

Club Coach Guidelines

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Objective:

The aim of this Guideline is to lift the skill level of all players' to a minimum standard and to provide clubs/coaches with a benchmark approach to coaching. It will hopefully provide new coaches with some background and guidance as they start their club coaching careers. New coaches may start at later age groups u10, u11 or u12 and don't know where the players are up to in their cricketing education. Alternatively, many coaches feel they have to teach the players everything about cricket, which is not physically possible over one or even three seasons with 12-15 players in the squad.

Training between 2 hours weekly only gives the coach time to cover a few facets of the game. The benchmarks are based on what a coach can reasonably achieve during the season. The benchmarks listed in this guideline complement the what to coach way of learning cricket.

1. Upholding the **SPIRIT OF THE GAME** and Code of Conduct.
2. Placing skill development and fun ahead of any personal desire to win,

It's important that we assist boys and girls in enjoying and succeeding at cricket and to achieve the **clubs** ultimate goal that boy's and girl's continue to play the game.

Game Plan:

Build An Innings: Start slowly and go up through the gears, gradually accelerating. Try to build partnerships. Initially score in small targets of 5- 10-20. Good solid defense when building an innings. Play with soft hands and look for singles.

Attacking Shots: Play in a narrow V. Build your attacking shots around a solid defense. Disciplined, focused shot selection throughout the innings.

Pace & Bounce: Get used to the pace and bounce of the wicket before trying to play more attacking shots. Be patient. Control your eagerness to score too quickly.

Bowlers: Get used to the bowlers pattern of bowling (you can begin doing this while waiting to bat). Have a look at new bowlers when there is a bowling change. Get used to them, and be ready to punish their bad balls.

Match Situation: Know the match situation and have in mind your personal game plan of how you are going to bat. Always know the team's target. Keep assessing targets. Bat for the team not yourself.

Shot Selection: There are no fielders in the air. Hitting the ball over fielders is a legitimate tactic now.

Running between the Wickets: There are always more singles than you think. Limited over's cricket showed the way but now we can see there is almost a run to every ball. Look for the gap's and keep the scoreboard ticking.

Play Straight: Top batsmen hit the ball through the V more than across the line. It's safer because there are no fielders behind the bowler and the only place to hit very full bowling.

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Spinners: Spinners have the uncanny ability to slow scoring rates and take wickets. Fielding positions are key for catches.

Take Wickets: The old theory was that there is no benefit to taking wickets, only keeping the run rate down in the hope batsmen will frustrate themselves out. Wickets are one of the best ways to keep the run rate down though. Taking wickets leads to more wins (even batting first).

Pitch it up: Full bowling gives the batsmen less options and brings swing into the game. Short and good length bowling can potentially be hit anywhere. Bowl to your field.

Bowl in Short Spells: Short spells work better because it keeps the batsmen guessing and unable to settle. Focus on line and length & try to spot the batters weakness. Of course, if someone is taking wickets they can stay on, but otherwise all options should be tried.

There are No 2nd Chances: One bad over can be the difference between sides of equal strength. There is no time to recover.

Wicketkeepers: Twenty20 has shown how important a good keeper is. Junior games are just the same. A good keeper can stand up to medium pace to crowd batters, be sharp enough to act as keeper and first slip and be the conductor in the field.

Fielding: Support your bowlers and always stay where the captain puts you and watch for changes. Walk in with the bowler and throw tidily to the wicket keeper or bowler. Be ready to back up other fielders throws.

Changing Ends: Turn round quickly and the end of each over. Always return the ball to the umpire at the fall of a wicket.

Ball Care: Keep the ball off the ground when returning it back to the bowler.

Fitness: If every run counts, every fielder needs to get everything and every run needs to be run hard. To make it work you need to be fitter than ever.

Team Work: Play as a team and support your captain as well as the rest of the team. Respect your coach, opponents and umpire.

Shot Selection:

Forward defence should be played to a ball which is pitched on a good length, or slightly fuller that might hit or pass nearby the stumps.

Back foot defence is a shot which is played to a ball which is pitched on a good length or slightly shorter and in line with the stumps.

Straight drive is a shot that is played to a ball that is pitched slightly full of a good length and is pitched in line with the stumps.

Cover drive is a shot which is played to a ball which is pitched up, full on a good length and has pitch on or outside off stump.

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On drive is played to a ball which is pitched full of a good length on or slightly outside leg stump.

Back foot drive is an attacking shot played to a ball pitched short of a good length that will bounce around or above stump height.

Pull shot is a shot which is played to a short pitched ball usually pitched from middle to leg stump and is probably passing over and outside leg stump.

Square cut is an attacking shot played to a ball which is pitched short outside off stump.

Sweep shot is played against a slow bowler or spinner where the ball has pitched from between middle to outside leg stump.

The leg glance is a shot played to a ball which has pitched on or outside leg stump.

Field Placement:

There are 2 reasons to set a field: To take wickets and to stop runs being scored. Most bowlers bowl with the aim of hitting the stumps by straight, pitched up deliveries and decent batsmen will try and hit these types of deliveries through the famous 'V' using cover, straight and on drives.

In this situation the fielders need to be in position to stop these shots (and edges). In other words, the V can be inverted to create a line of defence on each side of the wicket. This is the basic framework, or core positions from which to build:

Mid-on and mid-off stop the straight drives, third man and long leg are there to stop the edged ball, extra cover and midwicket stop the wider drives. In theory then, these core 6 fielders (plus wicketkeeper) should be enough for a bowler to defend effectively if he bowls a good line and length.

One important factor to note is that the fielders always form a straight line from one end of the pitch to another. If this does not happen (someone too close or deep) then the gap the batsman can see is bigger and more runs can be scored. So set fielders in the right place and don't let them wander. This leaves you 3 spare fielders that you can set anywhere you like (attacking or defensive). However the core positions are just a framework from which to build. They ignore the many variations that makes cricket so interesting and setting the field so challenging.

Once you understand the core positions, you can start to work out the variations and start to work your brain.

Variations that the core positions don't take into account:

Are you attacking or defending?

Spinners, medium pace or fast bowlers?

Pitch conditions

Accuracy of bowling

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Swing and seam movement - more movement alters the angles the ball is coming to and from the bat

Batter's limitations - All batsmen favour certain shots and ignore others.

With every variation, different positions are brought in or taken out of play. However, the basic principles still apply, and each change must be considered carefully with justification and not just chase the ball by putting fielders where the batter hits it.

For example, perhaps you are all out attacking with a fast bowler on a fast pitch with plenty of bounce. Your 3 slips would all be attacking (say, 2 slips and a gully).

As your aim is to get wickets you could forget about long leg and third man and move them to close catching, an extra slip and a leg slip or short leg.

If the batter plays with an open face you might consider cutting off his square shots with 2 gullies or a square third man, especially if your bowler bowls outswing as a stock ball. The variations are never ending but always must have solid grounding.

The final principle of setting a field is the ability to bluff. There will often be times where setting the best field may not be the best way of reaching your aims (wickets or run reduction) and this is where a poker face comes in handy.

Bluffing does not mean you should forget the first 2 principles, but once you have laid your plans you can double cross with a clever field placing that looks more sinister than it is.

A classic example is an off spinner who does not turn the ball much setting 2 short legs and a wide slip. This could make the batter think it is turning and the slip getting lots of catches. The short legs are just the bluff.

Perhaps you have a weak fielder who you need to hide. Instead of just plonking him at mid-on or fine leg, you could put him at silly point to an off spinner to crowd the batter. He may never catch a cold, but nothing will come to him anyway and at least he is putting the batsman off.

Again, there are many bluff strategies for many situations. However the same rules apply: Don't forget the basics and keep thinking. Also, never try your bluffs for too long. Most are rumbled quickly, especially if they get a wicket.

Key Concepts:

The first objective is to get all boys and girls doing something with the ball. If the boy or girl is a natural leg or off spinner encourage him in that area, but if a player is just trundling in and rolling their arm over fast, medium pace, or slow then all coaches should focus the player on **swinging the ball**.

The second objective is to get all boys and girls to develop a **straight bat** approach to the game. Boys and girls will naturally try to hook, pull or cut the ball with a crossed bat but the focus should be on teaching them the value of their wicket by playing straight. Focus on teaching defence, driving the ball and learning to loft the ball straight over the in-field. For short

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balls the pull shot on the front and back foot has been added. Discourage other cross bat shots as they are unlikely to be controlled shots and therefore players risk losing their wicket. To enhance scoring on the off-side where balls are regularly missed, teach players to play the **back foot square drive**.

Creep. Field placement is either to save a single, take a catch or stop a four. While you are placed correctly you normally drift 3-10 metres away from your position. Try and mark your position in reference to a tree, the pitch or the boundary and stay there. (Walk in with the bowler and then back to the same spot).

Backing: As the bowler takes his last step in his delivery stride you can leave the crease and walk three to four paces toward the facing batsmen. In this manner you are ready to run and don't have as far to run if a call of YES is made.

Observe the game: Recognize what is happening on the field. Is a powerful batter hitting fours or a weak one taking singles? Is the pitch wet and outfield slow so that you can attack the ball? Is the ball wet and keeping low so you need to play on the front foot?

Backing up- fielder. If the ball is hit to the opposite side of the field to where you are fielding you need to get ready to move in line with the thrower and keeper. You should not back up so deep that they are not able to run on a miss throw nor should you be so close that the ball could race pass you if thrown badly.

Fielding positions. Learn the main fielding positions and allow your coach to simply tell you the name of where you have to field. Look around when in position to ensure you are not too close to another fieldsmen and therefore leaving a gap somewhere else.

Starving a batsman. The art of bowling to your field is to stop a batter scoring of you. A circle field which can't be pierced or a defensive field stopping fours from a big hitting batter. You are not trying to get him out, but simply to slow down the run rate per over usually by bowling outside off stump to an offside field.

Bowling at the Top of Off Stump. A ball that has a batter in two minds whether to play forward or back. He knows he must play as it will hit the top of off stump. Usually just short of being able to be driven.

Dew on the field. Batters will need to play on the front foot and straight. As the ball gets wetter and softer it will keep lower and lower-skidding through to trap those who play back LBW and those that don't move their feet will be bowled. Bowlers need to place fingers across seam to alleviate slippage, ensure there is a handkerchief around to dry the ball and fielders need to get down to the ball earlier as it skids through the lightly wet grass,

On the Boundary. The boundary is the straight line between the cones. On the boundary doesn't mean 5 or 10 metres from the boundary it means right on the boundary walking in 3-4 paces to be on the move should the ball be hit near you.

Play the game don't watch it. Don't hit the ball hard and just run, look where the fieldsmen is. Don't hit a good shot watch it and not run. Don't hit a catch and simply run as when it's dropped

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someone inevitably gets run out. Don't just change fielding positions without checking with the Captain. Don't just go to the same position for a different type of bowler. Watch the batsmen to know whether you should be attacking (stopping the single) or giving a single to save a four.

Check your field before bowling. While it looks obvious very few juniors check they are protected on leg side (slow bowlers) or that they don't have a back stop (slow bowlers) or that they do have a backstop (fast inaccurate bowlers).

Bowling to a field. Bowl to the field you have set or change fielding positions in consultation with your captain. Don't just run into bowl-have a plan based on the field and bowl to that plan.

Dot Balls. A ball that is not scored from is a dot ball. Dot balls are usually off a good length at or outside off stump. Six dot balls is a maiden over.

Fully Forward. Coming forward cuts down the chance of LBW and being bowled but only coming slightly forward means you are not committed to the shot and likely to get out. Be committed to come fully forward or back and across no half moves its one or the other if you want to survive.

Back and Across. Many players step straight back:-if the ball deviates at all you get an edge-if the ball rears towards you you're stuck and could get hit. By stepping back and across toward slip you are ready to play the pull shot, back defence, back-foot square drive, cut shot or keep moving to the off and let the ball go, rock back and let the ball go or duck under from a solid base.

Run in straight. Attack the bater, and from start to finish straight hips/body/arms/head is all fundamental to landing the ball where you want to. Come in at an angle and somehow you have to straighten to stop pushing the ball down leg. Jump side- ways and the ball can go anywhere. Being straight from start to finish and you will bowl straight and get side-on in delivery.

Play the ball not the bowler. Forget who is bowling to you. Every good bowler bowls a bad ball and every bad bowler can bowl a good ball. The only thing that matters is the current delivery not the last and play each ball on its merits.

Play in the V. Until you have got the pace of a pitch, the swing or cut on the day and you're timing play between mid-off and mid-on for the first 3-5 over's.

Long Barrier. Getting one knee down to the ground to stop the ball so that there is no space between you're leg and the ground and your other foot and the knee to maximise the amount of area you have to stop the ball in case of deviation.

Slow wicket. Be careful of driving the ball on the up, and wait for the ball to get to you with slower bowlers. Be patient and don't rush shots or you will yourself out to a catch at mid-on or off.

Hooking spinners. Spinners" usually can't be hooked however on astro-turf players have a tendency to hook spinners off the back foot rather than stepping forward to pull. The hook shot

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because the ball can't be well controlled often comes off the glove for a catch to keeper, is skied to square leg or is even hit onto the stumps. Come forward to short balls from spinners on Astroturf and meet the ball on its rise and don't wait for it to be too high-if it is just leave it and wait for the next delivery.

Keeping a batter on strike. Fielding positions need to be deep enough to stop the ball but not allow a run to be taken.

Run-outs at speed. Many players see a run-out on and slow everything down. This usually leads to mistakes: the ball sticks in the hand. The throw is so slow the batsman makes his ground or the throw is too high. Do all fielding practices at speed and on match day take the same course of action? Everything is always done at the same pace whether the batsman is 2 or 10 metres away from making his ground.

Catching into the body. Many young players correctly have their hands pointed down to catch but try and catch high balls away from the body with the result the ball slips out and onto the ground. High catches need hands/fingers pointed up to the sky or alternatively the ball needs to be taken into the chest.

Incorrect field. A fast bowler is taken off and a spinner comes on. You change ends and find yourself being backstop to a spinner. Put your hand up: stop the game until your captain has told you where to field.

Looking for Two: As you pass the other batter on the first run if there is a chance of a second you should state, "look for two" so you are both ready to turn and run back for the second run.

Hitting the ball in the gap: When you go out to bat look at the gaps in the field not the fielders. Try and hit the ball into the areas locked into your memory where there are no fielders.

Building a partnership: If two wickets have fallen suddenly it is time for consolidation. Play in the V between mid-off and mid-on and work the ball into the gaps for singles with little risk until you have put on 20 plus runs and begun to have built a partnership with the other batsman.

Rotating the strike: Work the ball into the gap to get singles and continually change which batter is facing. Works best with a left and right hand bat as the field is continually changing.

Holding up an end: If you are a weak batter batting with one of your best batters play so that you don't lose your wicket. Try and obtain singles to let the better batter face most balls.

Playing off the pitch: When facing spin bowlers you can try to read the spin from their hand, the air or off the pitch. Playing off the pitch is only advisable on a slow turning wicket.

Through the gate: Dismissed by a ball that passes between the bat and the pads before hitting the wicket.

Ring field: A field which is set primarily to save singles, consisting of fielders in all or most of the primary positions forward of the wicket, on the fielding circle .

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Good length. The ideal place for a stock delivery to pitch in its trajectory from the bowler to the batter. It makes the batter uncertain whether to play a front-foot or back-foot shot.

Corridor of uncertainty: The corridor of uncertainty is a narrow area on and just outside a batters off stump. If a delivery is in the corridor, it is difficult for a batsman to decide whether to leave the ball, play defensively or play an attacking shot.

Stock Ball: The ball a bowler mainly bowls, *i.e. outswing*. **Soft Hands:** A batters hands are relaxed to play the ball with a dead bat to stop popping a catch. A fielders hands should be relaxed to catch the ball so it doesn't bounce out of the hands. **Pinch Hitter:** A batter known for batting aggressively, who comes in to bat above his normal batting position expressly to score runs quickly.

Net Sessions:

Net Sessions Tips
• Batters bat in pairs.
• Calls must be clear.
• All running between the wickets to be completed as in a match.
• Fielders or gaps may be marked by cones placed around the net.
• Batters rotate through pace and spin bowlers.
• If dismissed batters are given out.
• Have an umpire stand in each net.
• Umpire can also be used to record KPIs for batters or bowlers.
• Bowlers bowl in twos or threes, one umpire and records KPIs, the others bowl an over each before rotating roles.
• Spin bowlers to have a wicketkeeper in their net.
• Batters and bowlers are given specific practice goals.

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Net Sessions:

<p>Batting:</p> <p>The aim of a batter in a match is to score as many runs as possible. They can't do this if they are out. They should approach batting in the nets in exactly the same way as they would a match.</p>	<p>Bowling:</p> <p>The aim of bowlers in a match is firstly to get batters out and secondly to prevent them from scoring. The same approach should be adopted in the nets.</p>
<p>Approach:</p> <p>Because most batters only bat 10-20 minutes in a net session it is important that they concentrate, utilise the time properly, and try not to get out. Their time in the net should be divided between:</p> <ul style="list-style-type: none"> • Playing themselves in, as in a match. • Receiving coaching and/or being required to practice a specific skill. • Having the freedom to pick up the tempo and challenge the bowlers with an array of shots. 	<p>Approach:</p> <p>Bowlers should ensure in the nets they:</p> <ul style="list-style-type: none"> • Bowl from their normal run up. • Do not bowl any no balls or wides. • Concentrate on exerting as much pressure on the batter as they can to force them into errors. • Plan their tactics for each batter to try and exploit their weakness. • Plan what types of deliveries they are going to bowl. • Make the net sessions as challenging and competitive as possible.
<p>Possible Practice Goals:</p> <p>Set batters the task(s) of:</p> <ul style="list-style-type: none"> • Playing either a specific shot (front foot drive, the cut or the pull shot) or a range of shots (front foot, back foot etc.). NB: Instruct the bowlers to attempt to bowl the correct line and or length to allow the batter to play the shot or shots. • Using their feet to spin bowlers. NB: Instruct the bowlers to toss the ball up so the batter can move to the pitch of the ball to play their shots. • Starting an innings which is when batters are most vulnerable. NB: Instruct the bowlers to put each new batter under pressure by making him/her play as many balls as possible. • Achieving a specific run target (10 runs off 6 balls without getting out). 	<p>Possible Practice Goals:</p> <p>Set bowlers the task(s) of bowling:</p> <p>An accurate line and/or length:</p> <ul style="list-style-type: none"> • Place a target marker on the pitch for the bowlers to aim at to improve their length and/or line. Use cones, extra stumps or tape to designate a zone for bowlers to bowl within. <p>In close at the stumps:</p> <ul style="list-style-type: none"> • Use cones, extra stumps or tape to designate a channel to get bowlers to bowl close to the stumps. • A specific line (off stump, leg stump). • A specific length (yorker). • A specific type of delivery out swinger, slower ball, off spinner or an assortment of different deliveries. • To restrict the number of runs from an over. Bowl a maiden or 3 runs off an over.

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Coaching the Basics:

There are no set rules for being a good coach. It is necessary, however to try and ensure each coaching session is well organised, safe and enjoyable. Aim for all players to learn and remember what you have taught. Remember there is no substitute for good planning and sound practice.

'Keep the organisation simple'

SUGGESTED PROGRAMME FOR EACH COACHING SESSION

- Short introduction to discuss previous game or activity – give and ask for feedback.
- Outline the aims and requirements of the session.
- Warm ups.
- Demonstrate a skill or technique- check the players understand what they have to do.
- Have players practise the skill or technique.
- Practise in game like situations either on an open wicket or in the nets.
- Cool down.
- Short conclusion to sum up the session and give reminders for the next game and practice session.

HOW TO COACH THE SKILL

- Organise the players in front of you.
- Explain what the skill is.
- Demonstrate side on, and then front on.
- Players demonstrate back to you and you make any corrections that may be necessary.
- Divide players into groups to practise the skill.
- End by repeating the main points.

'Effective coaching is enthusiasm and repetition'

DO'S FOR AN EFFECTIVE COACHING SESSION

- Do be yourself and be enthusiastic.
- Do plan your practice sessions before hand.
- Do be prompt – start practice sessions on time and make it clear you expect your players to arrive on time.
- Do establish control with clear and simple guidelines for each practice session.
- Do have enough equipment to run each practice session.
- Do keep practice sessions interesting, varied and challenging.
- Do give equal time to all players regardless of ability – let them all have a go.
- Do listen carefully.
- Do give constructive feedback, encouragement and praise.
- Do finish on time.
- Do be a positive role model.

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Development – Critical Factors:

U9. Most of a coaches time should be spent on ensuring each player has a bowling action. For a player to return to u10 it is critical that he wants to take the ball and bowl. The run-up, delivery-stride and, follow through need to be constantly checked in the first year.

No player should be standing and bowling and no player should feel embarrassed to bowl as the field can be set to protect the boy from boundaries. Twenty percent of a coach's time should be spent on catching and stopping the ball with a long barrier (one knee down).

Catching should focus on catching a ball flat or above their head to the side at a distance of 10 metres (the minimum allowance to the bat). The other 10% of time can be spent on showing boys a stance and how to defend or drive the ball (cross bat pulls and sweeps will occur naturally) and showing boys how to put on and run in pads.

U10. Bowling is again priority number one. It is imperative all players have an action, can bowl fast enough for the ball not to just sit up and be hit and for the player to take at least a few wickets in the season to enjoy the game.

Wicketkeepers are also important in u10. While all players should keep in U9 the number should slowly reduce to 4 by end of season. Byes can win or lose games and it is important to teach the fundamentals of keeping in u10-staying down, coming up with the ball and using the pads when required to stop the ball.

Batting should involve re-enforcing, defence, stopping second bounce balls, hitting the ball or defending –no middle ground- where a player is caught at short mid-on or mid-off, the pull shot off the front and back foot, the back foot square drive and learning to drive off the front foot.

Fielding focuses on catching from 10-20 metres and long barriers (knee down) when stopping the ball.

U11. Bowling and batting become equally important. Bowling is taught in regard of containment –bowling at the top of off stump or outside and how three dot balls usually leads to a wicket on the fourth. Batting involves decision making-the ball to defend and the ball to hit.

Players need to learn hitting straight over the top and looking to take a single off defence and to hit a bad ball for four. The drives are taught off front and back foot, the pull shot reinforced- especially off the front foot against spinners on astro-turf and lofting the ball needs to be practiced on centre wicket practice sessions.

Fielding should begin with 20 metre catches and triangle drills-underarm throw at the stumps, pick-up and throw at stumps, stop the ball and throw to the keeper who underarms the ball along the ground to the player who underarms throws at the stumps again and rotates.

U12. Eleven Captains on the field should be taught and critical moments in each game discussed. Batting involves learning to hook, cut, and glance and looking for two. Outfield catching is the priority for fielding and bowling involves learning variation in an over - slower ball, bowling close or wide to the stumps for angle, flight and planning an over.

U13 Getting to 50 and getting 5 wickets should be discussed. Playing each ball on its merits and bowling to a field and a plan. Fielding involves learning how to catch in slips, fielding to spinners and taking high balls in the outfield. Triangle drills involving catching, throwing at the stumps (under and over-arm) and picking up on the run (crow-hop) should be taught-attacking fielding.

U14 Coaching has moved from physical skills to mental skills. Coaching involves moving net training from having a bat to simulating an innings or practicing 1-2 shots. Bowling involves bowling an over in the nets to a plan. Game strategy should be discussed and playing as a team, batting in pairs, bowling in pairs, summing up the stage of the game and critical factors to winning.

U15 Getting to 100 should be discussed. Coaches should assist in weak areas and be more specific in correcting technical faults or giving alternatives to correcting- ie: a player who

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constantly gets out cutting may have to either give it up until he is 50 or learn to play the back foot square drive. Players should be taught to know their own strengths and weakness and adjust their game to match.

U16 It is now critical to commit to fully forward or back and across when batting. Bowling line and length becomes paramount and the wicket becomes the vehicle for movement. The earlier they get to play on a sticky wet and green top the better. The game transforms into learning how to adjust for different wickets. Time at the crease and patience and accuracy when bowling are critical. Fielding becomes attacking on better fields and slips and close in catching becomes critical to success.

What to Coach – When to Coach:

Batting Under 8	Bowling Under 8	Fielding Under 8
<ul style="list-style-type: none"> • Have correct grip. • Can hit a ball off a batting tee. • Correct stance & backswing. • Can play a front foot drive. 	<ul style="list-style-type: none"> • Can bowl with a straight arm to hit a large target. • Can demonstrate the correct seamers grip. • Can understand a 6 ball over. • Can understand wides & no balls. • Can understand five ways of getting batters out (bowled, stumped, caught, run out & lbw). 	<ul style="list-style-type: none"> • Can catch a ball from close. • Can stop a moving ball. • Can catch a high ball. • Can throw underarm & overarm close to a target & understand which to use when. • Can perform a long barrier. • Can understand how to run a batter out. • Wicketkeepers can understand where to stand for a bowler.
Batting Under 9	Bowling Under 9	Fielding Under 9
<ul style="list-style-type: none"> • Can run their bat in when running. • Can back up at the non-strikers end. • Can understand leg & off-side. • Can defend their wicket. • Can play a pull shot. • Can judge a run. 	<ul style="list-style-type: none"> • Can bowl with a straight arm to hit a target. • Can run up to bowl in a straight line. • Can understand the importance of not bowling wides/no balls. • Can get into the gather position using front arm correctly. 	<ul style="list-style-type: none"> • Can pick up a ball open handed in the field. • Can catch high & low consistently. • Can call for a high catch. • Can throw and hit a target. • Can back up throws. • Can understand the concept of fielding positions. • Can understand the concept of when the ball is dead. • Wicketkeepers & fielders can understand where to stand for a fielder return.

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Batting Under 10	Bowling Under 10	Fielding Under 10
<ul style="list-style-type: none"> • Can back positively at the non-strikers end. • Can call a run correctly. • Can understand the importance of not getting out. • Can play a front & back foot on length. • Can understand the difference between defensive & attacking batting & know when to use which. • Aware of looking for overthrows. 	<ul style="list-style-type: none"> • Can bowl with a straight arm to hit a target & understand the concept of line & different lengths. • Can complete their action with a follow through. • Can understand the concepts of fielding positions. 	<ul style="list-style-type: none"> • Can retrieve a ball. • Can make a decision as to which end to throw in the field. • Can walk in & be alert in the field. • Know the names of fielding positions.
Batting Under 11s	Bowling Under 11s	Fielding Under 11s
<ul style="list-style-type: none"> • Can hit the ball into gaps & keep the scoreboard moving. • Can play a back foot drive. • Can play the cut shot. • Can understand when to leave the ball. • Can understand how to calculate run rates. 	<ul style="list-style-type: none"> • Can understand the difference between defensive & attacking bowling & know when to use which. • Can vary pace & flight. • Can look to identify batters strengths & weaknesses. 	<ul style="list-style-type: none"> • Can pick up one handed & underarm throw. • Can work in pairs to retrieve the ball. • Can throw from the boundary. • Can intercept the ball on the slide. • Can attack the ball in the field. • Wicketkeepers can best understand how to take a throw from the field.
Batting Under 12s	Bowling Under 12s	Fielding Under 12s
<ul style="list-style-type: none"> • Can use bat speed to hit boundaries. • Can strike the ball over the top from a solid base. • Can play the sweep shot. • Can use feet to play shots. • Can play the leg glance. 	<ul style="list-style-type: none"> • Can bowl yorkers. • Can vary bowling according to the match situation. • Can understand the difference between defensive & attacking fielding positions & know when to use which for their own bowling. 	<ul style="list-style-type: none"> • Can catch a diving ball. • Can understand attacking/defensive fielding & risks according to the state of the game. • WK can stand up to the stumps & move feet correctly on off & leg side.

Club Coach Guidelines

Batting Under 13s	Bowling Under 13s	Fielding Under 13s.
<ul style="list-style-type: none"> • Can play a late cut. • Can play a hook shot. • Can pace an innings to a match situation. • Can hit low full tosses & yorkers for runs. 	<ul style="list-style-type: none"> • Can bowl variations e.g. cross seam, in swing, out swing, googlies & arm balls. • Can understand how to bowl at the end of an innings. • Can set their own field. 	<ul style="list-style-type: none"> • Can catch diving forwards. • Can back up in pairs. • Can perform a roll over interception. • Can stop a 6 & flick back for a catch. • WK can help captains to analyse the game/batters.

Practice Session Objectives:

In addition to such organisational details as the date, time, venue, practice plans should start with an objective. These are the aims, reasons for or focus of your practice. They are what you want to accomplish during the practise session. Most of these can be written down after the current match. They identify those game, team and/or individual deficiencies or areas in need of improvement you want to work on.

Try and keep the objectives to three to five bullet points. Early in the season this can be difficult because there is so much to cover. This is the advantage of having a coaching plan in which you can spread the core skills and drills you have identified through the season. Once you have established the objectives for a practice session they will determine much of the structure of the practice in terms of the type of practice, the facilities and equipment required, and the skills and drills to be taught.

SAMPLE OBJECTIVES

<ul style="list-style-type: none"> • Pre-batting routine • Batting set up, including pre-movement. • Starting an innings. • Concentration- visual, physical and verbal clues. • Batting plan for different bowlers- pace and spin. • Decision making-playing or leave. • Different types of batting strokes. • Playing spin-learning to use the feet, work with the length and gain knowledge of hitting zones. 	<ul style="list-style-type: none"> • Hitting gaps. • Playing the bouncer. • Running singles and rotating the strike. • Running between the wickets. • Bowling plan for different batters. • Different types of bowling grips, actions and deliveries. • Bowling to left handers-line and length. • Bowling at the start/or end of a game. • Attacking fielding. • Fielding positions for different batters and bowlers.
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Club Coach Guidelines

Skill Development:

Coaching a Cricket Team – Batting:

Set Up	Front Foot Defence	Back Foot Defence	Front Foot Drive	Back Foot Drive
Grip	Rolled ball, bounced ball, & underarm or overarm throw.	Underarm or overarm throw.	Stationary ball front foot drive.	Stationary ball.
Stance				
Guard	Watching the ball.	Judging length.	Underarm lob.	Underarm lob.
Backswing	Play or leave-judging the line.	Play or leave judging the line.	Rolled ball, bounced ball, & underarm or overarm throw.	Bounced ball, & underarm or overarm throw.
	Soft hands.	Soft hands.		

Pull Shot	Hook Shot	Running	Approach	KPIs
Stationary ball.	Stationary ball.	Sliding & turning.	Concentration.	Batting outcomes.
Underarm lob.	Underarm lob.	Calling.	Batting plan.	Batting strokes runs & direction.
Bounced ball.	Bounced ball.	Running hard	Building an innings.	
		Judgement.	Partnerships.	

Coaching a Cricket Team – Bowling:

Action	Swing	Spin	Approach	KPIs
Grip	Outswing/inswing grip.	Grip off spin & leg spin.	Concentration.	Bowling line.
Developing the action.	Keep the seam upright.	Spinning the ball.	Bowling plan.	Bowling length.
Walk up & bowl.	Swing the ball.	Target bowling.		Bowling outcomes.
Jump & take off.	Target Bowling.			
Run up & bowl.				
Bowling for line & length				

Club Coach Guidelines

Coaching a Cricket Team- Fielding & Wicket Keeping:

Ground Fielding	Underarm Throw	Overarm Throw	Close Catching
Moving in & attacking the ball.	Pick up & underarm throw.	Target throwing.	Close pairs catching.
Defensive field-long barrier.	Intercept & underarm throw to the WK.	Line throwing.	Close 3s catching.
Retrieving the ball.	Retrieving the ball.	Pick up & throw.	Turn around catching.
Backing up.	Backing up.		Distraction catching.
			Slip catching.

Midfield / Outfield Catching	Approach to Fielding	Glove Work	Foot Work
Pairs catching.	Attitude.	Basic catching.	Sideways movement / catching.
Side to side catching.	Concentration.	Pairs catching.	Taking the ball standing up.
Grid catching.	Fielding game plan.	Bounce catching.	Taking the ball standing back.
Tennis catching.	Communication.	Overhead catching.	Moving up to the stumps.