



The Nightwatchman

2019–2020 Season

With the season rapidly drawing to a close we are being treated to some fantastic cricket. The Proteas are back to winning ways against the Aussies whilst the Womens T20 World Cup has been superb to watch, albeit frustrating for the Protea Womens side as they went down in the semi final to Australia.

As coaches we are coming to the time of year when plans are being formulated when reviewing the positives and negatives of the past season and it is a good time to jot your thoughts down whilst they are still fresh in your mind. With our schools leagues coming to an end for the term and the club leagues wrapped up most of our SWD coaches are already swopping to rugby mode, so take the time before the you switch modes to review your season and put some plans in place to buy you some time before the season starts in September.

On the coach development front much has been going on from forums to courses and some shadowing. I am often reminded that sometimes, we as coaches do not use our own brains, creativity and intuition when it comes to dealing with issues and tend to first turn to get someone else's opinion, even though there is a lot of value in this. There is so much information at your fingertips to coaches nowadays on the internet, YouTube, websites and newsletters.... There really is no excuse for being left behind as a coach and our players should be getting better and better! Are you one of those coaches that shows initiative in finding out and researching yourself or do you expect someone to give you the answer? Some food for thought and a challenge to everyone reading this newsletter.... Keep learning and developing your hunger to be better and, your players will grow under you. I hope you find something that will interest you in this edition.

Its 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 would like to join one of the coach development groups or forums, or want 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.

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- [Michaela Andrews in National Academy Squad](#)
- [RPC Tournament Squad](#)
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SWD SQUAD NEWS



With the season drawing to a close, the SWD Provincial team will be looking to finish off with a high as they embark on a two week tour, including fixtures against Northern Cape in Kimberly and Eastern's in Benoni.

They go into these fixtures with confidence having played extremely well against Border at home in their last fixture, winning the three day game by 10 wickets and the 50 over game by 9 wickets.

Jean Du Plessis led from the front with the bat with a career best 162* whilst Tsepo Ndwandwa had the Border batsmen at sea with his left arm spin, picking up 9 wickets in the game. Both players will be keen to continue this form going into the last two fixtures.

Left: Jean Du Plessis, who earlier this season captained the SA Invitation XI that played against England, enjoyed a career best 162 against Border at the Recreation Ground in Oudtshoorn*

Below Tsepo Ndwandwa (right) and Jean Du Plessis (left) after their match winning performances against Border. Tsepo has consistently performed for SWD this season and the two players will look to finish the season well.



Michaela Andrews included in National Academy 2020

Michaela Andrews was recently included in the National Womens Academy intake for 2020. As a school learner Michaela showed early promise and was picked for the SWD U19 Girls Youth Teams from where she was selected to the SA Schools Girls XI. Following this early success, Michaela has represented the SWD Womens XI and been a key player in the squad.

More recently Michaela took part in the inaugural CSA Womens T20 Super League where she showcased her potential, performing well at both editions in 2019. On the back of this comes her selection. She has already begun preparations for what promises to be a hectic winter program and we are sure she will do herself and SWD proud!

Below: Michaela in action for the SWD Womens XI and below right, receiving the Girls U19 Player of the Tournament Award a couple of years back. She continues to perform and will be looking to kick her career onwards this winter as part of the National Womens Academy Squad.



TO BUILD A STRONG TEAM, YOU MUST
SEE SOMEONE ELSE'S
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AS A **COMPLEMENT** TO YOUR
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SWD PREMIER LEAGUE CHAMPIONS CROWNED

George CC, topped off a fantastic season having already won the SWD T20 League and Womens T20 League when they were crowned as the new SWD Cricket Premier league champions, having outplayed Union Stars CC in the final that was played at the Recreation Cricket Ground in Oudtshoorn, with a convincing 4 wicket victory.

George CC, playing in their third consecutive final, won the Petersen trophy for the first time since 2003/04. Coming up against the team that dominated the pool stages throughout the season, they put together a fantastic team effort to come out on top of Union Stars

Union Stars, who won the toss and elected to bat, never got their innings going thanks to miserly spells by off spinner Joshua Klue (0/10 in 6 overs), Jaco Fourie (1/14 in 10 overs) and Grant Simpson (0/20 in 10 overs). With their score at 95/5 after 30 overs a total of 150 looked out of sight but the 38-year old Pieter Stuurman showed his class with 43 (from 35 balls, 2x6,2x4) to enable Union Stars to post 174/8. Bailey Aarons (4/58 from 9 overs) was George most successful bowler picking up four wickets.

An aggressive and well played innings by Levin Muller (61 from 68 balls, 2x6, 9x4) laid the foundation for George to establish momentum from the start. Muller and Neil Hornbuckle (36 from 38 balls, 1x6, 3x4) shared an 89 run partnership for the second wicket and together with a vital captain's innings by Johandré Barnard (36 from 61 balls; 5x4) steered George to reach the winning target – 175/6 in the 40th over.

George will now, on 27, 28 and 29 March, take on the league winners of Western Province and Boland in a triangular competition to determine the Western Cape representative for the Momentum National Club championships that will take place in Pretoria during April.



Left: SWD Premier League Champions, George Cricket Club after receiving the trophy following their 4 wicket victory in the final.

RPC TOURNAMENT SQUAD

The team to represent the RPC at the National U16 RPC Tournament to take place in Potchefstroom from the 23–28 March has been announced, following a process of trials.

The team, led by Keanen Arries from the Bridgton RPC, was selected from the Bridgton RPC and three Hubs in our region. These young players will be keen to make their mark and look to follow in the footsteps of recent U19 World Cup player, Tyrece Karelse, who hails from the Bridgton RPC. The squad is made up of a group of talented players, with most of the players having been a part of one of the SWD regional or provincial squads.

The 2019 team reached the final and narrowly lost to the Gauteng RPC team, and this group of players will be keen to put the record straight in the 2020 edition. Elridge Booysen will take charge of the players and they have been preparing under his guidance.

Below: RPC Head Coach, Elridge Booysen will be hoping his charges play as the 2019 squad did during the national RPC tournament to be held in Potchefstroom at the end of March



LANGENHOVEN GYMNASIUM T20 CHAMPIONS

Langenhoven Gymnasium retained the annual Schools T20 trophy after they successfully defended their title with a 4-wicket victory against Outeniqua High School. Outeniqua, who batted first scored 105/4 in their allotted 20 overs with Charles Jackson (57*) the top runs scorer. Francois-André Beets (52*) played a match-winning innings for Langenhoven as they reached the winning target with three balls to spare.

In the semi-finals Langenhoven Gymnasium (121/1 in 13 overs) were too strong for Oakdale (111/7) with Lleyton Avontuur (70) the top runs scorer ensuring a 9-wicket victory for Langenhoven. Outeniqua (126/5) had to dig deep to win by 24 runs against Bridgton Secondary (102/5) in the other semi-final.

Unfortunately they lost to a very well drilled and talented SACS team in the Western Cape play-offs. SACS will now represent the province in the national finals.



Above: Schools T20 Champions, Langenhoven Gymnasium from Oudtshoorn, celebrate defending the title they won in 2019 when they beat Outeniqua High School by 4 wickets.

COACHING COURSES AND FORUMS

KNYSNA: A CRICKET DEVELOPMENT HOTSPOT

One of the positive aspects of having to travel as a coach education manager, is that you get to meet new people and pick up a global view of the programs, running in your region.

A cricketing gem in SWD Crickets boundaries is the Bitou region (Knysna– Plett) where cricket is a passion and there are many different programs running to keep cricket moving forward. These range from the many festivals run by Keith Cretchley and Sport at Backward Point, to the 'hot dog' leagues, night leagues and I recently came across a development aspect being put together in Knysna for schools from disadvantaged communities.

Through the Knysna Sports School, a 'league' is running for these schools which introduces young mini cricket players to hardball, utilizing the turf wicket facility and field at the Sports School. The game I got to watch before running a coaches forum was between Sunridge Primary (Knysna) and Phakamasani Primary (Plett). It was a joy to watch! Fun was had by all and there are plans in place to develop this program further. Congratulations to everyone involved in

With the season fast drawing to a close, our coach development programs for the 2019/2020 season are also beginning to wrap up. As in any development program, there never really is a break and plans are already in place for our programs to continue in the 2nd term of the year. Have a look at the [coaching calendar](#) for more information on planned dates.

Currently we are wrapping up the George Level 1 course where 15 coaches attended from schools and clubs in George. The Oudtshoorn Level 1 course, finally got off the ground with another 15 coaches registering for the course. This is the 5th attempt to get this course happening and the coaches on the course have been brilliant. A promising aspect are the ladies on the course who have shown a desire to learn and grow and they have absorbed the information and new ideas quickly. We have consistently seen more and more female coaches attending our courses and we encourage our ladies to attend a course and get involved in the beautiful game. I am sure our Protea Womens exploits down under are helping to fuel this fire!

Along with our coach shadowing program that has run through the year with coaches shadowing our head coaches, we had some of the more experienced coaches shadow the coach education manager and facilitators on this level 1 course as an introduction to facilitating coaching courses. This is in anticipation of the growing need for coach development in the area, as the game takes a bigger hold.

A tough reality of the region is that we keep losing our senior experienced players and coaches to other careers and regions which depletes the pool of resources to draw from. However, the next generation are a keen bunch and are using every opportunity to learn new skills and grow.

Wednesday the 26th March saw the Knysna Coaching Forum get together at the Knysna Sports School where an interactive session was had. Some of the coaches were put through their paces as we looked into coaching wicket-keeping specifically. Thankfully there were some young coaches on hand who bore the brunt of the drills and left the more senior coaches watching with relief. The coaches were also exposed to drills that they can use for batting, bowling and wicket-keeping whilst a net is running, so to keep all players in a large group, actively involved and engaged in practice. An interesting discussion followed regarding the backswing for young batsmen (10–13 years) because there has been a tendency for youngsters to copy some of the older statesmen on tv who stand with their bats still and upright. This may work for them, but it hampers a full swing for a young cricketer. We will be looking into this more at some of the upcoming forums and sessions run by SWD. And in the coaches corner section.

I have received a number of enquiries regarding attending coaching courses and becoming an accredited coach. Please see the [coaching page calendar](#) (click this link) on our website for dates and details of upcoming courses in the winter.

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



Left: Young cricketers from Sunridge Primary support their team mates in the fixture between Phakamasani and Sunridge Primary Schools at the Knysna Sports School

COACHES CORNER: THE BACKSWING DEBATE

Having run numerous sessions recently with a focus on batting, one of the most discussed topics is around the backswing and where to set the bat in the stance for a young batsmen (ages 10—15).

I am sure what we discuss here will cause some debate and some might downright disagree, and that's perfectly fine. Every player is different and has different needs. We will be looking at this from a neutral, basic technique aspect and trust that coaches will look to develop a natural, free flowing swing, and not one of those robotic, rigid, overly coached backswings, that are a result of not really understanding what the backswing does for a batsmen.

We have noticed that many of our younger batsmen tend to copy their latest hero on television and adopt their stance and backswing and we see players changing their set up and backswing in one season. This is dangerous and us as coaches need to be aware of these changes in technique. Heading into the winter is a great time to develop a natural free-flowing swing path because you do not have to worry too much about messing with a players game and timing, because there are no matches to play. So lets get into the basics of the backswing, starting with an understanding that each player will be different, considering their build and style of play.

We see players starting their swing from different points—some with the bat in a position that is 'at the top of backswing' already. Certain senior players adopt this swing at the end of their careers and it suits their games but is not ideal as you will see shortly. Others start with the hands low, but with their wrists already loaded and the bat is almost vertical. This is closer to what we are looking for but also inhibits a full swing. The majority of players stand with their hands 'low' (close to the back hip) and with the bat near horizontal or lower than. The other option is to take the 'old' school stance, of having the bat touching the ground. This



starting position is important because it effects the backswing. I will use golf as an illustration because everyone knows what a golf swing looks like in general, and it is used for exactly the same things that a cricket backswing is used for—power, control, accuracy, timing you name it. Look at the picture of the full golf swing above....

Batsmen using the first example mentioned earlier, who start with their bats high in their stance, loose out on all the power that is generated by the movements in the first four frames shown above. Think about standing on the first tee and starting the swing from a position with your club head over your shoulder or even from the third frame above. What will the result be? A stiffer, weaker swing, where you will more than likely lose your shape, because your body will try and force itself through to create the power lost by not using a full backswing. Yes there are senior players who start like this but it is not ideal and not suggested for a young cricketer to adopt.

What we are looking for is a full swing as the entire sequence above shows! Now back to the cricket swing!

Having a look at Ben Stokes' full swing below, there are a few key things he does that any young batsmen should do. First his hands swing back from a low position up and backwards (he is not picking up the bat). You will see how the bat face opens up as it swings back until it faces roughly towards point, at the top of the backswing. This happens because the wrists hinge (or load) just as they do in golf and this



COACHES CORNER: THE BACKSWING DEBATE



adds to the bats speed on the downswing. The bat swings down with the arms and bat in a figure 9 led by the shoulders, so that his shot is controlled, the bat stays straight and then the hands flow through the ball, arms fully extended at contact, with the follow through completed over the shoulder.

Now I know there are coaches already saying he should hold the 9 into the follow through. You are correct, but this becomes a checked drive and power will be lost. The sequence of how you coach this is up to you and your philosophy, but be sure to understand the cause and effect of which approach you adopt. Teach the full natural swing first and then learn control or, coach it the other way around?

We have seen the effect that trying to learn a full swing after playing with a controlled swing has on young players. They lose their shape and timing more so than when learning to control their power, but are still able to pierce the field and clear the boundary with a full swing. This ability is something that the game demands nowadays but is something that young batsmen often struggle to do. If you are not coaching your players to have a full swing, they will be limited.

In summary, we advise a full, natural swing that allows a player to hit the ball cleanly and with power. Setting the bat high in the stance and remaining rigid inhibits this. How you choose to coach your batsmen is up to you and saying that, I am reminded of a famous quote by Sir Ian Botham who said that “Games are won by runs and not style”. Looking at current players and where the game is moving towards, don’t limit your players by focusing totally on getting their techniques so perfect that you inhibit their individual flair and ability to strike the ball cleanly.

Here are two YouTube videos to have a look at that delve into the backswing. enjoy

The Cricket Academy—How to swing a cricket bat
<https://youtu.be/G2Dd2Rz2SBM>

AB De Villiers Cricket Yard—My Backswing
<https://youtu.be/aqyLNrXTJrE?list=PLIPkneinQoQ7-23YOkeI7C9Auqs5KCcMC>

Below: The best in the world are that because of the things they do. Kohli—arguably one of, if not the best batsmen at the moment, shows the key points of what we have been discussing here in the sequence of photos below. Compare this to the high bat in the stance picture at the bottom of the page. You choose!?



Garry Hampson is the Coach Education Manager for SWD Cricket

WHY DO STRENGTH AND CONDITIONING COACHES MONITOR LOAD?

Monitoring of training- and match-loads is imperative to enhance performance and prevent injury. An effective monitoring protocol can provide important feedback to assist in the planning and periodisation of training, optimise physical condition, and avoid injury.

External Load is something we can measure as coaches and players on a quantitative and unbiased manner.

Number of balls bowled, minutes batted, distance covered etc.

Internal Load measures the actual psychophysiological response that the body initiates to cope with the requirements elicited by the external load. The internal training load determines the training outcome. Simply put, it is how the body reacts physiologically to the workload of a certain session. Internal load is more challenging to monitor because it is so individualized – internal load can be measured on a scale of intensity from 1 – 10 or from 0 – 100. The feedback HAS to be from the player - as it is HIS internal load.

Player A bowled 60 balls at an intensity of 6/10

Player B bowled 30 RTP technical balls at 50% of full intensity

Player C ran 2km at an intensity of 8/10

Put a group of people in the same situation and they will react in different ways. In fact, the same person may react differently when faced with the exact same situation on two different days. That's true in all walks of life and it is certainly true when it comes to athlete physiology.

That's why monitoring the internal load of athletes has become an integral part of training programs, where the aim is always to help players adapt and improve.

Combined with external load information, internal load data provides an overview of training load to give coaches a more in-depth understanding into the physiological stress placed on athletes during a training session, whilst providing quantitative data on whether a session is having the desired effect. Monitoring internal load can also inform future training decisions such as whether to push or hold back a player, and can help track individual player adaptations to training. A player presenting higher internal load data compared to teammates during a standard external load session may indicate signs of fatigue or reduced fitness. In contrast, a player showing decreased internal load in the same session would indicate increased fitness and an ability to cope with the stress being placed on them. With a combination of internal and external load data, you are able to provide detailed, informative insights into overall player training load.

Daniel Seha



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