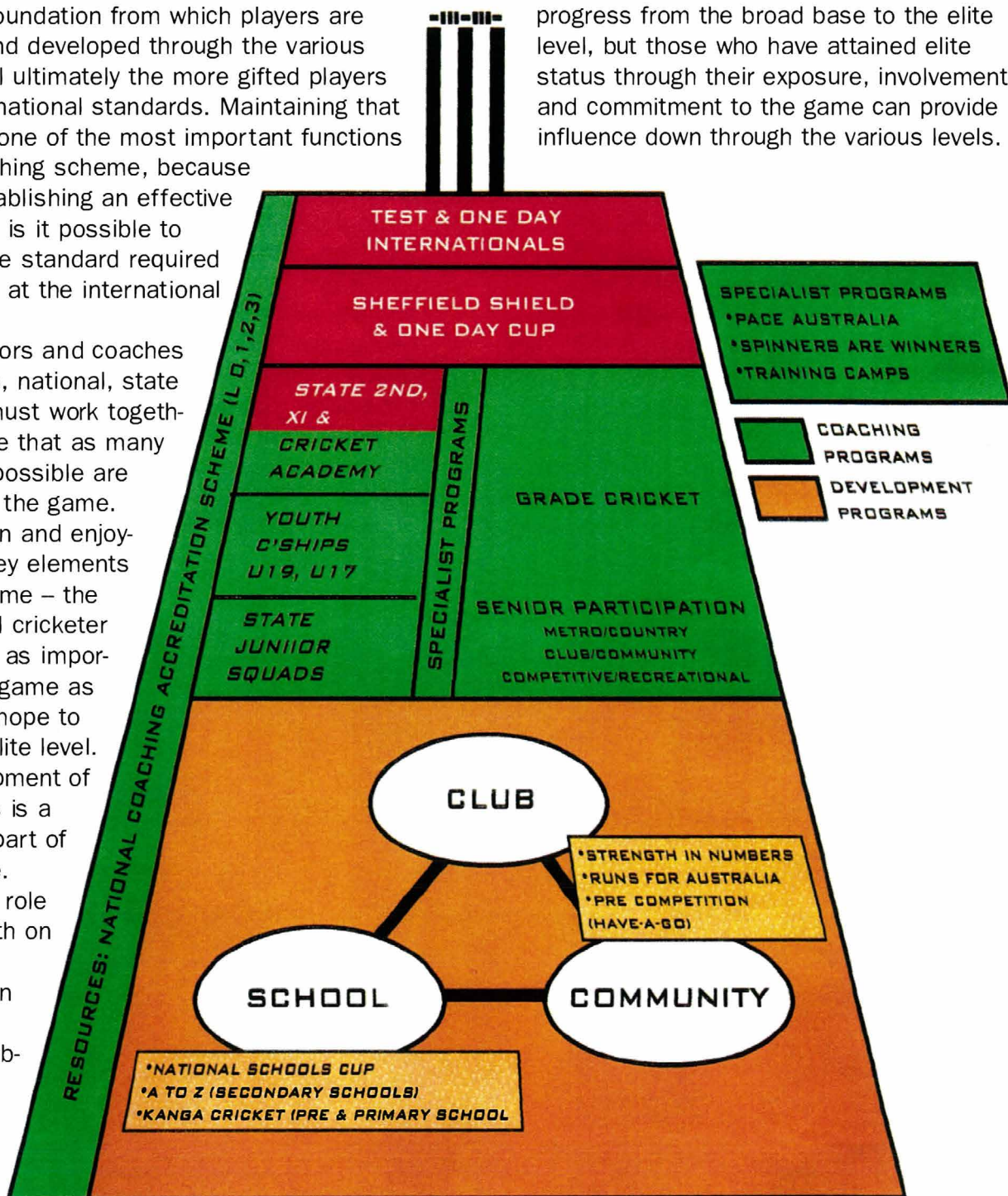
Australian Sports
Commission

The Playing Field

Australian cricket relies on all its cricketers, from the broad base of junior and club cricket through to the national team. That balance provides the foundation from which players are nurtured and developed through the various stages until ultimately the more gifted players reach international standards. Maintaining that balance is one of the most important functions of the coaching scheme, because only by establishing an effective broad base is it possible to maintain the standard required to compete at the international level.

Administrators and coaches at all levels, national, state and club, must work together to ensure that as many people as possible are exposed to the game. Participation and enjoyment are key elements of the scheme – the recreational cricketer can be just as important to the game as those who hope to reach the elite level. The development of role models is a significant part of the scheme. Appropriate role models, both on and off the field, play an important part in establishing a positive image that makes

cricket more attractive to the community generally. We should all be aware that the scheme is a two way process – not only do players progress from the broad base to the elite level, but those who have attained elite status through their exposure, involvement and commitment to the game can provide influence down through the various levels.



'Cricket Pitches at All Levels'

INTRODUCTION by Sir Donald Bradman, A.C.



This manual has, as its paramount objectives, the encouragement of the game of cricket, greater enjoyment for those who play, greater knowledge for the contestants and, above all, information through which may come the development of coaches throughout the land.

There is no high and mighty purpose to develop Test match stars, though if they come as a by-product everyone will be delighted. We are constantly reminded that enjoyment and purpose are more important than stardom.

Only one tennis player can win the Wimbledon tennis title each year, and on him the accolade and glory are bestowed. But without the myriad of tributaries which feed Wimbledon, it would not exist.

And so with cricket where, it being more of a team sport than tennis, there is even greater emphasis on the thousands of ordinary people

who feed and nourish this great game, whose ultimate exposure comes through the international Test matches.

How important is coaching? Let us get this into proper perspective at once. The greatest Test match players in history were not made great by coaching. You may check the careers of the noblest from Dr WG Grace to Sir Jack Hobbs, Denis Compton, Bill O'Reilly and so on. The story is the same. They rose to eminence through sheer natural skill, allied to adherence to the basic fundamentals, and personal qualities.

To their credit, I commend the producers of this Manual for repeatedly stressing that their aim is primarily the developing of the cricket art and the coaches to further that aim, and for taking pains to clarify the necessity for coaches to give young players the maximum freedom of expression to develop their individual talents.

But, before a budding genius can develop, he needs to possess a love for and devotion to cricket.

In the lay mind, coaching tends to be looked



upon as teaching orthodox methods; and, to a certain extent, that is what coaching does. But the intelligent coach must go further and perceive the dividing line between the straight jacket of orthodoxy and the freedom of initiative.

The hide-bound coach will teach his pupils always to play a straight bat to a ball pitched on the stumps.

The more venturesome and far seeing coach will not tear his protege to ribbons if, from a similar ball, he essays a successful pull shot to mid-wicket which necessitates risk-taking in departing from the straight bat.

The first instance will mostly ensure survival and no runs, but ultimate boredom. The latter may bring disaster or four. But in the words of the poet:

*"No game was ever worth a rap
For a rational man to play
In which no accident no mishap
Could possibly find its way."*

I'm aware that the analogy is not precise, but my purpose is served.

The game of cricket has boundless possibilities for the creation of friendships, for travel, for

education and development of character.

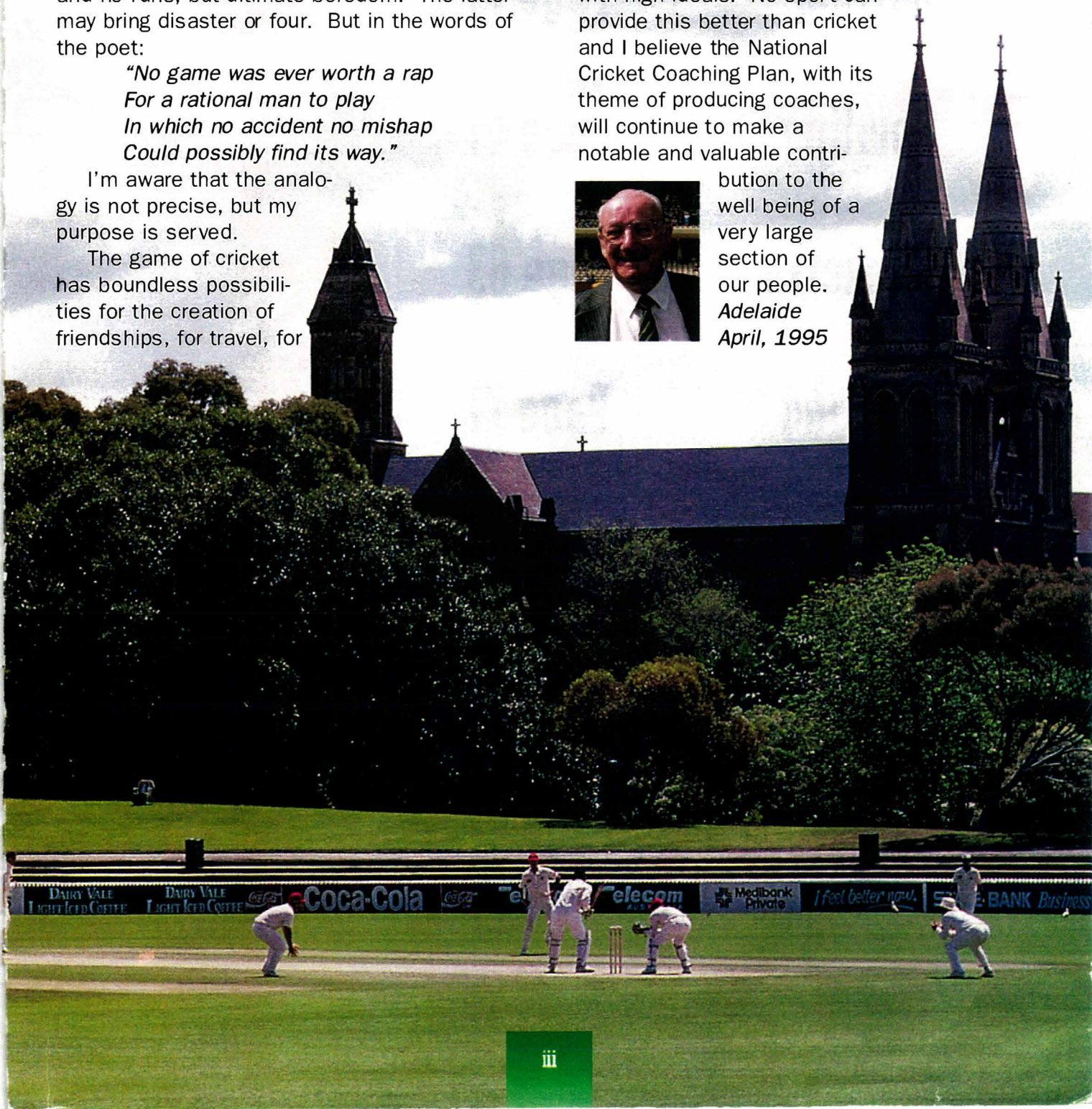
One aspect which I constantly advocate is the necessity to read about the game through the unrivalled literature which is available in a score of directions.

A whole new world of enjoyment can be opened up to those fortunate enough to obtain these gems of literature which can be read and re-read, and read again. We live in an age wherein the pressures of life are severe, the temptations many, and leisure more abundant than ever before.

It becomes increasingly necessary for our youth to be occupied in health giving relaxation with high ideals. No sport can provide this better than cricket and I believe the National Cricket Coaching Plan, with its theme of producing coaches, will continue to make a notable and valuable contribution to the

well being of a very large section of our people.

*Adelaide
April, 1995*





THE COACH



The encouragement of players as active role models is a critical factor in reinforcing the positive image of the game, making cricket more attractive to players, parents and coaches as well as to the community generally. From both the club and national perspective, we need to ensure that we have as broad a base as possible and a well performed Australian team. This investment will mean that cricket will have a strong numerical base and a foundation for ensuring active commu-

nity interest and constantly improving standards for our elite teams.

This is a two way process. When our elite players (at every level) perform as positive role models, on and off the field, this too promotes the game's popularity, and standards.

Establishing and maintaining the balance between participation, competition and enjoyment is one of the prime responsibilities with which each coach is entrusted.

Role of The Coach

The coach has the chance to be a positive influence on the lives of his team as players and as individuals.

Coaches have many diverse roles which can vary in importance according to the age group of the team. During the year the coach may be called upon to fill a variety of roles. These can include:

1 Communicator providing clear instruction and feedback to the team and individual players



6 Manager dealing with a wide range of players, officials and supporters

2 Teacher developing skills and team tactics

7 Sports Trainer developing fitness programs, injury prevention, care and management

3 Motivator arousing, maintaining and controlling interest in players

8 Selector selecting the team to best represent the club

4 Leader organising training, match day activities



9 Student seeking continually to upgrade his/her knowledge of the game

5 Psychologist dealing with various individual's needs; individual and team morale

10 Public Relations expert representing the club at official functions and community activities



“Club and junior cricketers are the lifeblood of the game. As a coach it is vital that we provide an environment that encourages players to enjoy and learn from their involvement.

If we can create and enhance the positive attitude, the player, the team, the club and the game will all benefit.”

– BOB SIMPSON, former Australian captain, coach.

Coaching Styles

In a study of over 500 coaches, five distinct coaching styles were identified.

AUTHORITARIAN

- **Strong disciplinarian**
- **Well organised**
- **Good team spirit when winning**
- **Dissension when losing**
- **May be feared or disliked**

BUSINESS-LIKE

- **Intelligent, logical approach**
- **Well planned and organised**
- **Up to date with new techniques**
- **Expects 100% effort all the time**
- **May set goals too high for some team members**

NICE-GUY

- **Well liked**
- **Players sometimes take advantage of this coach's co-operative nature**
- **Gets on well with players of similar temperament**

INTENSE

- **Emphasises winning**
- **High anxiety often transmitted to players**

EASY GOING

- **Gives impression of not taking the game seriously**
- **May not be prepared to drive the team at training**
- **Well liked but may seem to be inadequate in some situations**

There is, however, no one perfect style that leads to success. Most coaches possess certain characteristics of each coaching type. It is important to be aware of the advantages and disadvantages of the various coaching styles. Coaches should develop an ability to use the appropriate style for the various situations that may arise.

Quality Coaching

Principles apply to coaching, irrespective of the age of the players or the level of competition. The coaching principles that follow should form the foundation of your coaching style.

1 RESPECT THE INDIVIDUAL

As a person, as a player and the opinions he/she may hold. Developing self esteem is a prime objective. The coach must avoid the tendency to concentrate on the better players and ignore low achievers. All players need feedback.

2 PROFESSIONALISM

The coach must be well presented, look the part and be in control at all times.

Develop a coaching style of your own. Trying to copy others can be counter-productive.

3 ORGANISATION

The good coach is well organised, is enthusiastic and establishes through his attitude the correct work ethic within the team. Practice sessions, equipment and match arrangements are organised well in advance.

4 GOAL SETTING

Goals must be set for individual players and the team. Goals must be realistic, flexible, achievable, measurable and compatible. Team and individual goals should be assessed regularly.

5 USE ASSISTANTS

Surround yourself with competent people with whom you can work. Take time to appoint your assistant coach, team manager and chairman of

selectors. You must be comfortable with these appointments as you will rely on their advice during the season.

Ensure each has a clear job description outlining their role and responsibility. Communicate with your assistants regularly and listen to their opinions and suggestions. However, the ultimate responsibility for the management of the team is yours. You can delegate authority but not responsibility.

6 PLANNING

Planning is the key to successful coaching. A yearly plan is essential for coaches if they wish to maximise the development of their players. Planning must occur within the coaching year specifically for the pre-season period, the competition period and the off-season. In particular, individual training sessions should be planned fully. The coach must evaluate the team's current standing and plan the session to achieve optimal benefit.

7 SAFETY & FITNESS

It is the responsibility of the coach to provide an environment that does not expose players to potential injury. To be effective in this area the coach must be aware of:

- **The importance of appropriate fitness programs**
- **Warm-up activities**
- **Rest and recovery**
- **Dietary intake and fluid replacement**
- **Protective equipment**
- **Safe playing and training facilities**

8 COMMUNICATION

The well prepared coach provides continual feedback to the team and individuals within the team.

Good communication is the essence of successful coaching. The coach must be able to deliver a message and at the same time listen to his players.

9 SET STANDARDS

Outline your expectations to your players and assistants on all aspects of team management including:

- Practice Start times.**
- Dress required for training**
- Policy for late, or non arrival**
- Match Days**
- Travel**
- Social Functions**

A policy should also be adopted on recommended behaviour off the field. Team rules should involve input from players and include all aspects of player behaviour.

10 PLAYER DISCIPLINE

Problems will occur during the course of a season. Whether it be a late arrival for a vital game or disregard for club property, it is advisable to be well prepared.

When problems arise they must be kept within the club and rectified quickly. A set of guidelines must be established early in the season to deal with a player breaching the rules.

It is preferable to allow player input into the rules, making them The Team's Rules rather than ones simply dictated by the coach.

If an infringement does occur, listen to the player's explanation, explain that team rules have been broken and take action immediately. This procedure should be firmly implemented.

11 DEVELOP CLUB SPIRIT

On the ground, highlight team play efforts rather than individual efforts_a team-lifting effort

should be strongly emphasised.

Encourage togetherness both on and off the ground; it is important to promote a harmonious club and attendance at club functions can be beneficial in team building.

While maintaining a high standard of behaviour the coach also must be able to relax and enjoy himself off the field.

Attempt to mix socially with all members of the club.

12 PLAYER RESPONSIBILITY

Encourage more experienced players to take on extra responsibilities at practice and on match day. Generate involvement and support for your role by seeking their opinion on all aspects of team strategies.

13 BASIC SKILLS

The basic skills must be continually taught, practised and reinforced. A team plan is of no value if players are unable to perform the basic skills. Be aware of individual differences. While observing basic principles, allow for the personal variations caused by build or other differences in players.

14 TEAM PLAN

The coach must formulate a team plan. This plan is comprised of:

Skill Development

Tactics (these will vary from match to match depending on the weather, the opposition and the players at your disposal)

Practice (must contain a variety of drills yet at the same time reinforce the team plan)

15 KNOW AND CARE FOR THE GAME

The serious coach will have a genuine love for the game. This involves an eagerness to learn and improve. The successful coach will be a student of the game striving to learn from other coaches, relevant texts and videos as well as coach education courses.

Skills Teaching

To become a better and more efficient coach some training sessions must be devoted to skill teaching. A simple formula for a coach to follow when teaching a new skill is **S P I R S**.

- S**how or demonstrate
- P**practice
- I**nstruct or correct
- R**eward
- S**ummarise

S for SHOW	<ul style="list-style-type: none"> • Name the skill • Demonstrate the skill • Give your teaching points (no more than 3 points) • Ask if there are any questions • Demonstrate the skill again
P for PRACTICE	<ul style="list-style-type: none"> • Send the players out to practise immediately • Use only small groups
I for INSTRUCT	<ul style="list-style-type: none"> • Stand back and observe each performer • Offer advice • Keep repeating the key points about the skill
R for REWARD	<ul style="list-style-type: none"> • Praise players for good efforts
S for SUMMARY	<ul style="list-style-type: none"> • Summarise key points learnt from the exercise and encourage further practice

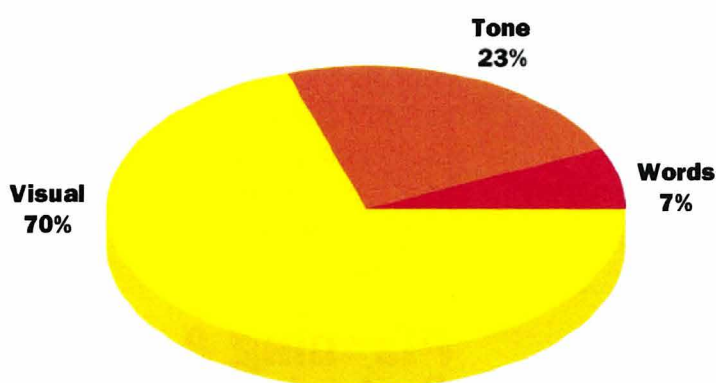
COACHES' CODE OF CONDUCT

In a talk to the Australian team, Sir Donald Bradman suggested that "players are the trustees of the game". This applies equally to club coaches who provide a critical leadership role.

- Be reasonable in your demands on players' time, energy and enthusiasm.
- All players need and deserve equal time.
- Remember that for most players the prime motivation to participate is for fun and enjoyment.
- Develop team respect for the ability of opponents as well as the judgement of umpires.
- Follow the advice of a qualified sports trainer when determining when an injured player is ready to recommence training or competition.
- Keep yourself informed and up to date on sound coaching principles.
- Create opportunities to teach sportsmanship as well as the skills of the game.
- Ensure your players understand their responsibilities and the need to participate according to the rules.
- Demonstrate appropriate behaviour in your conduct both on and off the ground.

Maximising Message

How we present our message as coaches influences the effectiveness of our coaching. Research suggests how a message is delivered will have more significant impact than the message. How a coach organises and prepares the work will have a great bearing on the success of the session.



KEY POINTS

- **Players learn through action and fun**
- **Select activities that provide variety**
- **Include challenges in each session**
- **Give lots of praise for improvement and effort**
- **Grade activities – early activities easy, later ones more difficult**

Cricket practices have traditionally been “have a bat”, “have a bowl”, “have a chat”, and go home. Clearly, this is only partly effective. There is a need for more purpose. Club officials should plan practices at least three weeks before the competition starting date. The following need to be undertaken:

- Check facilities: the availability, condition;

draw up general schedule.

- Check equipment, condition, quantify; small, but important details are often overlooked such as extra stumps, inner gloves, soft balls.
- Inform all players and officials in writing of the details of practice sessions and have a procedure to inform people of any emergency changes.

PRACTICE SESSION CHECKLIST

Punctuality

Arrive at the venue early to arrange the setting out of gear. Get help from the players but be sure to supervise carefully.

Dress

Always dress appropriately and set a good example.

Preparation

Ensure progress from the last

Be PREPARED
Be ENTHUSIASTIC
Be POSITIVE

session and that there is a continual, challenging learning environment.

Content

Every session must have an aim and the coach must see that

this is achieved. The success of this will depend on the session planned and the instruction given. The session must be challenging for all players. Make maximum use of the time available, the equipment and venue space. Select activities which have the players active. Tabloid activities and coaching videos are good ideas.

Make sure your session is fun and interesting and that it consists of varied activities which motivate the players.

Voice

Use your voice to suit the situation. Don't talk too much and avoid shouting at and criticising players. Avoid shouting over the group. If you need to get

application of these rules.

Coach's Movement

As the coach, you should always be active and move freely around the venue and see that you are well positioned to observe all players. Use plenty of praise when observing techniques and be supportive of any player who is having difficulties.

progress, resulting in valuable learning and far greater long term commitment and improvement.

The player also gains a clearer understanding of personal strengths and weaknesses, developing a progressive profile of their game through successive video sessions.

Match play videos are also valuable and may be used for team development as well as individual assessment.

The emphasis should be on both the positive and negative aspects of performance, not just the faults. Each section should be carefully explained to players so that it is clear what the desired feature is in each case.

Planning & Organisation

It is essential that the coach plans every session. It will make it more enjoyable and profitable for the players and coach as they will feel that they have achieved worthwhile goals. The ideal coaching session for young players will last between 60 and 90 minutes, depending on the age of the players. It is recommended that at least one-third of time be devoted to skill development.

Set goals so that players are practising with a specific purpose be it in the nets or in general sessions. Net practice provides an excellent opportunity to spend time on one on one coaching, so structure practice so that everyone is working and fully occupied.



Resources & Equipment

- Video/Over Heads/Coaching Cards (one liner and diagrams)/Coaching Shorts (one liner and diagrams)/Catalogue Resource List (State Associations)
- "Bag of Tricks"—Rubber hoses (tees)/Skipping ropes (long and short)/Markers (ice cream lids)/Inner soles (foot prints)/Bed sheet (target)/Hoops/Ice pack/Selection of different balls (tennis, golf, squash, swing).

their attention, set up some sort of routine such as two short whistles or a clap of the hands

Approach and Control

Building up a relationship with players will depend upon how you approach and communicate with the players. This can be formal or informal. When asking the players to observe a demonstration ask them to look for specific items or movements that you want them to concentrate on. Maintain firm control over the group at all times. Let the players know what is expected with behaviour and be consistent in your

Videos and video cameras are very valuable in assisting the development of cricketers. When a cricketer actually sees what he is doing and/or what he should be doing the learning impact is profound. To enhance the learning experience it is preferable for the player to perform a self-analysis first. The coach can then develop an assessment schedule with the player and formulate a plan. The player then develops responsibility for his own

Preparation

The following sample is based on a 90-minute session; the components can be varied according to your priorities and time available.

Group Organisation

(5 mins)

Use this time to bring the players together. Talk to them about the session. It allows for latecomers to settle before beginning the planned activities

Physical Warm-up

(10 mins)

The warm-up is very important to avoid injuries. Start with a slow jog, do some simple exercises to stretch muscles and then play an active game such as tag.

Speed Practices

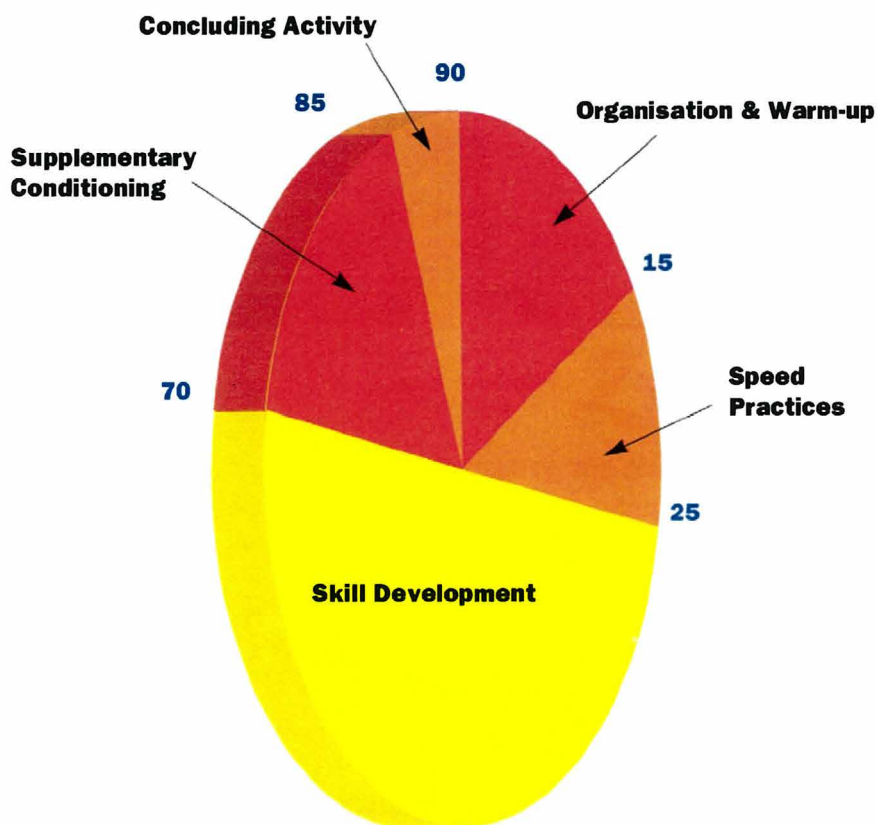
(10 mins)

Reinforce the key points as the players warm-up. Remember to use praise and lots of it!

Skill Development

(45 mins)

- Observe all players so that you can praise good techniques and spot basic errors. Redemonstrate if necessary.
- Coach the players who need correction. Be sure to be positive and supportive. Emphasise what to do rather than what not to do. Shouting and criticising won't achieve anything!



Supplementary

Conditioning (15 mins)

Set aside some time where skill can be practised in a game situation without too much instruction from the coach. Make sure that everybody is involved and not sitting out for long periods.

Concluding Activity and Cool Down

(5 mins)
Use the time to emphasise the key points introduced in

session. This revision can be done whilst the players are doing some simple stretching exercises. Praise all the players and also use this time to talk about the next game venue and time and other organisational matters.

“RAINY DAY” OPTIONS



The best laid plans will occasionally be thwarted by elements, in and out of your control – especially the weather. Part of proper planning is being prepared to cover all possibilities.

Coaches can provide and players will expect constructive and enjoyable practice sessions no matter what conditions apply with weather, ground, practice wickets.

A range of alternative activities could include:

- Discussions on:
 - Tactics
 - Leadership
 - Captaincy
- Video Analysis
- Quiz Nights – Trivia
- Indoor Fitness Activities
- Team Meetings
- Alternative Sport Skill Sessions
- Guest Speakers

SUMMARY

Create a Positive Environment

- learn names quickly
- smile, praise and encourage
- be patient and supportive
- be punctual
- dress appropriately
- be organised

Set Achievable Goals

- keep the players' skill and age level in mind
- make sessions challenging
- ensure skill development is progressive

Vary Your Sessions

- change format and activities regularly
- ensure equal opportunity for all players
- avoid eliminating games where players sit out
- include non-competitive team work
- include supervised activities with minimal guided instruction
- use different coaching methods (tabloids, cards)

Teach Skills

- plan skills for sessions and introduce easiest ones first

- teach one skill, or one part at a time
- regularly revise skills from previous weeks

Demonstrate

- remember 'a picture paints a thousand words'
- if you can't demonstrate the skill, choose someone who can
- demonstrate what to do, not what not to do
- make sure all the players can see the demonstration

Involve All Players

- have ample equipment available
- use several small groups rather than one large group
- aim to have every player practising the skill each 30 seconds at least

Provide Instant Feedback

- use lots of praise
- be supportive – shouting and criticising won't achieve anything

Use Your Voice Well

- don't try to talk too much
- try to have as much one-to-one as possible

Injury Prevention

To reduce the injury factor in pace bowlers the Australian Cricket Board National Coaching Committee recommends that coaches implement SPOT.

Screen bowlers at an early age for all risk factors including postural stature. Correct posture enables the proper functioning of the body and efficiency of movement.



EVERYDAY LIFESTYLE



POOR POSTURE

Overbowling or overuse will cause undue strain to be placed on the body. As the bowler becomes increasingly tired, changes can occur in bowling rhythm and action, increasing the stress placed on the spine and other body joints. The young bowler is particularly vulnerable in periods of rapid growth and maturation.

Guidelines for bowling use are recommended for all age groups.

PHYSICAL MATURITY

MORE OVERS



LESS OVERS

Physical preparation is essential. Fast bowlers of all ages who undertake a well balanced training program that develops and maintains those specific fitness requirements of strength, endurance and flexibility will increase the chance of improving performance and decrease the likelihood of injury.



WARM-UP, WARM-DOWN

Technique. It is important that a bowling technique that enables correct use of bowling mechanics and force absorption is utilised.

The two preferred bowling actions are the Side-on and Front-on actions. The use of a "mixed action", that is, a combination of the Side-on and Front-on actions, is a major risk factor.

