



Edition 21

SPORTS COACH TIP NO. 4

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

#SPORTSCOACTIP  
COACHGRAY.COM/SPORTSCOACTIP

# The Nightwatchman

## HALFWAY THERE!

The season is halfway done! As usual this time of year has been a complete whirlwind with cricket season in full swing. The Mzansi League is proving to be very interesting whilst gaining traction and our SA U19 TAP squad is preparing for the U19 World Cup, hosted here in South Africa during January 2020.



All the SWD Youth Teams are nearing the end of their preparations for the National Weeks with the SWD U15's being the first team to play in the National Weeks. The Framework Coaches have been working tirelessly to ensure they cover all their bases and have mostly had the support of all players, schools and parents through the tough exam period. Friendly matches against other Affiliates have been played to wrap up the preparations. It is an exciting time for our young cricketers, some of whom will be going to a week for the first time and we wish all the players from around the country the best for the National Weeks.

SASCOC recently launched the Body for Professional Sports Coaches in South Africa and this will be an interesting and positive benefit for all coaches in the country. More information regarding the process will be released in due time, so watch this space if you are a coach of any sport.

The coach development programs are still running right up until the close for the Christmas holidays with coaches from level I, II and III completing various aspects of their courses. A brief reminder to coaches in the George region that a level I coaching course will be run at York High on the 9 and 10th of January with a follow up session on the 31 January. Please see the coaching calendar for details.

From the coaching department, we wish you all a Merry Christmas and trust that you will be able to spend quality time with your loved ones this holiday season! See you in 2020!

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 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.

## OUR COACH

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

### Inside this issue

SWD Provincial Men's news .....2  
SWD Provincial Women's news ..3  
Coaching Corner .....4  
Coaching Corner .....5  
Coach development news .....6  
SWD contact details .....7

### Special points of interest

- [Karelse included in U19 TAP Squad](#)
- [Two SWD Women's players included in CSA T20 Super League](#)
- [Keeping kids in the game](#)
- Coaching using GAMES

## KARELSE INCLUDED IN CSA TAP U19 SQUAD



Tyrece Karelse from SWD, who made his first-class debut as a schoolboy earlier this season, was invited to attend the Cricket South Africa Talent Acceleration Program under 19 preparation camp in Pretoria from 28th November till 10 December 2019.

The SA U19 team that will represent South Africa at the ICC U19 World Cup in South Africa in January 2020 will be announced soon after the camp. The U/19 World Cup will be held in South Africa with Kimberley, Benoni, Potchefstroom and Bloemfontein as venues.

The SA U19 team will embark on a 3 match ODI series tour against India in East London from 23rd – 30th December followed by a quadrangular tournament in Durban involving India, New Zealand and Zimbabwe from 31st December till 9th January 2020.

Karelse, a scholar at Protea High School in Oudtshoorn, is also a member of the SWD u/19 team that will participate in the Khaya Majola National week in Pietermaritzburg in December. In his first-class debut against KwaZulu Natal in Durban during October this year he scored a half-century for SWD.

## SWD SQUAD

It has been a tough month of cricket for the SWD Provincial XI in both formats. A 3 day draw against Gauteng and a loss in the 50 over competition, along with losses in both formats of the game against Northerns in Pretoria does not paint a pretty picture, if you are one of those who look only at results. However, the work that has been done behind the scenes by the coaching staff and in particular, Head Coach Baakier Abrahams, is of the highest quality. Working with a squad that has been plagued by various issues, including injuries and unavailability of players, has not made things easy this past month, for Baakier and the team leadership.

It is always interesting to see how a team and coaching staff respond to challenges. Baakier and his team have been exemplary in this regard, keeping their standards high whilst spending time with individual players in the quest to develop every individual under the circumstances. The growth of players under this leadership has been super to see, considering there are three matrics in this squad who have all made an impact in various ways during the season. No easy feat!

The quality of work Baakier has been putting out, has seen three players be invited to an SA Emerging Camp which included games against the SA U19 TAP XI for their preparation for the U19 World Cup. Stephan Tait, Mdumiso Mvelase and Jean Du Plessis were invited having shown their potential this season. Baakier Abrahams will be the Assistant Coach to the SA Emerging Team and gain valuable exposure through this experience.

The SWD Squad head into a break now with players following a maintenance program before they kick off in January 2020 again.



*Left: Head Coach Baakier Abrahams' great work with the SWD team has seen him invited as the SA Emerging Squads Assistant Coach, which included games against the SA U19 TAP Camp at the end of November*

## SWD RURAL TEAM

The SWD Rural team was announced recently and took part in the Rural Week hosted in George. Baakier Abrahams (Head Coach), Merlin Masimela (Assistant Coach) and Robert Jansen (Manager) lead the team during the week. Players from across the region were considered by the SWD Selection Panel who put together a squad of 30+ players. A trials process was then held, following which the final team was selected. A blend of young players rubbed shoulders with some of the more experienced players from the promotion league.

*Right: Merlin Masimela, a level 2 coach from the Bridgton RPC who is currently on the CSA Level III Coaching Course has been appointed as the SWD Rural Assistant Coach under the watchful eye of Head Coach Baakier Abrahams*



## SWD WOMENS SQUAD

The SWD Women's team has had a tough time in their last two fixtures against EP and Border, going winless in both outings. The team has had a tough time having had three coaches over the last 4 months and this has not helped the team which has not kicked on in past years. The developing pool of players at younger ages should begin putting pressure on performances of senior players as the game grows in the region and this will hopefully see an improvement in the performances of SWD's top women's team in the near future.

Some sound performances from key players have kept the squad in the hunt in some games but the team is needing some impetus and direction which hopefully, the interim coach, Ranwill Claassen will be able to give them, leading into the second half of the season.

The holiday break should give the players and staff some time to regroup and prepare for the last two games in 2020.

## Two SWD Women's players included in CSA T20 Super

The second leg of the CSA Women's T20 Super League kicks off on the 13th December in Cape Town. A wonderful initiative which brings together the best talent in the women's game currently, from Protea players through to the top U19 players.

Michaela Andrews (Union Stars CC) and Annerie Derksen (Hoerskool Sentraal) have been included again. Both these players have captained and represented the SWD U19 girls

teams, were selected for the SA Schools XI and currently play for the SWD Women's team. They will be keen to make their mark in this competition and have been preparing well for the fixtures.



*Left: Annerie Derksen in action for the SWD U19 Girls in 2019 and right Ranwill Claassen, recently appointed Interim Women's Pipeline Coach will be teaming up to lead the SWD U19 in Nelspruit.*

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

## Ranwill Claassen—Women's Pipeline Interim Coach

Following a long process of looking for a full time replacement for the vacancy left by Shaun Pretorius, Ranwill Claassen (D'Almeida Hub Head Coach) has been appointed as the Interim Women's Pipeline Head Coach until the end of the season.

Ranwill's first test as head coach, came against the relegated Border Women's XI in East London on the 23rd and 24th November. This is followed by taking the SWD U19 Girls Youth Team to Nelspruit to compete in the CSA U19 National Girls Week during December.

We wish him and his charges well!



## YouTube links

### KEEP KIDS IN THE GAME!!

Our YouTube suggestions this month focus on youth in sport. How do we keep our kids playing sports? Everyone talks about how important sport is for the development of various aspects of a child's development, but the constant focus on winning and driving players to the next level, I believe, is having a detrimental effect on the numbers of children playing sport (let alone cricket) all the way through to adulthood. The first question you will hear an adult ask a child is "what team do you play". This becomes a judgement on the child's ability and not their worth. We need more kids playing more sports throughout the year. Not for the school to post how many wins it has but rather, how many of its kids take part in all the sports on offer. Yes, there is a high performance pipeline for talented athletes but this should only be the focus of the high performance pipeline. What has happened to the schools with a D,E AND F team whose players loved every minute of their game time? When big schools cannot field more than 1 or 2 cricket teams there is a major problem in our system! Maybe that problem is us as adults?

John O'Sullivan: Changing the game in youth sports

<https://youtu.be/VXw0XGOVQvw>

Hugh Macdonald: Keeping Kids in the Game

<https://youtu.be/yGQDm5o6-7U>

The good and bad way to coach kids

<https://youtu.be/BTEKzocCt0o>

## COACHES CORNER: USING GAMES TO TEACH YOUNG PLAYERS

Many coaches working with younger players are not experienced coaches and are often the players parents themselves and therefore a lot of 'coaching' takes place and can take place at home in general play time, where brothers and sisters and friends are enjoying themselves during the holidays. This playtime is an important place for young cricketers to learn skills and is an area that is completely forgotten about it when it comes to coaching. As a parent or coach, playtime can be used to teach different skills. How this is achieved is by using the GAME method of coaching which allows inexperienced coaches (or parents) to develop games which encourage the right type of skill or technique, whether at school or at home

An example. As a young kid I remember playing 'test cricket' with friends in their garden, which was alongside their granny's house (full of glass windows) built in the prime hitting zone, at cow corner. This posed a big problem for me especially! Their dad had put in place a 'local rule' of zero legside play with 5 runs being deducted from your score if you hit the legside and 10 runs if you hit granny's house! Any ball bowled down the legside counted as three runs and had to be bowled again. Every run was counted and we took these rules seriously because they added to the fun of the test match!

Looking back, these 'local rules' forced us to learn at a young age ,to manipulate the ball to the off side—straight to long off and down to third man as well as through the covers etc. Now this is a simple example, but creating 'incentives' or 'local rules' during playtime or in games, is a real way of letting young players work things out for themselves without any coaching.

Another great example of how the GAME method of coaching can be used, is in a game set up in a mini cricket format, with players fielding in the usual zones. How-

ever if you want to encourage your players to play straight as an example, then incentivize this aspect. It can be done by placing cones or markers in a V from the bowler back to whatever boundaries there are. Any ball that is hit into, through or over this zone, the score is doubled. This will encourage young players to work out for themselves how they can manipulate balls to be played into this area.

Another great game is pool cricket, using a ball that can bounce off the water. This develops quick reactions and a host of things including being able to cool off in the pool! Formal training is not the only way to develop skills, so be creative this holiday!

There are many different GAMES you can utilize to teach a specific cricket skill. You only have to use your imagination.

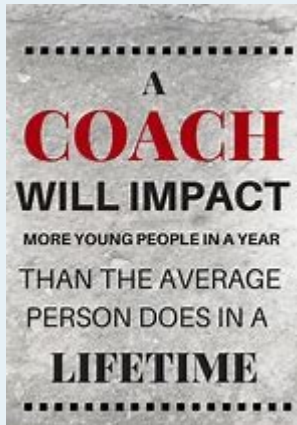
1. Think of what it is you want the players (or your kids) to execute or learn
2. Create a game which has that skill execution as the 'incentivized' point to encourage it being done
3. Let them play! AND HAVE FUN!
4. You should only get involved if you see certain players really struggling to execute the skill and offer them some ideas that they can then try themselves whilst playing and having fun.

The GAME method is a fantastic tool for inexperienced coaches or parents who do not have great technical knowledge, because the GAME ends up doing the coaching for you and the players don't even realize, they are learning a skill. This makes it fun for them and keeps everyone involved. The emphasis is on kids PLAYING!

So if your youngsters have some downtime think of a game to play this summer!

Garry Hampson  
SWD Cricket Coach Education Manager

## COACHING COURSES AND FORUMS



Various forums have been run over the past month, including a High Performance Coaches Forum for the coaching staff attending the National Weeks. The forum was a fruitful one with many aspects relating to the National Week preparation and performances discussed and workshopped with the coaches present. We wish them all the best at the tournaments!

Further, a Captains and Coaches Forum took place with team leadership and Support Staff attending the forum. This looked at crucial points that captains and coaches need to be aware of, including things such as decision making, leadership skills, tactics and differentiating the roles and responsibilities of captains, coaches and managers.

Another forum that took place for the SWD Youth Team leadership was the Quality of Opportunity Forum and this dealt with the key aspects of Quality of Opportunity for captains and staff to be aware of and take cognizance of.

The two courses run this year are coming to a close with coaches completing their practical evaluations. The effort that coaches are putting into their practical's and coaching, especially on the level II is good to see. The young crop of enthusiastic coaches have come a long way since starting the course and will hopefully, carry on with the 'continuous learning' attitude and approach to their coaching. A reminder of the Level 1 course running at York High on the 9/10 and 31 January 2020. There are still a few places available. If you would like to attend the course, please see the details below. A further course will be run in February—details to follow.

### UPCOMING COURSES:

**George Level 1:**

9, 10, 31 January 2020

*If you would like to attend the course, download the course registration form from the website <http://www.swdcricet.co.za/coaching/downloads> and submit to the details on the form.*

See the [COACHING CALENDAR](#) on

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.

*Below: Coaches in actively taking part in learning new drills and skills as well as having a bit of fun on the Knysna Level 1 Course, held at the Knysna Sports School during November*







**Important contacts**

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

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



**Schools Co-Ordinator** (all schools and schools league affairs)

**Gleneord Keiser:** [gkeiser@swdcricket.co.za](mailto:gkeiser@swdcricket.co.za)



**Clubs and Facilities Co-Ordinator** (all club and facility related affairs)

**Pieter Stuurman :** [pstuurman@swdcricket.co.za](mailto:pstuurman@swdcricket.co.za)



**KFC Co-Ordinator** (all KFC Mini Cricket related affairs)

**Genevieve Anthony:** [genevievea@swdcricket.co.za](mailto:genevievea@swdcricket.co.za)

**Performax Administrator** (all Performax related affairs)

**Genevieve Anthony:** [genevievea@swdcricket.co.za](mailto:genevievea@swdcricket.co.za)