

# The Nightwatchman

## 2019–2020 Season

Its all systems go in the machine that is South African cricket. All leagues and competitions are well underway and the work that coaches put in during the off season, will be evident as players showcase their skills and training on the field. There is no better practice than playing and this affords coaches the best opportunity to coach, being able to give real time feedback on the work put in leading up to the game, once the questions have been asked on the field.

The 2019-2020 season has many questions hanging over it as a change in the system and pipeline at the top end is imminent. What the knock-on affect of this through the pipeline is going to be, is hard to tell, but there is much excitement in the region as SWD will be taking part in the new top tier of cricket in the professional era. The SWD Board of Directors took a decision to move the headquarters to George in line with this and so there is a lot to look forward to in the coming years.

From a coaching perspective, this means that we as coaches should be trying as far as possible to give our youngsters the best coaching possible so that their talent potential can be realized. I am sure every coach dreams of seeing one of their players grace the field in the home town team or Proteas. You never know who is passing through your hands as a coach and what an impact you can have on a young persons life (not only cricket) when they are under your guidance. It is our duty to continue to grow this country through sport and so I hope that this newsletter with some of the coaching tips, as well as the various coach development programs available to coaches, will assist you in fulfilling your objectives when you are next out on the field with your players!

I encourage you to get involved in one of the coaching forums in your regions and to continue to develop yourself as a coach and person.

Garry Hampson—SWDC Coach Education Manager



## SWD COACHES FORUMS AND GROUPS

If you are based in the SWD region ( from Plett - to Swellendam - to Beaufort West and all the towns in between) and you would like to join one of the coach development groups or forums, or would like additional information [please submit your details by clicking here](#). Alternatively you can head over to our [websites coach development page](#) and forward your details from there. Please note this is only for coaches based in the SWD region.

THERE IS A  
DIFFERENCE  
BETWEEN FEAR  
AND RESPECT.  
DON'T EVER  
MISTAKE THE  
TWO.

#SPORTSCOACHTIP  
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## OUR COACH

LEADS BY EXAMPLE  
DEDICATED & DETERMINED  
TEACHES TEAMWORK  
MOTIVATES and LISTENS  
BUILDS CHARACTER  
CHALLENGES and DEVELOPS  
Committed to OUR TEAM  
Our BIGGEST Fan

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### Special points of interest

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- [Three SWD Women's players included in CSA T20 Super League](#)
- [Coaching Tip: Building Confidence](#)
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## SWD SQUAD

### RICHARDS & CARELSE DEBUT FOR SWD

Two school learners, Heath Richards and Tyrece Karelse made their 1st class debuts against KZN Coastals at Kingsmead in Durban. Both cricketers showed their talent in their first two outings with Karelse scoring a crucial 52 against KZN, while Richards produced two different innings' against Free State with a circumspect 41 in the 1st innings and a blistering 75 in the second innings with 6x4's and 6x6's.

Tyrece Karelse plays his cricket for the Bridgton RPC which has been producing many fine cricketers under the guidance of its three coaches: Head Coach Elridge Booysen and his assistants Merlin Masimela and Anver Venter. Heath Richards is the second Glenwoodhouse pupil to play for SWD in recent years, following in Jean Du Plessis's footsteps under the guidance of Cricket Director Danie Oosthuizen and his team of coaches at Glenwoodhouse.



Above Tyrece Karelse (Bridgton RPC) and below Heath Richards (Glenwoodhouse)



It has been a busy period for the SWD Senior Provincial team to date. August saw five T20 matches at Langenhoven Gymnasium vs the University of Stellenbosch (Maties) under the guidance of Ryan Bailey and three T20 matches vs Eastern Province in September, in preparation for the Provincial T20 Competition in Kimberley. These matches were hosted in Rheenendal (Knysna) by Keith Cretchley and his staff and what an amazing setting and facility for cricket they have.

SWD played two Provincial Challenge and List A fixtures versus KZN Coastal and Free State respectively. Brendon Louw played his 100th First Class match vs KZN Coastal at Kingsmead, the same team he made his first class debut against back in January 2010. Two up and coming under 19 boys, Tyrese Karelse and Heath Richards made their First Class and List A debuts while the union welcomed Renaldo Meyer and Richardt Frenz to the SWD team for the 2019/20 season.



Top left: The SWD squad that took part in the Africa T20 Cup and above: against Maties in the pre season T20 warm up matches. Left: Brendon Louw (center) before his 100th 1st class game at Kingsmead

Right: Keith Cretchley and his superb ground staff preparing one of their five fields set in the beautiful Rheenendal countryside, for the SWD teams warm up fixtures.

A man with a passion for the game, Keith has built these five fields in Rheenendal, just outside Knysna and they play part to various festivals during the year and specifically the September holidays, as well as hosting friendly leagues which bring people from different communities together on the field. It is people like Keith who do things in this unselfish manner that deserve recognition and we would like to thank him and his staff for their efforts and passion for the game. We salute you!



## SWD WOMENS SQUAD

2019 2020 will see a new face at the helm of women's cricket in SWD after Shaun Pretorius took up the position of Head Coach: Gauteng Women's during the off season and his absence has left a very big gap. He put in a lot of hard work to develop the women's game in the region and he will be missed!

SWD Women's cricket is growing, and growing healthily. More and more clubs are beginning to include women's teams in their set ups, following CSA's Presidential Plan vision and this has opened the doors for more women to play the game in our region. The SWD Women's squad has been hard at work preparing themselves for their first game which will kick off against EP in Oudtshoorn, at the Recreation Ground on 19th October, followed by a game against the Border Women's XI in East London on the 23 November.

Interim Coach, Elridge Booysen has done a fine job of managing two programs whilst a suitable candidate is found to take over from Shaun, and his side with a number of talented young players will be keen to start the season well

## Three SWD Women's players in CSA T20 Super League

Three SWD Women's players were selected to take part in the Inaugural CSA T20 Super League. Two rounds will be played with the top players from the women's competition taking part alongside Protea Women's Squad players. The first round took place in September and our players did us proud! This is a great initiative by CSA to further develop and enhance the women's pipeline.

Michaela Andrews, Jane Winster (both Union Stars CC) and Annerie Derksen (Sentraal High School and SWD Girls U19 Captain) were included in three of the four teams, in recognition of their performances for the SWD Women's and U19 teams.

The women will again take the field at the end of the year in the final set of games. We wish them well!

TO BUILD A STRONG TEAM, YOU MUST  
**SEE SOMEONE ELSE'S  
STRENGTH**  
AS A **COMPLEMENT TO YOUR  
WEAKNESS**  
**NOT A THREAT**  
TO YOUR POSITION OR AUTHORITY.

CHRISTINE CAINE

@AthleteAssess



Above left: Michaela Andrews, above right: Annerie Derksen and below: Jane Winster who took part in the inaugural CSA T20 Women's Super League.



## YouTube links

Our YouTube suggestions this month focus on fielding. Although from the archives, no fielding discussion would be complete without a mention of the man who revolutionized fielding at the 1992 World Cup. The first one is with our very own Jonty Rhodes. We hope you find these video clips useful and that you can translate them into drills to use with your age group and team.

Jonty Rhodes Fielding Master Class  
<https://youtu.be/2ppk84W1-2Y>

Cricket Fielding Master Class—Mike Young  
<https://youtu.be/qlQVNH7es>

Watson Master Class—In the slips  
<https://youtu.be/XGmnww5jPQI>

We often get requests for new fielding drills, however if you are a creative coach you should be able to come up with a drill that teaches your players the necessary skills that you want to develop in them. A bit of thought and proactivity goes a long way. It is important to bring fielding skills into every training session because this is what your players will be doing for the majority of their time on the field.

SPORTS COACH TIP NO. 24

**AS A COACH,  
YOU SHOULD NOT  
ONLY TEACH THE  
SKILLS BUT THE WHY  
BEHIND THEM SO  
YOUR ATHLETES ARE  
PREPARED & CONFIDENT  
DURING THE GAME.**

-COACH KYLE ELMENDORF

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## COACHES CORNER: BUILDING CONFIDENCE

If you ask a top coach what is a crucial aspect to a player performing at the highest level, confidence and self confidence specifically will be a common theme mentioned. In my opinion, confidence underpins all performances.

We are not talking about self esteem here (the two are often confused) because that is something you as a coach cannot change, but can only manage it better. Players with high self esteem find, 'finding' confidence easier. A recent example could be Kevin Pietersen. Players with a low self esteem though, need a lot more convincing and evidence that they can play, perform and handle the competition.

So getting back to building confidence. Coaches most often spend their time focusing on the 'hard skill' things such as technique, strategy, conditioning, periods of competition, workloads, KPI's etc. What we often forget to focus on and simply because it forms part of the result of the process of coaching, is actively developing or instilling self confidence in players.

Players self confidence stems from a combination of their self belief (esteem) as a foundation, with the evidence, or experience of past performances AND their preparation added to this equation.

The formula is:  
SELF CONFIDENCE = Self Esteem + Evidence (Past performances and Preparation)

Players who have been performing are easier to 'keep' in the confidence space because they are still on a high from their last century or 'fifer'. Helping them refocus and continue in that space is needed. The players who are out of form or maybe just not performing at

the level they would like to be, are the challenging ones.

Ultimately every coach would like to hit every match with a team full of self confident players. This however is very rarely the case and it is your job to know your players inside out, what makes them tick and what ticks them off, so that you know who needs a confidence boost. There are different ways you can do this and each coach may have his or her own approach, but when performance evidence is lacking, the only things left are preparation, memories and your positive communication and belief in the players ability.

How you communicate all of this to the



player depends on you, but constant reminding of their past successes and preparation help this process.

Confidence is built with the time you put in individually with the player, not in a group environment, but on a one to one basis first, and then taking them back into the team environment. The environment you create at your training will either drive this process of developing confidence, to be able to face anything

## COACHES CORNER: BUILDING CONFIDENCE CONTINUED

on the weekend or take away. To quote an excerpt from the Daily Athlete Training Environment *“This is the very essence of a high performance and high performing culture: one where the standard and quality of every aspect of the preparation environment is about excellence and winning: about un-paralled levels of effort, energy, enthusiasm and exceptional commitment.*

*Athletes and teams who thrive in such a high performance culture steadily accumulate evidence: the evidence they need to create the self-confidence to perform.”*

Put yourself in your players shoes and ask the question: How would they feel if they walked onto the field knowing that every single aspect of their preparation was simply the best it could have been and that every day their environment was better than any other team they will play?

How would they feel???

There is only one answer.. CONFIDENT!

Coaches who focus on these aspects are able to put confident teams and players on the field week in and week out.

Where can you be better?

Garry Hampson is the Coach Education Manager for SWD Cricket



## SWD TEAMS FOR CRICKET SA YOUTH WEEKS

South Western Districts Cricket this week announced the teams to take part in the Cricket South Africa Youth weeks that will be held in December. Across the country

The teams are:

### **SWD U13 Team: Momentum U13 Cricket Week from 7 – 11 December 2019 in Pretoria**

Singa Moyoyo (**Vice Captain**) (Holy Cross Primary), Sebastian Bell (Knysna Primary), Corne Kennedy (Wesbank Primary), Matthew Weideman (Holy Cross Primary), Cameron Avontuur (Van Reede Primary), Brayden Andrews (Outeniqua Primary), Nicholas Duvenhage (**Captain**) (Wesbank Primary), Jesse Lewis (Milkwood Primary), Sherwin Plaatjies (Bergsig Primary), Enathi Khitshini (Tyholora Primary), Josh Karelse (Laurus Primary), Juvandre Alexander (Laurus Primary), Hlangani Hlumelo (Knysna Primary)

Coach: Douglas Baartman; Assistant Coach: Curtly Kannemeyer; Manager: Bernard Jonkers

### **SWD U15 Team: Momentum U15 Cricket Week from 5 – 9 December 2019 in East London.**

Anele Siyo (**Vice Captain**) (Glenwood House), Zander Nel (Outeniqua High School), Dristan Arends (Sao Bras Secondary), Ravin-Lee Kemmies (Sao Bras Secondary), Antonio Bruiners (Outeniqua High), Lindokuhle Sizani (Imizamo Yethu Secondary), Liyabona Malefi (Imizamo Yethu Secondary), Duan Roberts (**Captain**) (Oakdale), Migael Groenewald (Outeniqua High), Ziano Lewis (Auriel College), Thurston Murphy (Bridgton Secondary), Lee-Mar Pedro (Outeniqua High), Raymondo Sauer (George High School), Sibabalwe Msi (Jonga High School)

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

### **SWD U17 Team: Momentum U17 Cricket Week from 11 – 15 December 2019 in Port Elizabeth.**

Francois Beets (Langenhoven Gymnasium), Kaylim Cordier (Oakdale) Thabo Dywili (Imizamo Yethu Secondary), Mihle Dingiswayo (York High), Sonwabiso Miso (Heatherlands High), Kirk Nevay (Glenwood House), Anoxolo Khitshini (**Captain**) (Imizamo Yethu Secondary), Jesse Adams (**Vice Captain**) (Oakdale), Ravin-Lee Kemmies (Sao Bras Secondary), Geon Burns (Sao Bras Secondary), Francois Ackerman (Outeniqua High), Enzo Jafta (Bridgton Secondary), Kamvalethu Feni (Imizamo Yethu Secondary)

Coach: Eduard Strydom; Assistant Coach: Merlin Masimela; Manager: Francois Visagie

## SWD TEAMS FOR CRICKET SA YOUTH WEEKS

**SWD U19 Girls Team: CSA U19 Girls National Cricket Week from 8 – 12 December 2019 in Nelspruit.**

Meche Jacobs (Sao Bras Secondary), Sange Somatambe (Imizamo Yethu Secondary), Annerie Dercksen (**Captain**) (Sentraal High), Mbali Ndukwane (Imizamo Yethu Secondary), Siphamandla Sampo (Imizamo Yethu Secondary), Cheyenne de Villiers (Brad’s Home School), Gavoney Jansen (Olympia), Chani Damons (Sao Bras Secondary), Desone Albertyn (**Vice Captain**) (Gerrit du Plessis Secondary), Zoe Meyer (George High), Lorieta Vaaltyn (Gerrit du Plessis Secondary), Elistine Pietersen (George High) Marochell Willemse (Gerrit du Plessis Secondary)

Coach: Vacant; Assistant Coach: Bianca Figeland; Manager: Mochelle May

**SWD U19 Boys Team: Coca Cola Khaya Majola U19 National Cricket Week 16 – 20 December 2019 in Pietermaritzburg**

Jaydin Louw (Oudtshoorn High), Tristan Reid (York High), Jedhli van Briesies (Langenhoven Gymnasium), Lleyton Avontuur (Langenhoven Gymnasium), Matthew Thorne (Outeniqua High), Heath Richards (Glenwood House), Johann Muller (Langenhoven Gymnasium), Mesuli Vuba (**Captain**) (Rundle College), Tyrece Karelse (Protea High), Reagan Rhooide (Bridgton Secondary), Ayabonga Ngondo (Fezekile Secondary), Joviano Tock (Bridgton Secondary), Kevin de Kock (Oakdale)

Coach: Jason Maswanganyi; Assistant Coach: Elridge Booyesen; Manager: Johan Bruiners



*Above Left: SWD Academy and U19 Head Coach Jason Maswanganyi will be in charge of the SWD Coca Cola Week team and above right: Mesuli Vuba, a learner at Rundle College will captain the SWD Coca Cola Week team that will take part in the Khaya Majola Coca Cola Week in Benoni from the 15th—19th December.*

*Mesuli began his cricket at the Thembaletu Hub in George and is another product of this fantastic program set up by Cricket South Africa. Currently a student at Rundle College in George, he plays club cricket for NMU Madibaz George CC and has represented the SWD Provincial Men’s XI in the CSA Provincial competitions.*

## MASIMELA AND CLAASSEN ATTEND LEVEL III

Annually, CSA runs a level III coaching course aimed at coaches in the high performance pipeline who meet the requirements set out.

Merlin Masimela (Bridgton RPC and SWD U17 Assistant Coach) and Ranwill Claassen (D'Almeida Hub Head Coach) were rewarded for their hard work and growth as coaches when they were invited by CSA to attend the course at the High Performance Centre in Pretoria during September. The level III course runs over a year with coaches spending time in –course on the theoretical components, which is followed up by various coaching assignments, practical evaluations and a theory exam.

We wish them well on their course!



Above: Merlin Masimela and top, Ranwill Claassen attended the recently held level III course at the HPC.

Right: Coaches at the RPC HUB CAP Camp taking tips from Head Coach Baakier Abrahams

## COACHING COURSES AND FORUMS

Two coaching courses have been conducted in the past few months. A level II course was run at Outeniqua Primary in George for qualified level I coaches. This was the first course we have had where two ex-international players joined us. Mark Burmester (George CC Head Coach) and Mark Vermeulen (Pioneers CC), both of whom represented Zimbabwe on the international circuit. Having their inputs were valuable for the young coaches on the course.

Along with the level II course, a level I course was run at the Knysna Sports School for coaches in the Knysna and Plettenberg bay region over the second weekend of October. Knysna has always been a very vibrant cricketing community with an array of cricket taking place from the usual schools and club leagues, to clinics and many festivals. This is supported by coaches who help develop these young cricketers and a new group of coaches spent the weekend learning various aspects of coaching players at a basic level. More and more are we seeing female coaches attending courses and again we representation on this course. The impressive growth in women's cricket is giving birth to a whole new group of female coaches, which bodes well for the future.

### UPCOMING COURSES:

#### **Oudtshoorn Level 1:**

23, 30 Oct, 1 & 6 November 2019

#### **George Level 1:**

9, 10, 31 January 2020

*If you have not received correspondence regarding the above mentioned courses, please contact the SWD Office at [info@swdcricket.co.za](mailto:info@swdcricket.co.za). Alternatively you can download the course registration form from the website <http://www.swdcricket.co.za/coaching/downloads>. The George Coaches Forum gathered on Wednesday the 16th at*

the Glenwoodhouse Indoor Center where Head Coach Baakier Abrahams was guest speaker. Various batting aspects were covered by him in his usual professional and passionate manner, and Garry Hampson ran through some bowling drills for coaches to utilize in developing bowlers actions and accuracy. The Oudtshoorn, Knysna, Riversdale and Mossel bay Coaches Forum's will all get together during the 3 months. See the [COACHING CALENDAR](#) on the SWD website under coaching for updated events and coach development sessions which all coaches have access to.

During the pre season, two Coach Acceleration Program (CAP) Camps were held. An RPC Hub and Black African Program Coach CAP Camp was held at the Glenwoodhouse nets. Coaches were taken through very specific aspects of the basic set-up, swing patterns and dynamic stability points in batting. The coaches were put through drills designed to develop these key components for young batsmen and the feedback from those present was very positive.

Another CAP Camp was held for the coaches involved in the SWD High Performance Pipeline. The focus of this camp was slightly different because it covered different aspects besides from the technical points usually discussed at a camp for coaches. Developing confidence in young cricketers (batting focus) was workshopped at length as well as creating an environment where young cricketers are able to develop, learn and excel. Again, the feedback was very good from the coaches present.

Coaches are encouraged to make the time to attend a forum in your area. The coaches forums are maximum an hour long with a short social afterwards for those coaches wishing to hang around and talk cricket. Regular engagements such as these will only assist you in developing your coaching with exposure to other coaches and new ideas, while also forging relationships with other like minded coaches.

Contact the SWD Office for more information or look at the SWD Websites [Coaching](#) page.





## CSA COACHES ACADEMY

Coach Education is a critical aspect of the overall game development and it is therefore regarded as one of the priority areas of South African Cricket

### CSA Coaches Academy

The Coaches Academy is managed by the Manager: Coaching, Cricket South Africa in consultation with the respective provincial affiliates, and aims to:

- Keep abreast with the latest technical developments taking place in other cricketing countries in order to update South Africa's coaching system;
- Monitor the criteria of the various coaching levels in order to maintain uniformity;
- Broaden the base by coaching new coaches;
- Supply quality coaches to the system.

### Courses and certificates

The main objective of the Coaches Academy is to coordinate and control the training, qualification and certification of cricket coaches, and the Academy offers the following courses:

#### Mini Cricket (Fundamental Phase)

This certificate enables coaches/teachers to coach Mini Cricket to children under the age of 10 years. Mini Cricket is the simplest form and a modified version of the game, and is regarded as the introductory level for both coaches and players. Coaches need not necessarily have any previous cricketing experience.

The course is 10 hours and candidates are expected to complete a 1-hour theoretical exam and a 10-minute practical session.

#### Orientation Course (Preparatory Phase)

The purpose of this course is to introduce aspirant coaches to the hard-ball version of the game and prepare potential Level I candidates. Topics include the most basic laws and terminology of cricket, pitch measurements and other technical dimensions, as well as the basic playing skills. The only requirement to attend this 6-hour course (3 x 2-hour modules) is that a candidate must be at least 16 years of age. No evaluation or exam is necessary and candidates receive a certificate of attendance.

#### Level One (Basic Skills Coach)

The Level I course is designed to enable successful candidates to coach basic cricket skills and to organise an effective practice or training session for junior cricketers. Candidates must be at least 18 years of age and have a sound understanding of the game. Course duration is 18 hours and assessment includes an hour-and-a-half theoretical exam and a practical evaluation.

#### Level Two (Intermediate Skills Coach)

To register for this course, a candidate must be 21 years of age and have held a revised Level I certificate (post 2005) for at least 12 months. This serves as an entry level for first-class cricketers and a holder of this certificate should be able to coach any school or junior club side with confidence. The course covers all aspects of coaching and various teaching methods, as well as practice organisation and planning.

A 3-week self-study period is followed by a 24-hour course (8 x 3-hour modules) while the overall evaluation consists of a pre-course assignment, two-hour theoretical exam and practical assessment. Candidate-coaches are required to conduct community coaching sessions that form part of their 'work experience'.

#### Level Three (Senior Skills Coach)

Whereas all the above-mentioned courses are conducted by the provinces, the Level III & IV programmes are the responsibility of the CSA office. The affiliates annually nominate experienced and suitably qualified Level II coaches (revised 2005 course) to attend this particular course, while CSA reserves the right to invite or select individuals at its discretion to enable the nominees who have the necessary coaching experience to become competent provincial youth, academy and senior club coaches.

The 5-day, 34-hour course covers the technical/tactical aspects of the game and includes more advanced topics and principles of sport science and medicine. Emphasis is also placed on skill assessment methods to assist the coach with individual technique analysis, error detection and fault correction.

The theoretical assessment consists of a pre- and post-course assignment, a 2-hour written examination and an individual presentation during the course, while the practical evaluation comprises a video analysis section, a one-on-one as well as a group coaching session.

#### Level Four (High Performance Cricket)

This is the highest cricket coaching qualification currently obtainable in South Africa and is mainly for professional, career coaches working within the national and domestic professional structures. Attendance is by CSA invitation only. The emphasis and focus is mainly on team and individual game plans, analysing the opposition and different conditions, strategic management, sports law and the use of technology. Successful candidates will be qualified to undertake cricket coaching at its highest possible level.

The course lasts a period of 10 days (2 x 5-day contact sessions) and focuses on coaching styles and man-management skills. In addition to these interactive workshops and group discussions, the professional coaches are required to submit detailed pre- and post-course assignments and write a 3-hour examination, with an emphasis on strategies, tactics and foreign playing conditions.

The Coaches Academy also focuses on the continued development of qualified, certified coaches and places a strong emphasis on improving the 'soft skills' of coaches. Quite simply, quality coaches will produce quality cricketers and it is imperative that we constantly improve the standard of coaches and coaching in our country. As a result, a number of training programmes are in place to accelerate the growth of coaches around the country.

## COACHES CORNER: WHAT IS AN EFFECTIVE PRACTICE SESSION

Having spent time facilitating at the recently held level III coaching course at the HPC in Pretoria and listening to the discussions of coaches regarding their planning and preparation of their teams, the importance of running an effective training session became all the more apparent.

AS coaches we get to spend an hour to an hour and half (if you are lucky), maybe twice a week with your team at the school or club. In that time and depending on what age group you are with, you have to teach this sometimes very big group of players, skills ranging from the various shots in the book—front foot drives, lofted drives, defensive shots, cuts, pulls, hooks, sweeps, using their feet to various types of swing, seam and spin bowling and the intricacies around their bowling actions, to throwing, stopping and catching techniques. Not forgetting the wicket-keepers skills. We have not even gotten into the strategy, personal game plan side of things and also field placements—all of which are sometimes more important.

As a coach there is a ton of stuff to teach and yes a player needs to learn these aspects as he or she grows up over time, but, I think you get the picture and idea, of how important it is to plan your sessions so that they are EFFECTIVE and not just another cricket practice—the same as you did last week, month and year or maybe years?

Have a look at your sessions—do they stay the same or are you always introducing new drills, skills, scenarios to grow your players abilities? Are you one of those coaches only preparing for the match on the weekend so you can win, but are actually neglecting to develop the skills these players need to succeed when it counts as they get older?

There are some simple principles to remember and adhere to when planning and running AN EFFECTIVE COACHING SESSION.

Remember the acronym **LEARNS**.

**L** = LEARNER CENTERED. Remember all your players learn differently. Some like to hear what to do, some like to see what to do and some like to just do it. Plan for these learning styles (see the coaching process below which covers this)

**E** = stands for ENVIRONMENT. What environment are you creating at practice. Can players experiment, learn, grow, get it wrong, ask questions or are you running the same boring practice?

**A** = stands for ACTIVELY INVOLVED. Do you have players standing around waiting for minutes for their turn? Or, is your session planned so that it flows and the players are ACTIVELY INVOLVED all the time? This is vital for an effective session.

**R** = stands for REVIEW or reflect. How often do you reflect on your session thinking about what went right, what went wrong, what could you stop doing and what can you do better?

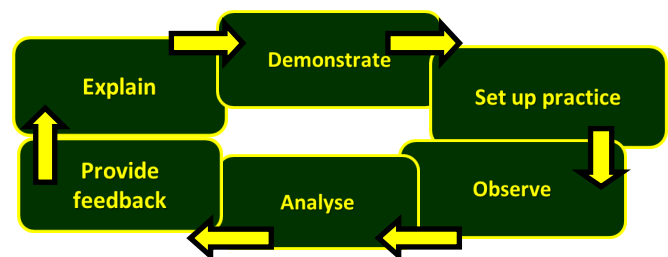
**N** = stands for NEW. Are you continually challenging (stretching) your players with new skills and scenarios or are they going through that same boring net practice week in and week?

**S** = stands for STRETCH—are you always developing their skills and pushing their ability to handle different pressures and scenarios?

All of this takes planning which does not have to take hours, but can be done effectively in a few minutes thinking about aspects such as:

- What new skills to train
- Working on different scenarios in the game
- Helping players with their roles in the team
- Developing players game plans
- How are you going to play in the next game
- What skill execution was not done well previously

This is only naming a few aspects. Always remember, no matter how old your player is, they will always default to their training under pressure in a match. You have control over this and the good, and bad news is that it is a reflection of you as a coach, and the work you have done.



### The COACHING PROCESS

Garry Hampson is the Coach Education Manager for SWD Cricket



**Important contacts**

**Coach Education Manager** (all coaching related affairs)

**Garry Hampson:** [garryh@cricket.co.za](mailto:garryh@cricket.co.za)



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