

The Nightwatchman

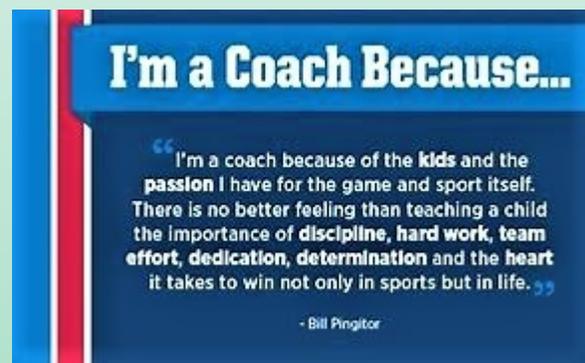
A short summary

With the season almost halfway done (where did the time go to?) teams are gearing up for the national weeks in December. The SWD senior team has had a terrific start to the season, especially in the List A competition and shows the value of coaches putting in not only the hard yards, but really looking at covering all aspects in preparation. Head Coach Baakier Abrahams and his assistant, Daniel Seha have done a lot of work developing players individual skills as well as games plans and this has proven worthwhile with a number of players putting in some great performances!

Sadly we say goodbye to one of SWD's stalwarts in Gurshwin Rabie, the SWD Provincial Academy and U19 Head Coach who has swapped his small home town of Oudtshoorn, for the bright lights of Cape Town where he has taken up the same position for Western Province. We wish him all the best and have no doubt that he flourish in this environment. Jason Maswanganyi, who hails from Gauteng has replaced him and is already working with his two squads—Provincial Academy and U19.

On the coach education front a number of courses and forums have been run. Three courses and some practical forums have given coaches around the province new skills and knowledge, fresh ideas and even put them through their paces at a conditioning forum session! I hope that you will find this edition worthwhile reading and will be able to take some learnings away.

Garry Hampson—SWDC Coach Education Manager



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SWD Website—Coaching Section Overhaul

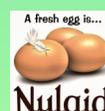
It has been a long time coming but the SWD Websites Coaching Section has had a complete overhaul. A number of links have been included and these have been listed below. To check out the new coaching section click this link <http://www.swdcricket.co.za/coaching>.

As mentioned, you will also find the following on the website (click any to go directly to the page)

- [SWD Coaching Department – The Team](#)
- [Events and news](#)
- [Courses and certificates](#)
- [Coach development programs \(Coaching Forums and CAP Camps, Coach Shadowing program\)](#)
- [Coaches Corner](#)
- [Coaching Calendar](#)
- [Private Cricket Academies](#)
- [Downloads \(Forms and Applications\)](#)

Special points of interest

- Cindy-Lee Du Plessis attends first Women's Coach Shadow Session
- Mesuli Vuba youngest player to represent SWD
- Jason Maswanganyi replaces Gurshwin Rabie



SWD PROVINCIAL SQUAD NEWS

RABIE TO TAKE UP WP COACHING POSITION

Gurshwin Rabie, the SWD Provincial Academy and U19 Head Coach has decided to leave his home town and pursue a coaching career in Cape Town where he will be taking over the Western Province Provincial Academy and U19 position.

Gurshwin took over the Academy/U19 position from Andre Du Plessis in 2017 and has since completed his Level III Coaching Certificate successfully.

Jason Maswanganyi has been appointed as his replacement (see page 10) and we wish Gurshwin all the best in Cape Town.



Above: Provincial Academy and U19 Head Coach, Gurshwin Rabie has moved

“Coaches have to watch for what they don’t want to see and listen to what they don’t want to hear.”
- John Madden

If one is to determine success purely by results, then the 2018 edition of the Africa T20 cup would be considered a disappointment for the SWD senior team but the learnings it presents for administrators, coaching staff and players should never be overlooked. After all, T20 cricket is a highly specialized format that requires good planning backed up by intentional training and of course, players who possess the skillset and mentality to produce match defining performances under pressure to have a chance at success. Congratulations to Sandile and his Central Gauteng Lions on winning the 2018 edition.

A concerted effort was made to provide more playing opportunities to players within the pipeline, including the prominent age group cricketers to broaden the selection base available to the senior team prior to the season and these games assisted the squad to get off to a great start! Four from four in the List A format including a double (3 day and list A) over WP is one of the better starts the squad has had in recent times. The 3 day victory is the first the squad has had in roughly two years.

Two List A centuries by Obus Pienaar and Niel Hornbuckle, who carried his bat for the 2nd time in List A cricket as well as a maiden 1st class century for SAU19 World Cup player Jean Du Plessis h as well as a heart-breaking 99 against Northerns—List A) have been the highlights on the batting front. Yankela Oliphant has also racked up a few half centuries and is looking to convert these into bigger scores. A relatively inexperienced and young bowling attack, without stalwart Marcelo Piedt (injured against KZNI) has bowled well and they knocked over WP twice to earn their first three day victory this season and just couldn't take the last wicket against Northerns to also earn a victory against a strong Northerns team which they dominated through the weekend.



Top: The SWD Squad which took part in the Africa T20 Cup hosted in Oudtshoorn. Bottom: Herschel America (left) and Bradley De Villiers (right) have stepped up and led the attack in Marcelo Piedt’s absence

SWD 2018/19 WOMENS SQUAD NEWS

Following a disappointing start to the season, the SWD Women's team worked very hard in order to bounce back against Kei Women and they did just that. Superb batting performances from Micaela Andrews, Haroline Rhodes, Bianca Figeland and Jane Winster ensured that the team posted big totals in both games. Annerie Dercksen, the SWD u19 Girls captain, Jane Winster, Haroline Rhodes and Chani Damons (also U19) performed very well with the ball in hand, ensuring a double win over Kei Women.

The highlight of the weekend was a century from Micaela Andrews. Looking ahead, the squad will be focussing their attention on the next game after the Christmas break, which takes place the 26 January 2019 at the Recreation Ground. They play a strong Free State Women side who are currently log leaders. This will be a real battle in Oudtshoorn.

Right: Micaela Andrews who scored a superb century against Kei Women, was one of a number of batters amongst the runs this past



“The highlight of the weekend was a century by Micaela Andrews”



There's not enough women who realize coaching is an opportunity. For a lot of women in soccer, it's likely because they've never had a female coach somewhere along the way. A lot of these girls had male coaches growing up and never realized they could be a coach.”

Kelly Bryan
Women's soccer coach,
Kenyon College

“TRAINING OF FEMALE ATHLETES IS SO NEW THAT THE LIMITS OF FEMALE POSSIBILITY ARE STILL UNKNOWN.”

KATHERINE DUNN

Lifehack Quotes



CINDY-LEE DU PLESSIS MAKES HISTORY

In a first for coach development in the region, Cindy-Lee Du Plessis became the first female coach to join the coach shadowing program over the weekend of the 17/18 November, when she shadowed SWD Women's Head Coach, Shaun Pretorius.

Two fixtures (50 over and T20) were played against Kei Women's team in the CSA Provincial Women's League. Cindy spent the weekend working with Shaun Pretorius which was invaluable in her development as a coach. Cindy coaches at Pacaltsdorp Primary School and completed her level 1 coaching certificate in 2016.

This is an exact copy of the coach shadow program for men who also get the opportunity to shadow the men's Head Coach, Baakier Abrahams as well as other senior coaches.

Women's cricket is in a very exciting place currently worldwide and specifically here in South Africa, where a real focus on the development of the game at all levels is happening. The demand for more players and players of quality naturally demands quality female coaches. These shadowing opportunities will be available for any female coach who is actively coaching and interested coaches should contact the SWD Coaching Department in order to take part in these and other coach development sessions.

Left: SWD Head Coach Shaun Pretorius (left) with Cindy-Lee Du Plessis and Angus Roelfse during the recent SWD Women's vs Kei Women's Provincial fixture

Mesuli Vuba Selected for SWD Provincial XI

Mesuli Vuba recently became the youngest player to represent the SWD Provincial Squad when he travelled with the team to take on KZN Inland.

He took the field in the List A game to join previous schoolboy players such as Rian Botha and Justin Jordaan who represented SWD whilst still at school. Mesuli is a young allrounder who has been learning his trade at the Thembalethu Hub and got his opportunity with some injuries to key players. This is a great reminder to all cricketers, that every game you play needs to be played as if it's the most important game of your life because you never know what opportunity lies around the corner. If you are not ready for it, someone else will be given that opportunity.

Mesuli will be representing SWD with in U18 squad at the Khaya Majola Coke Week in Cape Town.



Mesuli Vuba, 17, who recently played for SWD in the List A game against KZN Inland

SWD ANNOUNCE 2018 YOUTH TEAM SQUADS

The SWD Youth Teams to represent the region at the various National Weeks held around the country in December were announced this term. Below are the selected squads

SWD U/13 Team

The following players have been selected to play in the Momentum U/13 Cricket Week from 10 - 14 December 2018 in Benoni.

Snr	Name	School
1	Jonny Thorne (VC)	Bertie Barnard Primary
2	Lee-Mar Pedro	Outeniqua Primary
3	Zander Nel	Outeniqua Primary
4	Elro Spies	Knysna Primary
5	Alrique Carew	Bergsig Primary
6	De Wet Goedals	Plettenberg Bay Primary
7	Anele Siyo (C)	MM Mateza Primary
8	Ben-Pierre du Plessis	Wesbank Primary
9	Nicolaas Duvenhage	Wesbank Primary
10	Sibalalwe Msi	Tyholora Primary
11	Enathi Kitshini	Tyholora Primary
12	Juvandre Alexander	Colridge Primary
13	Simamkele Ndukwane	Tyholora Primary

Non -travelling reserves:

Leru Dithlakanyane	Holy Cross Primary
Jesse Lewis	Milkwood Primary
Cameron Avontuur	Van Reede Primary

Coach: Mr Douglas Baartman
Assistant Coach: Mr Lyndon Volkwyn
Manager: Mr Darien Deal

SWD U/15 Team

The following players have been selected to play in the Momentum U/15 Cricket Week from 7 -11 December 2018 in Stellenbosch.

Snr	Name	School
1	Ravin-Lee Kemmies (VC)	Sao Bras Secondary
2	Keenan Arries	Bridgton Secondary
3	Stanley Mei	Auriel College
4	Reagan Botha	Protea High
5	Arthur Muller	Langenhoven Gymnasium
6	Francois Beets	Langenhoven Gymnasium
7	Arnaud du Plessis (C)	Glenwood House
8	Ruben Groenewald	Outeniqua High
9	Reinhardt Bredenkamp	Outeniqua High
10	Chumani Mangqwenqwe	Imizamo Yethu Secondary
11	Kamvalwethu Feni	Imizamo Yethu Secondary
12	Liyabona Malife	George High
13	Simosihle Mnkunzi	Thembalethu High

Short List:

Antonio Bruiners	Langenhoven Gymnasium
Romario Adolf	Bridgton Secondary
Breyton Jantjies	Protea High
Lutho Hlekiso	York High

Coach: Mr Eduard Strydom
Assistant Coach: Mr Joseph Sonti
Manager: Mr Keith Wagner

SWD U/17 Team

The following players have been selected to play in the Momentum U/17 Cricket Week from 12 -16 December 2018 in Durban.

Snr	Name	School
1	Leighton Avontuur	Langenhoven Gymnasium
2	Caylem Cordier	Oakdale Agricultural School
3	Thabo Dywili	Imizamo Yethu Secondary
4	Mihle Dingiswayo	York High
5	Sonwabiso Miso	Heatherlands High
6	Eejay Carew	Langenhoven Gymnasium
7	Matthew Thorne (C)	Outeniqua High
8	Ayabonga Ngondo	Fezikele Secondary
9	Johann Muller (VC)	Langenhoven Gymnasium
10	Joviano Tock	Bridgton Secondary
11	Heath Richards	Glenwood House
12	Kevin de Kock	Oakdale Agricultural School
13	Enzo Jafta	Bridgton Secondary

Non-travelling reserves:

Anoxolo Kitshini	Thembaletu High
Kirk Nevay	Glenwood House

Coach: Mr Eduard Strydom

Assistant Coach: Mr Merlin Masimela

Manager: Mr Marco Paulse

SWD U/19 Girls Team

The following players have been selected to play in the Cricket South Africa U/19 Girls Cricket Week from 10 -14 December 2018 in Pietermaritzburg.

Snr	Name	School
1	Annerie Dercksen (C)	Sentraal High
2	Chani Damons (VC)	Sao Bras Secondary
3	Ashlee-Ann Meyer	Sao Bras Secondary
4	Mbali Ndukwana	Imizamo Yethu Secondary
5	Siphamandla Sampo	Imizamo Yethu Secondary
6	Pamela Khumalo	George High
7	Zoe Meyer	George High
8	Cheyenne de Villiers	Brad's Home School
9	Gavoney Jansen	Olympia School
10	Elistene Pietersen	George High
11	Lorieta Vaaltyn	Gerrit du Plessis Secondary
12	Desone Albertyn	Gerrit du Plessis Secondary
13	Angenique Abrahams	Langenhoven High

Short List:

Natasha Lingerveldt	Bridgton Secondary
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Coach: Mr Shaun Pretorius

Assistant Coach: Mr Elridge Booysen

Manager: Mrs Nicolene Visagie

SWD U/19 Team

The following players have been selected to play in the Coca Cola Khaya Majola Cricket Week from 16 -20 December 2018 in Johannesburg.

Snr	Name	School
1	Migael Vermeulen	Oudtshoorn High
2	Tristan Reid	York High
3	Jedhli van Briesies (VC)	Langenhoven Gymnasium
4	Jade Titus	Knysna Secondary
5	Odin le Roux	Outeniqua High
6	Brian Jack (C)	Sentraal High
7	Jean Bruiners	Langenhoven Gymnasium
8	Mesuli Vuba	Imizamo Yethu Secondary
9	Tyrece Karelse	Protea High
10	Reagan Rhode	Bridgton Secondary
11	Ayabonga Anthony	Thembaletu High
12	Elrico Wynand	Knysna Secondary
13	Tirique Wessels	Bridgton Secondary

Non-travelling reserves:

Morneal Esau	Bridgton Secondary
Arminn Kade	Outeniqua High
Mthunzi Bangindawo	Imizamo Yethu Secondary

Coach: Mr Jason Maswanganyi

Assistant Coach: Mr Chicco Ponela

Manager: Mr Francois Visagie

SPORTS COACH TIP NO. 29

**KIDS THAT LEARN
HOW TO CONFRONT
ADVERSITY IN
SPORTS WILL DEVELOP
A SENSE OF
SELF-DISCIPLINE & PRIDE
IN THEIR WORK
WHICH WILL ONLY
HELP THEM TAKE
THEIR SKILLS TO THE
NEXT LEVEL.**

#SPORTSCOACHTIP
COACHGRAY.COM/SPORTSCOACHTIP

KFC COACHES OF THE MONTH REWARDED

During a coordinators meeting in August, twelve coaches were nominated as Coaches of the Month. As sponsor, KFC awards dedicated coaches with a certificate as well as KFC vouchers on an annual basis.

These coaches were invited to attend the Africa T20 Cup on Saturday 15 September. The day started out with some sparkling juice and a welcome message from Mr Rudi Claassen, the President of the Board, SWD Cricket. The coaches spent the morning in their own private area with snacks and drinks, watching the SWD vs Free State match, without having to be on-field, egging kids on to run!

A small ceremony was held for the handover of certificates to coaches.

Criteria to be awarded Coach of the Month:

Interpersonal skills; sound people management; work well with kids; an optimistic and positive approach to work; sound communication skill; good discipline; punctuality; assertiveness; sound organizational and strong motivational skills

Coaches need to adhere to at least six (6) of the above to be eligible for nomination. During the CSA Annual Awards function, one of these coaches are eligible for Coach of the Year across the sixteen (16) provinces of Cricket South Africa.



KFC MINI CRICKET NEWS

PROVINCIAL SEMINAR
DIAZ HOTEL & RESORT, MOSSEL BAY
25 AUGUST 2018

A total number of 91 coaches attended the Seminar which is an annual event on the KFC Mini Cricket calendar. In the province, we have nine (9) regions: Central Karoo, Dys-seldorp, George, Hessequa, Kannaland, Knysna, Mossel Bay, Oudtshoorn & Plettenberg Bay.

This year the criteria for nominations were: Coaches that have not attended in the last two years (we have a total number of 598 coaches on the database and we need to give everyone a fair chance to attend an event like this)

Coordinators were to nominate coaches at schools according to CSA's targets:
3 coaches at three schools in the Black communities
3 coaches at three schools in the Black African communities, and
3 coaches at three schools in the White communities

One (1) of the nine (9) per region should have been a principal at the school (Principals at particularly dormant schools should be introduced to the program for them to actively run the program at their respective schools)

Next year (third Saturday in August) we will host the event again at the Diaz Hotel and Resort as there will be 80+ different coaches attending. Criteria for attendance will most probably stay the same as this year.

During a coordinators meeting in August, twelve coaches were nominated as Coach of the Month for 2017. As sponsor, KFC awards dedicated coaches with a certificate as well as KFC vouchers on an annual basis.

Left: Coaches of the Month with their partners attending the Africa T20 Cup games and below: A small ceremony was held for the handover of certificates to coaches. In attendance were from left to right: Mr Johan Weyers (CSA), Mr Garry Hampson (Coach Education Manager), Jaco Janse van Rensburg (SWD Player), Mr Jonathan Beukes (Cricket Services Manager), Mr Rudi Claassen (President: SWD), Ms Meryl Daniels (Kannaland), Brendon Louw (SWD Player) and Yankela Oliphant (SWD Player)



Above: Coaches and delegates who attended the SWD KFC Provincial Seminar at the Diaz Hotel in Mossel Bay

Right: Rosemoore Hub Head Coach and KFC Seminar MC, Angus Roelfse showing his many talents during the seminar



TEACH YOUR CHILD THE FUNDAMENTALS

The article below follows the same principles as found in Cricket South Africa's Long Term Player Development program. It is crucial that our young children are exposed to different sports and learn the fundamental and basic movement skills of running, jumping, kicking, catching, throwing and also the gymnastic skills of agility, balance, coordination, and speed before they can learn the sports specific skills need to play any game or sport.

(article is taken from <https://changingthegameproject.com/parent-coaches/>)

During the FUNdamental stage, girls ages 6-8 and boys ages 6-9 should be exposed to a wide variety of athletic experiences, as this is the second stage of developing physical literacy. Your kids should be changing activities season to season to avoid burnout and boredom. These activities can be structured, but should still focus on FUN, and competitive games and matches should be kept to a minimum. Kids begin to read the game going on around them, and thus can make decisions, and movements, about what is happening during the match. Let them see the game, and try not to see it for them!

Children are still quite egocentric during this stage, meaning their sports activities should be done in small groups, with constant, active participation. Stay away from long lines and lots of standing around, or you will lose their attention. Make sure there are enough toys (i.e. balls) for every kid to participate or you will lose their attention quickly. Their ability to understand the thoughts and feelings of other children is not well developed, so it is crucial that their experience is often allowed to be an individual one – every kid gets a ball.

The FUNdamental stage is one of the sensitive times to develop on hand and foot speed for both boys and girls, so this should be a focus, albeit through fun activities and games, and not training regimens and drills. Every sport can develop these skills, and even a soccer coach should be working on catching while jumping, running, even doing forward rolls. Trust us, kids love it! If your child has a preferred sport, there is nothing wrong with him participating 2-3 times a week, but make sure he is doing other sports or activities 3 times a week as well. This well rounded approach helps to master all aspects of physical literacy, and keeps the child excited and engaged. While your child might be involved in some sports that keep score at this stage, remember that his focus should not be, and will not be, on the score, but more on being with friends and having fun. Make sure your focus is there as well. Help kids have fun, and develop self confidence and belief in their ability, and you have already won regardless of any score that is kept.

Be sure to visit the website changingthegameproject.com for more valuable information on coaching and parenting young sportspeople!

As parents and coaches, we live in an extremely busy and demanding time. However. This is no excuse to not MAKE TIME for our young children of today. They need your time, spent together, outside having fun. My challenge to you this December, is to put away, put down and ignore that thief that has come into our lives and stolen, what we used to call quality time, from our families and children. You know exactly what I am talking about. Technology in all its forms! TV's, cell phone's, play station's, tablets, earphones etc that shut us down and steal time away from each other.

Get up. Get moving. Throw balls. Play games. Take a frisbee to the beach instead of 'vegging' on the couch all day! Play catch. Whatever it is, make time everyday this holiday to play with your children and not take the lazy option of putting them in front of the thief who then becomes their parent, guide in life and models behaviour to them!

Having been in coaching for many years now and worked with all ages of sportsmen and women, it is immediately apparent when coaching, which children have been exposed and encouraged positively to take part in all forms of playing and sport from a young age. This form of interaction beats any paid professionals interventions that many parents pay for.

Spend the time this December playing with your children and their friends. It will be time spent that will be more valuable than any coaching session!

Garry Hampson is the SWD Coach Education Manager

KFC MINI CRICKET. WHAT IS IT?

The concept of Mini Cricket ensures that every child taking part will bat, bowl, keep wicket and field during the course of a match. This prevents the domination of matches by better players and gives everyone an equal opportunity. The key-words in Mini Cricket are participation and enjoyment and its main aim is to develop the ABC's (agility, balance, co-ordination and speed) along with the most basic cricket-specific skills such as throwing, bowling, striking and catching.

Mini Cricket is flexible, provides fun, activity and excitement and has the following aims and objectives:

- › to lay the foundation of a lifelong interest in cricket;
- › to prevent better children from dominating;
- › to give all children, irrespective of ability, an equal opportunity;
- › to provide physical exercise in an enjoyable form;
- › to develop self-confidence;
- › to develop ball skills, which would be useful in other sports.

Each Mini Cricket session is structured in such a way that it creates a safe and harmonious atmosphere that is conducive to positive learning.

To find out more about getting involved as a coach or player, contact the SWD Office @ info@swdcricket.co.za



YOUTH TEAM CAPTAINS AND COACHES FORUM

Sunday the 25th saw all SWD Youth Team Captains, Vice-Captains, Coaches and Managers attend a Captains and Coaches Forum at the Recreation Ground prior to the annual Youth Team Capping Function.

Various topics were covered with the captains and coaches with a focus on understanding the Quality of Opportunity Index and Rules and Regulations for the Weeks.

Mr Warren Muller, Chairperson of the Transformation Committee opened the QoO Workshop with Jonathan Beukes facilitating the session. Inputs from all captains and management were discussed and questions cleared up. Andre Olivier, the SWD Umpire heading to the Khaya Majola Coke Week then took the captains and coaches through relevant aspects of the Rules and Regulations for the different weeks.

This was a great opportunity to have all leadership heading to the weeks to get onto the same page and discuss plans for the week.



COACHING COURSES AND FORUMS

The winter level 1 has been concluded and a further two courses, one level 1 course and a level 2 course are underway, with the practical components left. A great turnout of coaches from different backgrounds of coaching turned out for the level 2 course and the inclusion of some of the SWD players brought a very practical and intense angle to the course.

Disappointingly, only 3 coaches from 12 who registered for the Level 1 course held at ETA College pitched. Unfortunately this comes at a rather high cost for the budget strapped coaching department and we request coaches who register for a course to honor their commitments. A coach role plays behavior to their players and this is not the type of behavior we are aiming to develop in our next generation of players.

A third level 1 course was run in Oudtshoorn with a great turnout of coaches from as far as Beaufort West turning up. The coaches will write the theory exams shortly and will complete their practical's early in the new year.

Added to this a number of forums have taken place including the mentioned Youth Team Captains and Coaches forum. The coach shadowing program is running with coaches having shadowed our head coach Baakier Abrahams during fixtures with the most recent being Jason Maswanganyi shadowing Baakier during the Northerns fixture, Cindy Lee Du Plessis shadowing Shaun Pretorius during the SWD Women's vs Kei fixture as well as various junior coaches spending time with our Framework Coaches during their sessions.

Looking ahead, one more forum will be run in Knysna before the holiday season. Coaches are reminded to check the [Coaching Calendar](#) on the SWD Website for upcoming dates and coach development opportunities.



Left: SWD U18 Captain Brian Jack presenting his groups thoughts at the Captains/Coaches Forum recently. Right—top to bottom: Jason Maswanganyi with Nceba Futwa (Bongolethu Black African Program Coach), who shadowed him during an U19 training session. Brendan Louw running coaches through wicket-keeping specifics on the Level 1 course in Oudtshoorn; some of the female coaches during a workshop during the mentioned level 1 course; the SWD U13 Youth team brains trust discussing Quality of Opportunity points during the recent Captains and Coaches Forum and Mr Warren Muller opening the mentioned forum

COACHING CORNER: BATTING GAINST SPIN

The ability to play spin and the different types of spinners has become a crucial component in the success of a batting unit. Modern day cricket, especially the lower level sees many overs being bowled by spinners and slower bowlers. Batsmen need to be able to keep the scoreboard ticking as well as having the option to dominate when this is required.

The following 5 principles can help players improve their game against spin:

THE 5 PRINCIPLES:

- Mindset shift
- Assess the wicket
- Have a game plan
- Good hands and body weight transfer
- Use of the crease/quick feet



MINDSET SHIFT

As the games pace is changing everyday so must the batsman's approach and ability to adapt to different situations. To do this one needs to have a different mindset and be willing to change with the times. Today you often find that more than 50% of the overs bowled during an innings are bowled by spinners. If you are not confident and do not have a sound technique, then you will struggle to score and put your team under pressure.

ASSESS THE WICKET/CONDITIONS

Assessing the wicket and playing conditions is important for any batsmen. This will help him decide on the tempo of the game and the innings. On a dry surface, one can assume the ball will turn and on a shiny, hard and flat surface the ball might skid on straight. Assessing the wicket will help you prepare yourself on how you are going to approach your innings.

These are only 5 principles that coaches and players can look to bring into their game to play spin more effectively and can help have a positive result on their game.

HAVE A GAME PLAN

Developing a game plan for different situations, bowlers and wickets is crucial to playing spin. Part of any game plan would be to rotate the strike. This keeps the scoreboard moving and does not allow the bowler to bowl to a plan.

But to do this effectively one needs to have the skill and shot selection to score all around the wicket. For example, a game plan for playing on turning wickets can be to play squarer of the wicket and a game plan against a newer harder ball, in the case of a spinner bowling in the 1st 10 overs is to play straighter.

GOOD HANDS AND BODY WEIGHT TRANSFER

Correct transference of body weight is absolutely crucial while playing the slower bowlers. Since there isn't any pace to work with, it's the transfer of body weight at the time of impact that generates power and timing.

Hands and wrists play a big role in manoeuvring spinners and putting the ball into gaps, making sure the scoreboard keeps ticking over.

USE OF THE CREASE/QUICK FEET

Your foot movement needs to be decisive and distinct. Positive movements back and forward allow you to use the depth of the crease to good effect.

Getting to the pitch of the ball is always advisable because this helps you to eliminate the spin.

At the pace at which the game is evolving there are so many ideas out there. These are only 5 principles that coaches and players can look to bring into their game to play spin more effectively and can help have a positive result on their game.

By Jonathan Beukes

Jason Maswanganyi Replaces Rabie

Jason Maswanganyi, a qualified level III coach, has replaced Gurshwin Rabie as the SWD Provincial Academy and U19 Head Coach. Jason comes fresh from a successful stint in various roles in Gauteng, ranging from representative selection, to running a successful hub in Alexandra.

Jason was born and grew up in Alexandra township in Johannesburg. He was introduced to the game of cricket by a friend as an 8-year-old and went on to play his cricket at Alexandra cricket club. Jason started coaching in 2008 at St Benedict's College in Johannesburg, and later joined Gauteng Cricket (now CGL) in the 2009/10 season as an area coach. He coached Alexandra cricket clubs' 1st XI at premier A and B and promotional league level and ran a very successful hub in Alexandra, which has produced a number of quality cricketers. He first qualified as a level 1 coach in 2011, completed his Level II in 2013 and completed his Level III earlier this year along with completing the CSA facilitators training and first aid courses successfully.

Jason has settled into his role with a focus on the Khaya Majola Coca Cola Week in Cape Town starting on the 16th December.



CONDITIONING CORNER

With the up and coming December holidays, young cricket players and families now have the time to get healthy and fitter!

It is of outmost importance that young and keen cricket player's use the time available during the December school holidays to their advantage to get fitter and stronger. With lots of sunshine and good weather, it is the perfect time to get outdoors, get active and explore sunny South Africa.

However, the relationship between December holidays and health has never really been a fruitful one, with over indulgence the forerunner in most people's December plans.

A shift in mindset from over indulgence to one which will benefit your cricket, and life, in the New Year should be first priority, and it is really not that hard...

Here are a few steps to get you going:

Get outside and get going – after indulging in the delicious December food, get outside and get moving. Go for a walk, go for a jog – anything is better than nothing.

Planning – put in your diary certain days

you would like to exercise, following a plan is the most useful way to ensure things get done!

Research – Research trail runs and hikes you never have the time to do, and go exploring.

Friends – Invite friends and family along with you on your December fitness journey, to keep you motivated and moving.

Remember - the fact that you are keeping active and healthy is one more step in your cricket career. The work you put in now will pay off in the next few months. I am not saying go on a diet and train hard every day – rather use the time you have available and structure your lifestyle in a way which exploits the good weather, the nature that surrounds us as well as assists you in keeping fit! It's a win – win situation that takes a small amount of time of your holiday, but has SO many benefits!

Daniel Seha is the SWD Assistant Coach and trainer



HOW TO MAKE COACHING SESSIONS MORE DYNAMIC

CAPTIVATE

athletes from the beginning of your training session. Make sure they are engaged with what you are doing



ORGANISE

your session. Make sure that you have all the correct and age appropriate equipment



ENCOURAGE

participation among all of your athletes. Make sure that they are not standing in lines



FEEDBACK

in a positive way. Provide regular praise to your athletes



VARY

your practice sessions each week



CHALLENGE

your athletes in sessions

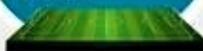
ASK

the right questions when coaching



TRANSITION

smoothly from one activity to the next



INTERACT

with your athletes



FINISH

your session on a positive. Reflect and focus on your athletes strengths





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Important contacts

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