

# JUNIOR COACHING KIT

A resource developed by the Game Development Department  
as a supplementary guide to assist Mums and Dads



**CRICKET NSW**

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**Please use this resource in conjunction with your local Association Competition Rules**

# TIPS ON COACHING CHILDREN

Children play sport for a variety of reasons. Most commonly they do it for enjoyment, when the enjoyment goes so does their interest in continuing the sport. Enjoyment can come from a number of sources including:-

- Learning new skills
- Receiving positive feedback
- Being with friends
- The desire to be fit and healthy
- Participating in a range of fun activities
- Being able to do something well
- Achieving challenging tasks
- Being part of a team sport

Source: Australian Sports Commission

## TIPS ON COACHING

The coach assumes the responsibility of doing everything possible to ensure that the youngsters in their team have an enjoyable and safe sporting experience, opportunity and positive communication while they learn the skills of the game.

It is highly likely that the coach will be the main club official the player and their parents will interact with during the season and this relationship will have a major effect on player retention in the club.



Here are a few 'tips' for new coaches to complete during the pre-season period:-

- Send a letter of introduction to communicate with parents of players in your team – there will be times during training and on match-day when you will need their assistance and support.
- Seek help from other team coaches in the club especially those in the same age group.
- Complete the Introduction to Cricket free online course (refer Education & Training Courses).
- Download games from the Milo in2CRICKET website [www.in2cricket.com.au](http://www.in2cricket.com.au)
- Download a copy of the Competition Rules and Playing Conditions from your association's website for the age group.
- Increase your technical skill knowledge by enrolling in a Community Level One Coaching Course. Most clubs will offer to pay part/all of the course cost.
- Organise equipment to use in training sessions and include a variety balls (tennis, plastic, cricket etc).
- Search online for Apps for your Andriod, i-phone or i-pad that will assist you with training sessions.







# TRAINING SESSIONS

Depending on facility availability, team training could be allocated to a playing field (centre wicket) or a set of nets for the season.

In each instance, coaches should ensure that all training sessions are conducted in a safe environment. This includes checking the area to be used and setting out equipment in a way that will ensure player safety.

Example below of a 90 minute training session and content:-

- 15 mins - Warm-Up (dynamic stretch/throwing)
- 45 mins - Batting & Bowling skills (centre wicket / nets)
- 25 mins - Fielding – catching & throwing / running between wickets / games
- 5 mins - Recovery & session review



Here are some ideas depending on the type of training facility used:-

## NETS

- Drop drills, throw-downs and batting tees to perfect footwork and shot technique
- Bat in pairs, run-a-2 every 3<sup>rd</sup> ball, run a single every 6<sup>th</sup> ball.
- Pace and Spin bowlers in separate bowling nets
- Don't call 'last 6' etc, just call time to conclude a batter's innings

## CENTRE WICKET

- Replicate match-day situations as much as possible
- Bat in pairs with set targets eg. 4 overs, 20 to win, 2 wickets left
- Choose specific batsmen vs bowlers eg. opening batsmen vs opening bowlers
- Value 'singles' highly, encourage maximum strike-rotation
- Place fielders in actual positions according to targets, game situations and fielding restrictions.

## FIELDING – CATCHING & THROWING

- Fielding drills should be split into 'technique' and 'conditioning'. That is, some drills should be purely used to improve technique while others condition players by using speed to get from A to B quickly to receive a ball.
- Try to incorporate as much running over 20m intervals and agility training.
- Practice drills as closely as possible to game situations.
- Incorporate 'backing-up' in drills where possible.
- Involve the wicket-keeper in fielding drills, don't just use them to catch returned throws.

## WARM-UP & RECOVERY

- Similar to winter sports, cricketers should get into the habit of doing a structured warm-up and recovery before and after each training session or match-day. Coaches don't have to be sports trainers, just have a standard routine of exercises that incorporate dynamic stretching, throwing and catching. A sample program is included in the "Skill Activities" section.

***Have a plan, sufficient equipment, maximize involvement and start/finish on time.***

# TEACHING BOWLING FUNDAMENTALS

## STANDING START - BEGINNERS

Bowlers stand in line with the stumps with their chest and feet facing the target.

Get the bowler to jump 90 degrees to the right (for right-arm bowlers) or to the left (for left-arm bowlers). The bowler should now be 'side-on' with their shoulder pointing towards the target.

Raise arm without the ball towards the sky (11 o'clock), the bowling hand (with the ball) remains next to hip or pants pocket. Arms should now be approx. 180 degrees, like aircraft wings.

The bowler now needs to create a rocking movement back and forth transferring weight from one leg to the other. This can be achieved by using imagery (eg. raise the leg closest to the target Kung-Fu Panda style).

Rotate arms wind-mill like (pull non-bowling arm to the hip, rotate bowling arm and release ball at perpendicular point) stepping through towards the target with the bowling arm brushing the ear during rotation. Bowlers should remain upright or 'tall' during the arm rotation.

NB. At this point young players can go from bowling to a 'throwing' position as they try to get the ball to the other end so remind them to keep their bowling arm relatively straight during rotating.

## PACE BOWLING

Grip – The ball is gripped with the index and middle fingers resting on top of the seam and the thumb underneath, also on the seam. The aim is to send the ball towards the batsman with the seam remaining in a perpendicular position allowing the ball to swing through the air and move off the pitch.



Run-Up - The run-up should be smooth and free of any stuttering or skipping. Arms should be pumping towards the target like a 100m runner. It shouldn't be too long, just enough so that the ball can be released at maximum speed. You should be able to draw a straight line from the top of the mark, through the crease to the batter.



Gather - Bowlers need to change from a 'front-on' run-up to 'side-on' to bowl the ball and this is best achieved while in the air. The bowler looks at the target through their front-arm. It's important that arms do not cross over at this point and for best efficiency, the ball is positioned under the chin.

Release - The bowling arm should "brush the ear" allowing for a high ball release. The wrist needs to be 'locked'. The ball is released as the front-foot cuts the crease with the bowling arm coming across the body.



Follow-Through - Like a 100m runner, bowlers don't immediately stop after they deliver the ball (or cross the finish line), they should gradually decelerate after releasing the ball.

**Tip: There are some excellent video clips on youtube to assist with bowling actions and technique.**

## SPIN BOWLING

All players should be encouraged to bowl and it's an advantage to have a range of left and right-handed bowlers who bowl pace or spin in the team. Bowling types include:-

- 1) Off-Spin or finger spin (turning a door knob to the right) into a right-handed batsman
- 2) Leg-Spin or wrist spin (ball spins out of the back of the hand) away from a right-handed batsman

**Grip** – The ball is gripped with the index and middle fingers spread apart and cutting across the seam. The aim is to propel the ball with maximum spin towards the batsman. When it pitches the ball grips and spins into or away from the batsman depending on the delivery.

**Run-Up** – A shorter run-up is used but the same principles of rhythm and balance apply. You should be able to draw a straight line from the top of the mark, through the crease to the batter.

**Gather & Release** - Bowlers need to change from a 'front-on' run-up to 'side-on' to bowl the ball and this is best achieved while in the air. Driving the outside hip and pivoting off the front foot are key elements to the spinners gather and release. The ball is delivered with a slightly lower arm than that of a pace bowler.

**Follow-Through** – Like pace bowlers, spinners need to follow-through after delivering the ball.

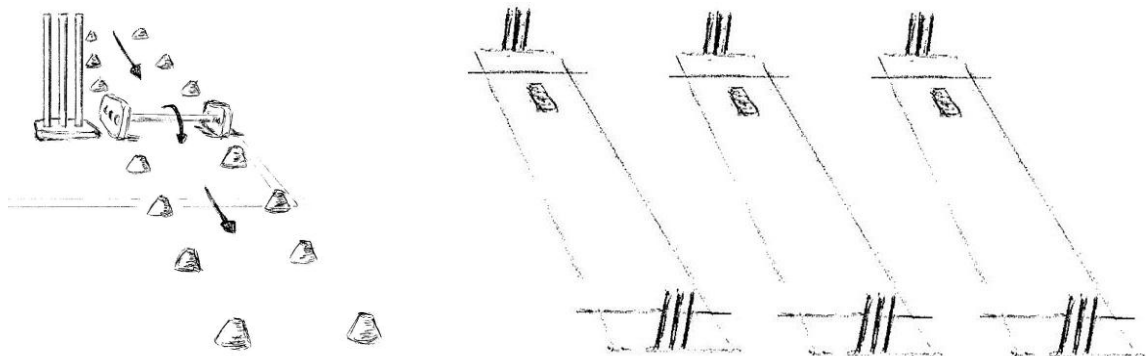
## PRACTICAL ACTIVITIES

**Hit the target** - Take turns to bowl balls towards a set of stumps, place a square of markers or a mat on a 'good length' in front of stumps for bowlers to aim at. Why? Hitting the stumps on the full isn't the best idea because a batsmen would be in the way during a game making the ball into a full-toss.

**Run Up** – Use markers to create a narrow pathway for bowlers to use to practice straight-line run-ups. Bowlers should know the number of steps in their run-up and which foot they take off. The run-up should be consistent to prevent over-stepping.

**Gather** - Hurdle a low-level barrier eg. a set of Milo stumps (2 bases, 1 stump) laid down while rotating the bowling arm will provide good practice. Bowlers jump 'front-on' off lead leg (right foot = right-arm bowlers, left foot = left-arm bowlers) over hurdle and finish in 'side-on' position, back-foot parallel to the crease.

**Follow Through** – Place markers 2-3m from the crease and get bowlers to 'follow-through' to this point after each delivery.



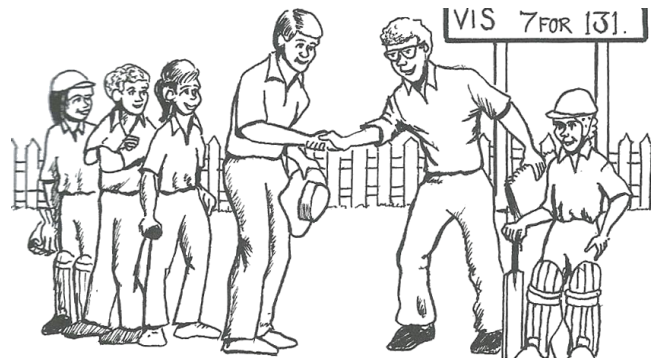






# MATCHDAY - COACHING

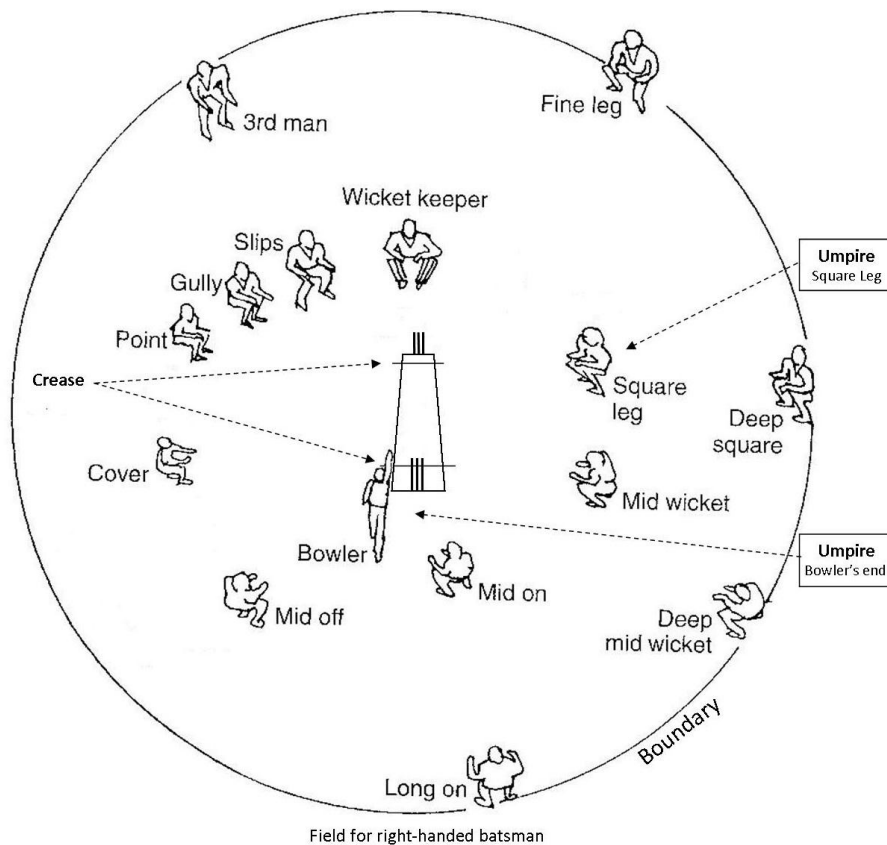
Cricket is a sport where the skill of the coach to maximize player involvement is vital. Sometimes this is legislated under the rules of competition but where this isn't the case, coaches need to find a way to ensure every player contributes to the overall team performance.



Cricket has a strong history of etiquette and fair play outlined in the Spirit of Cricket. Irrespective of the format being played, coaches and players should embrace cricket etiquette including fair play and respect for everyone involved in the game from officials to opposition players, coaches and managers. You can read more about the Spirit of Cricket and other junior cricket recommendations in "Well Played" Junior Cricket Policy on Cricket Australia's website [www.cricket.com.au/get-involved/play-cricket/kids-cricket/well-played](http://www.cricket.com.au/get-involved/play-cricket/kids-cricket/well-played)

Teams should develop standard routines on match-day including:-

- Generic team warm-up
- Coin toss with Captains - warm-up batters, bowlers and wicket-keeper
- Sit together when batting
- At the end of the game shake hands with the umpire, opposition coach & players
- Recovery / debrief





## MATCHDAY - SCORING

Cricket is a statistics based game and scoring can be complex. At the introductory stage however, keeping score relates to the number of balls and overs faced by the batters, how many runs they score and how many times they get out.

Some things on the score-sheet are common to all formats and need to be filled in, eg. round number, venue, date, team names, who won the toss and which team is batting first.

There are 3 sections to a score-sheet:-

- 1) Batting section
- 2) Bowler analysis, and
- 3) Progressive Score. It is important to work methodically through these sections after every ball.

### Batting Section

Runs scored off the bat are awarded to the striking batsman

This section is also used to record Sundries or Extras which are runs added to the total that have not resulted from a ball being struck. Eg. No Balls, Wides, Leg byes and Byes

No Ball – an illegal delivery bowled by the bowler – a batsman can only be out ‘run-out’ off a no-ball.

Wide – a ball out of reach of the batsman

Byes – runs taken by the batsmen, generally when missed by the wicket-keeper

Leg Byes – are runs taken by the batsmen when the ball has struck part of the batsman’s body or protective equipment.

### Bowler Analysis

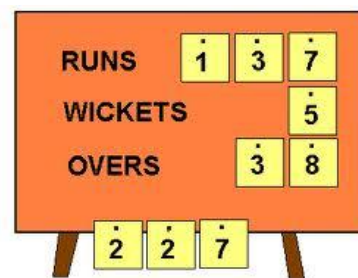
This is a record of what happened after each ball has been bowled. If no runs are scored, a ‘dot’ is placed in the square of the over being bowled. If a 4 is hit, then 4 is recorded etc. No Balls and Wides are included in this area.

### Progressive Score

The total number of runs and Sundries/Extras scored off each ball are added to the Progressive Score to provide a running total of the innings.

### At the end of each over

The scorers should check team and individual totals to make sure they agree. The batsmen’s Runs scored off the bat + Sundries/Extras = Progressive Total. The bowler’s analysis + leg byes and byes should also add to the Progressive Total.



MyCricket Scorer is now available on iPad, iPhone & Android Tablets/Phones. The app is designed to help any volunteer to score matches live and upload scorecards automatically. It's free to download, easy to use for experienced or first-time scorers and it also has a demo match feature for scorers to practice scoring. Go to [www.mycricket.cricket.com.au](http://www.mycricket.cricket.com.au) to download the app.



# MATCHDAY - UMPIRING

Generally in junior cricket matches the umpiring is performed by the coaches/parents from each team. One stands at the bowlers end while the other at 'square-leg', in line with the batsman on strike, at a 90 degree angle to the bowlers end approx. 20 metres from the pitch.



The job of the umpires is to officiate the match under the MCC Laws of Cricket and the local rules of competition that may be employed on the day. Generally 6-ball overs are bowled with the fielders changing ends at the conclusion of each over similar to the umpires who also change moving between the bowling end and square leg.

Umpire decision-making Includes:-

## Determining if the batter is out after an appeal by the fielding team.

The most common modes of dismissal are:-

Bowled – where the bowler delivers a fair ball that strikes the stumps.

Caught – where a batsman hit the ball in the air and is caught on-the-full by a fielder.

Run-Out – where a throw breaks the stumps with the batsman out of their crease.

Stumped – where a batsman misses the ball, is out of their crease and the wicket-keeper breaks the bails with the ball.

Hit-Wicket - where a batsman strikes the stumps in the act of playing a shot.

Leg before wicket (LBW) - where a ball has pitches in line with the stumps, struck the batsman on the pads and in the opinion of the umpire, would have gone on to hit the stumps. Check your association rules as some playing conditions in young age groups do not include LBW as a dismissal.

Where any doubt exists, the benefit goes to the batsman.

## Determining if the bowler's delivery is fair and legal.

The two terms that apply here are 'no ball' and 'wide'. Your association will have its own interpretation on the application of each but in general:-

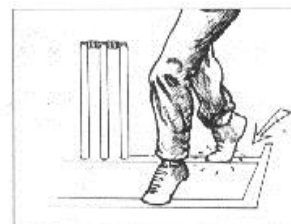
A **No Ball** is a ball bowled where:-

- The bowler has overstepped the popping crease before releasing the ball, or
- Bowled a ball that has bounced too many time before reaching the batter, or
- Bowled a ball that reaches the batter on the full (eg chest high)

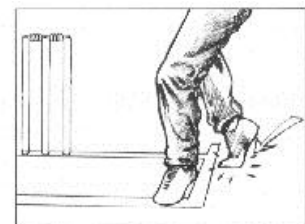
In these circumstances, the umpire calls 'no ball' the moment they know to alert the batter and signal to the scorers.

A **Wide** is a ball bowled off the pitch and out of reach of the batter. Different game formats will have different interpretations on this rule.

The umpire calls 'wide' and signals to the scorers.

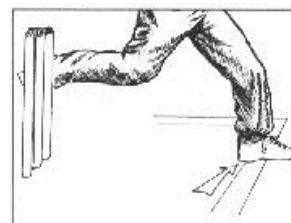


Fair delivery

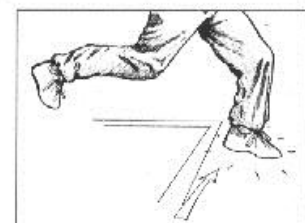


No ball

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



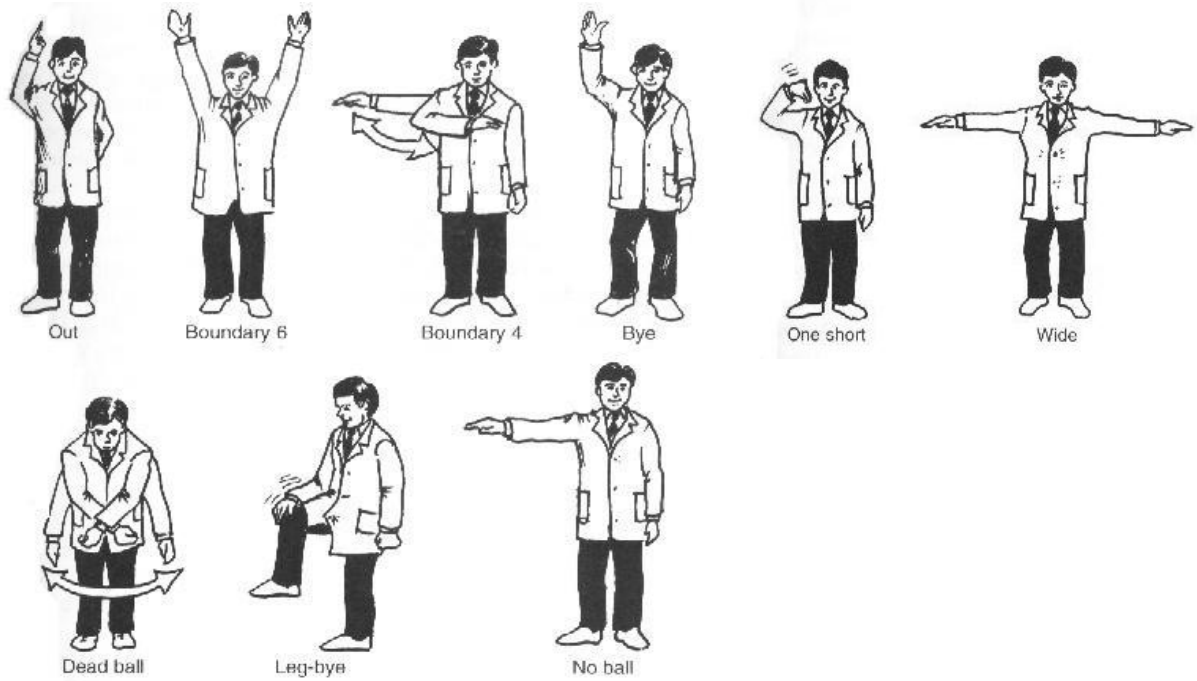
Fair delivery



No ball

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

Umpires need to regularly communicate with the scorers. Here are the main signals used:-



More information on the Laws of Cricket can be found at [www.lords.org/mcc/laws-of-cricket](http://www.lords.org/mcc/laws-of-cricket) or from your local umpire's association.

# COACH EDUCATION & TRAINING COURSES

The Coach Education Pathway begins with a free online course called **Introduction to Cricket**. After completing the online course, you can register for a **Community Level One Coaching Course** to achieve your Level 1 accreditation.

Details of how to do this are detailed below...

**Introduction to Cricket** is a free on-line course for volunteers, parents and those who are beginning life as coaches. This on-line program is the perfect place to get to grips with the basics of coaching, so you can help your child, school or club team. In the interactive lessons you will learn key coaching techniques and principles and be given a survival guide essential for Milo in2CRICKET coordinators, junior team coaches, school teachers or volunteer managers. The course covers technical points, games and activities, match day tips, and general information on the role of the coach.



As the course is on-line, it can be completed at your own pace in the comfort of your own home. You can log in and out as often as you please, so the course can be completed in a number of sittings to suit your personal timetable. If you haven't already registered with the new Cricket Coaches Australia website (<http://cca.cricket.com.au>), you will need to do so before gaining access to the course. Once you've completed the course, you will be accredited by the Australian Sports Commission in both introductory coaching and umpiring. You will also become a member of Cricket Coaches Australia for your two-year accreditation period, gaining you discounts on resources and access to the Members Only Website. Introduction to Cricket covers the theoretical components of the Level One Coaching Course and after completing the introduction course, coaches can register to attend a Level One course.

**Cricket Australia's Community (Level One) Coaching Course** is directed towards coaches at under-age and community cricket level who wish to broaden their knowledge of the technical skills of the game, understand effective ways to conduct sessions and gain an awareness of the factors motivating young people to enjoy cricket. The course has no pre-requisites. The practical component is conducted over one day or two weeknight evenings covering the basics of batting, bowling, fielding and wicket-keeping skills, together with modified games and activities. The theoretical component is covered by the Introduction to Cricket on-line Course and must be completed before attending the Level One course. Candidates receive several high quality coaching resources from the Level One course including:-

- Australian Cricket Coach manual
- The Cricket Australia Coaching Guide CD-ROM
- Cricket Activities Booklet
- Cricket NSW Skills Drills & Games DVD
- Membership to CCA and access to a variety of resources at a discounted rate and coaching workshops to keep their knowledge up-to-date.



The course fee for a Community Level One Coaching course is \$120 (\$100 for students and teachers). All participants must be a minimum of 16 years of age on the date that the course is completed.

Cricket NSW has a list of Community (Level One) Coaching Courses being offered which can be viewed by going to [www.cricketnsw.com.au](http://www.cricketnsw.com.au), education & training, coaching courses, Level One and click on the list of upcoming courses. To attend a course, complete the booking form available for download from the same page.



# SKILL ACTIVITIES

## WARM-UP

### Movement Preparation

(all exercises over 10m out and back unless stated)

Jog out and back x 2

Skip & Arm Swings (Forwards/Backwards) x 2

High Knees

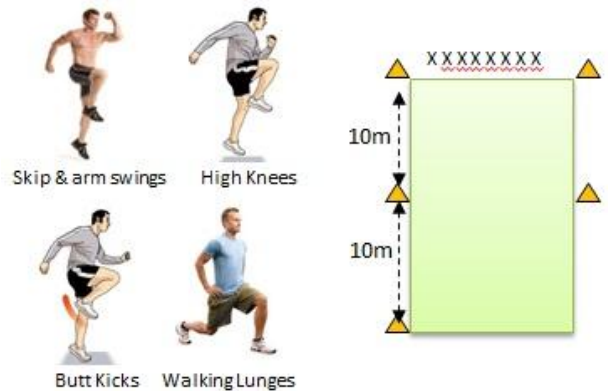
Butt Kicks

Walking Lunge

Fast Feet (10 quick steps on the spot, then sprint 10m) x 2

Sprints (to 20m marker) 50%, 75%, 100%

Leg Swings in pairs (10 x each leg forwards, sideways)

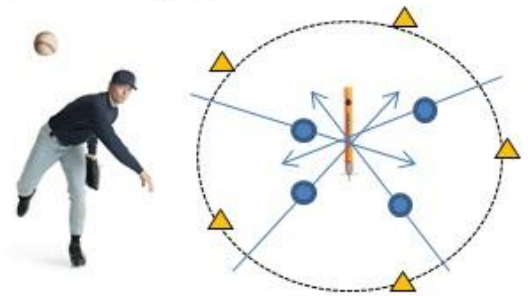


### Throwing

Place a stump in the middle of a circle 20-30m in diameter. Working in pairs, players position themselves opposite each other with the stump in between.

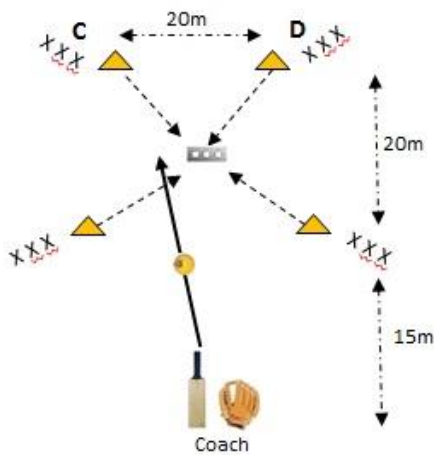
Players throw a ball to each other aiming at the stump.

The player opposite fields the throw, changes to a side-on position and makes their throw. This continues until the coach is happy everyone's arm is warmed up.



## SKILL DRILLS

### GROUND FIELDING SQUARE



Set-up: As above, size changed to suit age level.

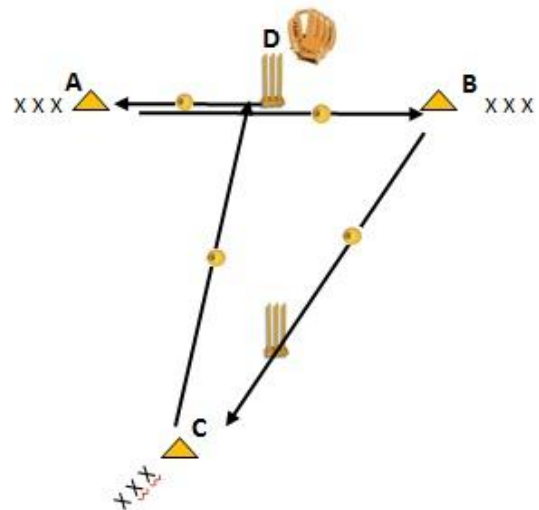
Play: Even numbers on each marker.

Coach hits the ball out between the markers and first players in line attack the ball. Players at A & B attack the ball and underarm at stump, back-up on opposite side and return to coach.

Players at C & D field the ball and throw overarm at the stump, backed up by players at A or B, the ball is then returned to the coach. Swap positions after stumps have been hit.

Purpose: Attacking fielding incorporating under/overarm throw and backing up.

### TRIANGLE FIELDING DRILL

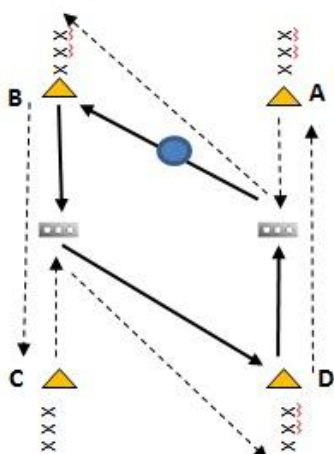


Set-up: A-D, D-B (10m); D-E (20m), Place marker 'C' 5m behind marker 'E'. The Play: Even number of players on each of 3 markers. "A" attacks the ball and underarms at the stumps (joining line "B"). First player at "B" fields the ball and throws overarm to stumps in front of marker "C" and joins the line at that marker. Players at "C", back-up the ball and throw overarm back to the starting stumps (D). Use Coach or 'keeper' at (D).

Purpose: Training drill combining different fielding skills.

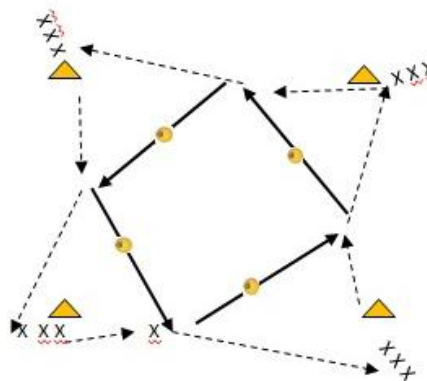
# SKILL ACTIVITIES

## TWO-STUMP DRILL



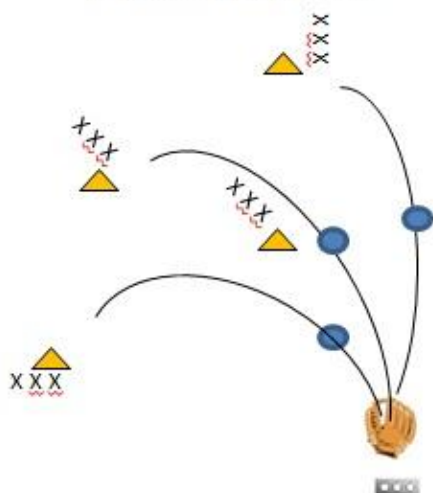
Set-up: 2 sets of stumps, markers set approx 3-4m from stumps  
 The Play: This is a follow-the-ball drill and can be performed with 1 or 2 balls two-handed or one-handed. All throws are underarm.  
 Player 'A' runs to stumps takes an underarm throw from player 'D'. 'A' then offloads the ball to 'B' who underarms to player 'C' who has moved up to the stumps.  
 Player 'A', having offloaded the ball, joins the end of line 'B', player at 'B' having thrown to 'C', jogs to the end of line 'C'.

## WARM-UP SQUARE



Set-up: 10m square, 2 balls  
 The Play: Even numbers on each marker.  
 Player underarms the ball 2-3m in front of player at next marker who runs onto the ball, catches it, then underarms it 2-3m in front of the player at the next marker etc. Players join the end of the line they are throwing to.  
 Can be used as a groundfielding drill by rolling the ball in front of the next player instead of an underarm catch.  
 Purpose: Combines aerobic warm-up with groundfielding. Reverse direction to cover both sides of the body.

## GAME-BASED OUTFIELDING



Set-up: Markers placed at Mid-On, Mid-Wicket and Square Leg (on the fence) and another on the circle at Mid-Wicket.  
 The Play: 2-3 players on each marker, the coach hits a high ball between the markers. The first player in each line needs to determine if the ball is 'theirs' running in or going back to take the catch. Ball is returned to the coach or a wicket-keeper stationed next to the coach. Drill can also be performed as a 'ground' fielding exercise.

## GROUND FIELD/CATCHING



Set-up: 2 markers placed 20-30m apart, 30-40m from the coach depending on the age of the group.  
 The Play: First two players in line aim to cut off the ball hit by the coach, one player fields the ball, the other 'backs-up', the fielder who picks up the ball, off-loads it to the back-up player who returns the ball to the coach. Players join the end of the opposite line and the drill continues. Can also be done as a catching drill.

# BOWLING FAQ's

## HOW LONG SHOULD A RUN-UP BE?

Only as long as needed for the bowler to reach maximum pace before releasing the ball

## HOW CAN I MEASURE THE RUN-UP?

Using markers and a flat area, ask the player to close their eyes and run as far as they need to then bowl the ball. Mark the start point and where the ball is released. Then get the player to do it a few more times to see if it varies. When consistent, the length of run-up can be measured or stepped out for the bowler to know how long it is. The bowler should know how many steps are in their run-up and which foot is their take-off foot.

## CHANGING AN ACTION?

Generally this is done by walking through the change several times off a few steps, then increasing the length of run-up and repeating the action. In this process you are re-training the player's brain and walking through the change is easier than asking the player to do it from their usual run-up.

## IF AN ACTION IS MIXED, WHICH PART OF THE BODY DO I CHANGE?

If the action is 'mixed', change the upper body to align with the bowler's feet.



## ACTION & REACTION?

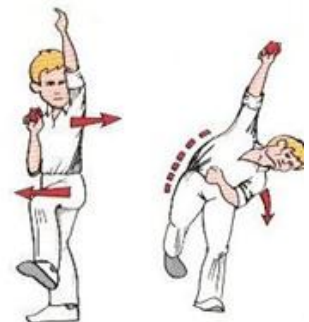
Newton's Law - every action has an equal and opposite reaction. Any change in direction towards the target will require the body to make a compensating movement to bring the body into alignment. If a bowler changes the angle of their feet or arm position to one side during the delivery, the body will react with a compensating direction change on the other to align with the target.

## INJURY PREVENTION

Identifying counter-rotation and hyperextension will prevent serious injury later and should be corrected as early as possible in young bowlers.

Counter-rotation means the hips and shoulders don't point towards the target and are out of alignment. Changing the upper body is best with the bowler looking at the target through their leading arm.

Hyperextension can also lead to injury. Maintaining an upright body position at delivery and ensuring the bowling arm doesn't go past the vertical are key.



Counter-rotation Hyperextension

***Players who already have a safe basic bowling action should simply have it refined for maximum efficiency***





**CRICKET NSW**