

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 that 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
- Warm downs
- Short conclusion to sum up the session and give reminders for the next game and practice session

HOW TO COACH THE SKILL

- Organise 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** plan your session beforehand
- **DO** be prompt – start on time and make it clear you expect your players to arrive on time
- **DO** establish control with firm guidelines for the session
- **DO** keep sessions varied, interesting and fun
- **DO** give equal time to all players regardless of ability – let them all have a go
- **DO** give positive feedback and praise
- **DO** ask for feedback and listen
- **DO** be a positive role model
- **DO** finish on time