



Edition 22



The Nightwatchman

2020

2020 has started with a real bang! The Proteas have come up against a powerful England team, whilst the Protea Womens team have been giving New Zealand a cricketing lesson down under and our U19s are through to the quarter finals with local boy, Tyrece Karelse in the team. Our SWD Womens leagues have been finalized whilst the promotion and reserve leagues are drawing to the final stages for an early finish to the season.



With all the goings on behind the scenes at the end of 2019, there is a fair amount of uncertainty in the game at the moment, but I am sure that the game will continue on fields all over the country in the right spirit and our decision makers at the top will ensure that the decisions that are made, will be in the best interests of the game!

Sadly, some of the national weeks in December were cut short and cancelled completely due to the rain that fell over the country. Our SWD Boys U13 and Girls U19s travelled to Benoni and Nelspruit in vain, as they did not get onto the field. A frustrating way to end the year. Besides from this, the USSA Week (Universities Week) saw cricket on the first two days and then the rain came! However, the rest of the teams from SWD did battle in their respective weeks in December with varied results.

Tyrece Karelse, a product of the Bridgton RPC, was selected for the SA U19 squad that is currently taking part in the U19 World Cup, hosted here in South Africa. A very proud moment for this young man from Oudtshoorn and his family as well as his coaches!

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 who wish to join a forum in their town or city.

“Leadership, like coaching, is fighting for the hearts and souls of men and getting them to believe in you.”

– Eddie Robinson

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Special points of interest

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- [Van Brieisies & Richards selected for Cobras Cubs](#)
- [Coaches Corner](#)

SWD SQUAD NEWS

The SWD team has had a varied start to the year, drawing their 3 day fixture against EP at home, with the List A fixture rained out and then losing heavily to Western Province at Newlands in a three day game. They then turned this around to beat Western Province in the List A fixture at Newlands. Frustrating as it must be, considering the quality hard work being put in behind the scenes by the coaching staff and players there have been a few highlights.

Ex-Glenwoodhouse pupil and SA U19 player, Jean Du Plessis was selected to play in the SA Emerging XI against England in Paarl. Jean captained the team and his leadership and skills were highlighted during these fixtures. Along with Jean, SWD fast bowler Stephan Tait was also included in the team. Having struggled to make the SWD XI regularly this year, Stephan stepped and showed his potential during the fixtures, knocking over the likes of Root and Bairstow. His exploits raised the keen eyes of head coaches around the country and he is now off to join the Warriors on the franchise circuit, and we wish Stephan all the best!



Above left: Jean Du Plessis captained the SA Invitational XI that played against England in warm-up matches for the ODI against the Proteas whilst above right: Left arm seamer Stephan Tait celebrates the wicket of Jonny Bairstow during the same fixture at Boland Park in Paarl.

SWD WOMENS SQUAD NEWS

I had the privilege of taking part in the CSA Womens T20 Super League, as part of the coaching staff for the Coronations XI who ended up victorious in the competition. Having not had a real look at the talent across the country in the Womens set up, simply because SWD plays in the second tier of the competition, this was a real eye opener for me!

Each of the four teams were picked from the most promising players in the country, boasting players ranging from U16 through to current Protea players (who are giving New Zealand a beating by the way!) and this mix of players was done to give the youngsters an opportunity to rub shoulders with and gain experience from some of the best players in the world. A fantastic initiative by CSA and one that needs expanding soon! Three SWD players took part and all three showed their potential and capabilities at the tournament. Michaela Andrews, Annerie Derksen and Jane Winster proved themselves worthy at this level and well done to them!

What I enjoyed most about the competition was the skill level of players and especially those coming through the ranks! The difference in experience was evident with players such as Dane Van Niekerk, Shabnim Ismail, Mignon Du Preez, Laura Wolfhaart and Lizelle Lee to name a few, being a cut above the rest having been able to play so much cricket at a high level locally and abroad. They showed the less experienced cricketers, how it was done. I am certain that with more game time at a higher level our female cricketers will only go from strength to strength!

I believe this is a very exciting space for the game in South Africa and I only hope that more focus and resources is given to this rapidly growing sector of the game!

Garry Hampson

Karelse at U19 World Cup

Following in the footsteps of Jean Du Plessis, Tyrece Karelse was selected to represent his country on the World stage.

Tyrece hails from Oudtshoorn, where he attends Protea College. A product of the Bridgton RPC under the mentorship of Head Coach Elridge Booyesen and his two assistant, Merlin Masimela and Anver Venter. It was a matter of time before this RPC produced an SA U19 player considering the quality work that these coaches have put in over the years, into these youngsters under trying conditions. Tyrece is the first RPC player to be selected to date. The support of Standard Bank with the sponsorship and partnership with the RPC's has made this possible—giving talented cricketers like Tyrece, the opportunity to showcase their talents.

A left handed batsman and right arm medium pace bowler, Tyrece has represented the SWD Youth teams at various levels, as well the SWD Provincial Men's XI whilst at school. Tyrece scored twice in four outings with 60 against Canada and a cameo 24 against the UAE in a must win game to qualify for the second stage of the tournament.



Left: Tyrece Karelse in preparation for the quarter final match against Bangladesh

Van Briesies, Richards selected for Cubs

Two SWD U19 players were selected for the Cobras Cubs team, following the completion of the Khaya Majola U19 Week in December. Heath Richards (Glenwoodhouse) and Jhedli Van Briesies (Langenhoven Gymnasium) were selected following their successes at the National Week.

Both players were amongst the runs at the Khaya Majola Week with Heath Richards top scoring with a century in the first game of the week and also excelling with the ball—ending up as the leading SWD wicket taker. Jhedli showed off his skills with the gloves and had a very good Cubs week where he averaged 95 with a strike rate of 96.

Both players could be in action for the SWD Provincial XI in their upcoming matches, so watch this space as these young cricketers try and make their mark.



Above:
Jhedli sweeps at the Khaya Majola Week

Club League News

With an earlier than usual finish to club leagues, there have already been some champions crowned in 2020! The SWD Womens League wrapped up with Union Stars CC dominating Harlequins Forces CC in the final and winning by a comfortable margin of 43 runs.

In the Womens T20 final, George CC beat the Pioneers Womens XI (Plettenberg Bay) by 62 runs. What was pleasing to see was the number of new talented players specifically in the George and Pioneers teams.

The women's game is growing and coaches, teachers and parents alike are encouraged to assist girls to gain access to this wonderful game!



Above: Union Stars—pace setters in the Womens game with yet another trophy following their victory in the Womens 50 over league and below, relative newcomers to the Womens game, George CC after their victory in the Womens T20 final.



2019 U13 & GIRLS U19 WEEKS CANCELLED

Sadly, rain played havoc with National Weeks across the country in December last year, with three weeks called off and the USSA A Week curtailed due to heavy rain in Johannesburg. The SWD U13's made the trip up to Benoni, whilst the SWD Girls U19 's made the longer trip all the way to Nelspruit, only to get there to falling rain and shortly thereafter the news that the weeks were cancelled. Heavy rains fell over large parts of the country and this meant these cricketers who trained for the entire year were not able to take the field and showcase their skills. Unfortunate but uncontrollable.

SWD HOST SUCCESSFUL MOMENTUM CUP GAME

The Recreation Ground played host to a televised Momentum Cup game between the Cobras and Warriors on the 2nd February. The Cobras have generally had a successful time in Oudtshoorn and this again proved to be true when they beat the Warriors, set up by a century from Protea test batsmen, Pieter Malan.

Having been through one of the worst droughts in memory, the Rec was not quite its usual pristine condition, however the staff put in a mammoth effort to get it looking the way it did and well done to head groundsman, Marco Donson and his team of helpers.

A crowd of close on 1500 people came from all over the region, as far as BeaufortWest and Plettenberg Bay, and they were treated to some great cricket by the two teams, both boasting players who have played at the highest. With the current structure in South African cricket as it is, regions like SWD are starved of top quality cricket and the feedback from spectators who made the trip was that they thoroughly enjoyed it and would like to see more high level cricket in the region. Two past SWD players in Glenton Stuurman and Hanno Kotze were in action for the two teams much to the delight of local fans.

A large number of the crowd were young aspiring cricketers from schools who and these players got to meet some of their heroes. All in all a very good day, albeit a hot and humid one!



Above : Pieter Malan enjoyed the surface and racked up a quality century on the Rec, whilst below: local fast bowler, Glenton Stuurman enjoyed some home ground advantage with the ball.



YouTube links

This editions YouTube link focus is on wicket-keeping. Wicket-keeping is an area a lot of coaches often neglect, however this is a vital cog in the machine that is your team.

Neglect your keeper at your peril!

Below you will find a few links to some very good YouTube clips that you will be able to share with your keepers and learn from yourself. I know these will help!

Adam Gilchrist Masterclass: How to keep wicket:

<https://youtu.be/uM02BldzPrM>

NSW Keeper drills:

<https://youtu.be/Guz4ZtqoiG0>

Perfect your position with Ben Fowkes:

<https://youtu.be/G9Epfy2G2AU>

Masterclass—Ian Healy

<https://youtu.be/ey2PXy8c0Ss>

Some are new, some are old but they all have some invaluable tips to pass onto your wicketkeepers. With the seasons end approaching, now is the time to start the corner of your mind that thinks ahead to start planning what skills need to be developed in the off season with your players. These clips will help.

Enjoy

DATES AND COURSES:

Below are proposed dates for courses that will be run in the off season this year. These dates are subject to change and coaches interested in attending a course are asked to contact garryh@cricket.co.za.

Note: Only the starting date is shown

When teachers
stop learning,
so do
students.

Jim Knight

meetville.com

- 19 Feb—Knysna Coaches Forum
- 26 Feb—George Coaches Forum
- 24 Feb—Oudtshoorn Level 1 Course
- 8 May—Oudtshoorn Level 2 Course
- 15 May—Mossel Bay Level 1 Course
- 27 May—RPC Hub Coach CAP Camp
- 29 June—George Level 1 Course
- 1 July—George Level 2 Course

COACHING COURSES AND FORUMS

With the season rapidly coming to its final stages we are currently wrapping up our coaching courses for the past season. The George Level 2 course has been completed with the majority of coaches attending the course, being deemed competent following their practical coaching and in course assignment, theory exam and practical evaluation. The Knysna Level 1 course has also been wrapped up and congratulations to the coaches who have been deemed competent following their evaluation process.

A level 1 course was run at York High School in January and these coaches are busy preparing for their practical evaluations as well learning for the theory exam which will all be completed in February.

One more level 1 course will be run in February for coaches in the Oudtshoorn region and we encourage coaches who would like to attend the course, to contact the office via garryh@cricket.co.za or info@swdcricket.co.za.

Various forums and coach shadowing sessions have also been run over the past few weeks and this continues through the summer. The highlight of this was a very informative forum with EP Head Coach and SA A Assistant Coach, Piet Botha, who shared his experiences of



from taking part in this discussion, and the feedback is that this has already made a difference in their approach and coaching of this skill set. Considering our conditions here in the Southern Cape and the how the discussion helped these coaches, they coaches will be at an advantage going forward and I encourage you to make an effort to join one of these forums in your region in the near. Thanks again to Piet Botha for giving up his time to address our coaches, whilst on tour!

A forum and Debrief on the National Weeks was held in Oudtshoorn discussing the pro's and cons of 2019.

Looking ahead, a forum in Knysna and one in George will be run in February, along with the level 1 course in Oudtshoorn.

Left: SA A Assistant Coach and EP Head Coach Piet Botha spent an evening with coaches in Oudtshoorn sharing his experiences and learnings from the SA A tour to India last year.

SWD COACHES FORUMS AND GROUPS

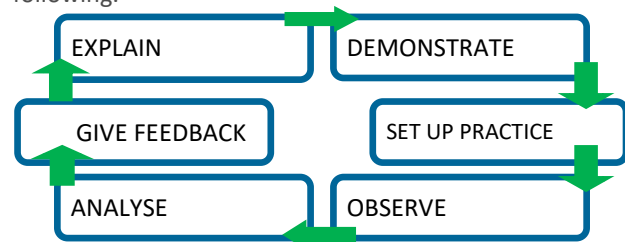
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COACHES CORNER: UNDERSTANDING THE COACHING SEQUENCE

Having spent quite a bit of time watching, observing and assessing coaches from level 1 to level 3 over the past few years, one aspect often stands out between the coaches who appear to have what the armchair critic would say, is a 'natural coaching ability' and those who don't and although there are many aspects to this, it can be summarized by saying that the 'natural' coaches understand the coaching process and are able to personalize this with their own flair or character.

Thinking back to some of my teachers—and specifically those whom I did not relate too, but were able to help me to understand and work through difficult concepts and problems, they had a similar understanding and grasp of this coaching or learning process. Firstly they cared about my education (even though I was more focused on the sport after school!). But, what they were able to do was simplify the process without me knowing what they were doing and because of this, I was able to grasp concepts that I thought I would not be able to and struggled with.

This is the same with those coaches whose players develop rapidly under them. They have an understanding of this process and are always looking for ways to improve it. So. What is the process? A simple diagram which every coach who attends a level 1 or 2 course is taught is the following.



One of the differences mentioned between the good coaches and the not so good is simply the following of this process and repeating it over and over again!

To go into a bit more detail on the various aspects of the coaching process:

- Explaining does not mean you as a coach stand and tell your players what to do. This is old school and only works for a small percentage of the time, but one approach I see a lot of coaches taking. When explaining, you should be asking questions of the players such as— “Tell me what you think are the key aspects of playing a straight drive” if that is what you are working on. Do this to 1) get your players brains working! And 2) to get an idea of what they know

about the topic or skill before you explain your ideas. This part of the process is important for the players who learn by LISTENING. Check for understanding by asking a player or two to explain it back to you, before moving onto the demonstration.

- Demonstrating is a key aspect of the coaching process, especially for those players who are VISUAL learners. Your demonstration needs to be accurate. Once you have demonstrated, check for understanding by asking different players to mirror what you have done.
- Setting up practice is vital in that the drills or situations you set up need to encourage the correct skill development. Planning is needed for this aspect.
- Observing is what I see a lot of coaches doing, and only doing. They stand at the back of the nets watching and changing batsmen and bowlers. This is not coaching! Observing is vital and closely connected in a training session to the analyzing and giving feedback parts. In-practice analysis and feedback is the area that great coaches get right—they are busy all through practice, observing, analyzing and giving feedback so players are actively involved in a learning process throughout the training session.
- Giving Feedback is also a vital area where a lot of coaches make the mistake of talking too much. There is huge value in asking players to give each other feedback on how they played in a break, was it difficult or easy to bowl to them, how did they look to attack them or defend against them and visa versa. This encourages your players to think about their games and execution at training and will greatly speed up the learning process, making your job as coach easier!

A point to remember when explaining and giving feedback is to always ask questions. If you are doing most of the talking, you are not really coaching but just telling the players your opinions and what to do. This does not develop a thinking cricketer but rather a 'parrot' type player who does what they are told. Practice asking questions of them to get into their heads and speed up this learning process and then keep on repeating the coaching process for results over time!

Garry Hampson
Coach Education Manager SWD Cricket



Important contacts

Coach Education Manager (all coaching related affairs)

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