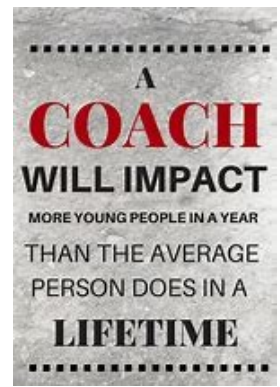




Edition 24



The Nightwatchman

2019–2020 Season

With Covid-19 taking center stage for all the wrong reasons, the cricket season finished like a damp firecracker unfortunately. We are reminded though in times like this, that although sport is a gateway for people to express themselves, use as a tool to connect with others and to change lives, there are much bigger and more important fundamental issues at the heart of our wonderful country! I trust and pray that this time of 'lockdown', spent at home gives everyone a breather and a bit of space from the usual rush to put things into perspective again. I also hope that this time does not impact your family in any negative way as we know the threat of our health and the threat to the economy that this virus is posing. Stay strong, stay healthy and keep the faith!



The 2019 season ended early for the leagues in SWD and so they were not effected by the virus, with new Premier League champions being crowned in George CC. The SWD Senior Provincial Squad completed their fixtures and sadly we say goodbye to Head Coach Baakier Abrahams (more on this story on page 2).

From a coach development point of view, the announcements by the President and the following lockdown resulted in a few sessions being cancelled or postponed such as the SWD Coaching Conference, a Womens Cricket Forum and some exams for courses were interrupted when teachers could not attend due to the closure of schools. This will all be picked up as soon as we are back on track in the winter and we look forward to our first gatherings again after this time.

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

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Special points of interest

- [Du Plessis/Ndwandwa dominate](#)
- [Michaela Andrews in National Academy Squad](#)
- [RPC Tournament Squad](#)
- [Knysna: A development hotspot](#)
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SWD BIDS BAAKIER ABRAHAMS FAREWELL

The end of the 2019 2020 season sadly brings the curtain down on Baakier Abrahams' time as Head Coach of the SWD Provincial Team. Baakier will be moving on to a new challenge and we look forward to seeing his progress as he leaves us. Baakier's presence will be sorely missed and the impact he had, not only with the SWD Provincial team and the players whose respect and trust in his coaching grew through the time he had with them, but also down in the pipeline. I seriously doubt that there was another coach in the country who assisted, helped out and spent time with the rest of the pipeline as he did, whilst still doing a stellar job under tough conditions. He took a long term belief in working down the pipeline, in order to help the next group of players and coaches come through, and this was done in his spare time when he did not need to.

This extra effort will be sorely missed in our region and we thank Baakier for the very professional manner in which he paid real attention to detail in preparing his players for games and their development. When coaches make decisions for players ahead of their own success, that is a sure sign of what a real coach is and he did this on a number of occasions.

When it came to coach development, sharing ideas and allowing other coaches into his space, he did this openly and assisted younger coaches when they came knocking at his door. I am sure that if the coaches who rubbed shoulders with him take a leaf out of his book, it will be the complete attention to detail and drive to always be better, yourself first, with the delayed result of having better prepared and continuously developing players.

Baakier's ability to develop and nurture talent was highlighted by the selection of Jean Du Plessis and Stephan Tait to the SA Invitation XI that played against England. With Marcelo Piedt leaving a gap in the bowling lineup after moving to Pretoria last season, the faith in Stephans talent from Baakier and his performances drew an invitation to attend the Elite Fast Bowlers Camp and this was followed by selection to the Invitation XI where he showed his talent, bowled exceptionally well and has been recently contracted to the Warriors following a successful stint with them, during the second half of the season. Jean Du Plessis has flourished under Baakier's guidance and he captained the Invitation XI whilst leading the batting for SWD having a fantastic season. He has gone from strength to strength and he continues to push for a place in the franchise set up.

The coaching department wishes Baakier all the best in the future and we hope to cross paths again soon!



Left: SWD Head Coach Baakier Abrahams flanked by Jean Du Plessis and Stephan Tait after being announced as the SA Invitation XI Assistant Coach.

WOMENS CRICKET WRAP

The 2019 2020 season proved to be a rather disrupted one for women's cricket in the region with the SWD Womens team having three coaches in the first half of the season. This did not allow for smooth running of the programme and it certainly disrupted the teams progress, although the players and coaches made every effort to keep momentum on their side and uphold their standards of training. The highlight of the season was when the women's team beat Boland for the first time.

Looking ahead to the off season and year ahead, the canvas is a clean slate for a new coach and a changing team, that is becoming younger with the new influx of talented young players coming through the ranks and there will be many opportunities to develop this, in the new season. Womens cricket is in a great place at the moment in SWD, although, there is much work to be done! Numbers are growing steadily, more teams are joining leagues which have become structured and there is a growing interest in playing the game with young girls across the region. Opportunities need to be given to allow these new players to have an opportunity to experience the fun and joy of playing this wonderful game and I hope and trust that primary schools especially, will make every effort to introduce girls cricket during the summer months when there are not many options for the girls.

Unfortunately we had to postpone the Womens Cricket Forum which was aimed at gathering everyone involved or who wanted to be involved in the game, around one table, to discuss women's coaching and also to brainstorm ideas on how to grow our women's game. This forum will take place in the near future, so be sure to keep an eye open for communication regarding this.

One aspect of women's cricket that has been very encouraging in the SWD, is the growing number of female coaches attending courses and forums. If you are interested in joining a forum or course, get in contact with the SWD Coaching Department [via the website](#).

On the playing side, Michaela Andrews will be joining the National Womens Academy for the winter under newly appointed Head Coach, Dinesha Devnarain, once the lockdown has been lifted, and we wish her all the best!

Right: Michaela Andrews will be joining the National Womens Academy during the winter

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.

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RPC AND HUBS AGAIN PRODUCE REPRESENTATIVE PLAYERS



Above: Tyrece Karelse from the Bridgton RPC became the first player in the country to be selected to the SA U19 team from a hub or RPC, when he took part in the U19 World Cup, earlier this year.

The RPC and Hub programmed again produced a number of representative players during the 2019/2020 season at all levels. Some of the top achievements were: Tyrece Karelse (Bridgton RPC) became the first player from a Hub or RPC to represent the SA U19 team when he took place in the U19 World Cup hosted in SA this year. Mesuli Vuba (Thembaletu Hub) captained the SWD U19 Youth Team, was selected for the Cobras Academy, and represented the SWD Provincial Men's XI. Jhedli Van Briesies (D'Almeida Hub—Langenhoven Gymnasium) was selected for the SWD U19 Youth Team as well as the SWD Provincial Men's XI.

An all-time high of 60% of players selected to the SWD Youth Teams that took part in the National

Weeks in December, 2019 were selected. A key factor is the performances of a number of these players which has improved from the past and this bodes well for the program.

A lot of work goes in behind the scenes from the coaches and they must all be congratulated on this. An aspect that has played a part is the commitment of most of the coaches in the program to their own development and the attitude of 'Kaizen' they have adopted in the pursuit of excellence, no matter what level they are at.

As always there are challenges these coaches and players face, but a big thank must go to CSA for the initiative and support received for these programs, which are giving access to many players who otherwise would never have had the opportunity to play the game in a formal and structured environment!



Right: Mesuli Vuba from the Thembaletu Hub and now attending Rundle College, overcame a number of challenges and obstacles during the last few years to captain the SWD U19 XI and represent the SWD Provincial Men's XI

Above: Mesuli spending time on his academics during game time for the SWD Senior Provincial XI



2019 2020 COACH DEVELOPMENT WRAP UP

2019 2020 saw four courses completed with 3 level 1's and 1 level 2 course being run for coaches in the region. A wide variety of coaches attended the courses, including current players, teachers, club coaches, female coaches and ex-international cricketers, just to add some spice to the mix. Covid played havoc with the wrapping up of some of the courses, but all of this will be tied up as soon as we are back on track.

As mentioned in the Womens Cricket section, a positive trend that we are noticing is the attendance of various female coaches to the different forums, courses and coach development sessions run during the year. It really is exciting to see the growth in this aspect of the game and more will be done in the future to encourage this growth! Certain female coaches with real potential and ambition were identified this summer and they will be up-skilled and worked with in the future, to prepare them for elite coaching in the pipeline!

The coaching sessions/forums run around the region had variable success, with some being well attended and some not. Looking ahead, we will continue with certain aspects of the coach development program, but will be bringing in some changes to make things more accessible to coaches, which will enable us to reach more of you and serve you in the ways that

would most benefit you. Please feel free to drop us a line and give us your ideas.

I am often reminded of how we as coaches can become bogged down in a routine of doing the same thing over and over again, especially in today's day and age where days are busy! We have no excuse to stay the same. To stay stagnant. To run the same drills day in day out. This season the same as last... We live in an age where so much information is at our fingertips. Just get out there and look for it! There is however a flip side to that coin as a coach in that if you continually just look for different drills on the net, you will always be a follower. Use your creative brain and develop your own drills and games that serve the purpose and result in the goal or objective that you are trying to achieve. This for me is a vital aspect of coaching. The ability to think for yourself and show INITIATIVE in your coaching.

In closing I encourage everybody to adopt the Japanese philosophy of 'Kaizen' - continuous development or learning and to keep on expanding your knowledge and skills as a person and then as a coach! You certainly do not want to become redundant or irrelevant in your position. To see what is coming up in the off season and next few months—check out the [coaching calendar](#) for more information on planned dates.

GALLERY OF THE PAST YEARS COACH DEVELOPMENT



Coaches taking part in the Knysna Level 1 Course. Knysna continues to be a vibrant cricketing community with coaches and players from all walks of life getting involved in the game!



Clockwise from above: RPC Pitchvision of Coach of the Year, Elridge Booysen receiving his CSA Level III Certificate after being accredited as a level III coach. Below, Head Coach Baakier Abraham addresses coaches at the George Coaches Forum and then left, putting them through their paces.

Top left, Framework Coaches and SWD coaches meeting with the Head Coach Baakier Abrahams, CSM Jonathan Beukes (Level III Coach) discussing working with elite identified players in one of the regular pipeline workshops





Clockwise from above to right: Coaches taking part in the RPC HUB and Pipeline Coaches CAP Camp spending time with Head Coach Baakier Abrahams working on batting against spin. Below right , Brendan Louw working with coaches on wicket-keeping during the Oudtshoorn level 1 course and level 1 candidates discussing the role of the coach on course



COACHES CORNER: LOCKDOWN HAND EYE CO-ORDINATION FOR THE FAMILY

Being under lockdown and having two young, full of energy (!) daughters is not easy and I am sure there are many of you who have a similar situation at home, or maybe you are the one that needs to do some exercise and would like to improve your hand-eye co-ordination.

There are many ways to do this with a myriad of options on the web. Here I have listed some of the simple ones you can do to start with and how you can progress these depending on the age of the 'kids' at home who are looking for something to do.

BASIC DRILLS:

JUGGLING.

- I. For a real beginner, just popping a ball from one hand to the other in the air is a great way to start and for very young children this will start developing both hands catching ability
- II. Progress to two balls. Pop the first ball up in the air (right hand) and while that is in the air pass the second ball (in left hand) across to the right hand and then catch the falling balling in your left hand. Continue repeating in one motion
- III. Progress this by changing direction
- IV. Once each of the above three options have been mastered, you can add in a short or difficult obstacle course/path to do while you are still juggling. If there are more than one participants—make it a competition to bring an added element to the fun.

PARTNER THROWS—VARIOUS ROTATIONS

- I. Stand about 1m to 1.5m apart. One person holds a soft ball in one hand. The ball must go in rectangle as it is thrown from person A's right hand to person B's left hand. The ball is passed across to person B's right hand and is then thrown to person A's left hand, who then puts it into their right hand and the process repeats. Once mastered change direction.
- II. Progress with each person starting with a ball in their right hand. Count and throw at the same time—the process stays exactly the same but now with two balls. Once mastered change direction.
- III. Progress to the older/'better' person holding two balls and the other, one ball. The process stays exactly the same, with the extra ball being put into the right hand as the throw is made. Once mastered change direction.
- IV. Progress to both partners holding two balls and the process stays exactly the same as above. Once mastered, change direction.

DOUBLE BALL CATCHES

- I. Partners now move a step backwards with a ball each. Pop the ball to each other at the same time catching first with both hands, then right hand, then left hand only.
- II. Progress to two balls held with wrists together and repeat at the same time—one throwing lower and the other higher to avoid a collision.
- III. Progress to one partner with two different colored balls. They pop the balls to the partner and call a color which the other one has to catch, ignoring the other ball (use soft balls or socks)

WALL THROWS

- I. One person stands a few meters away from and facing a wall, with a partner behind them. Partner lobs the ball against the wall and the person in front must catch it.
- II. Progress to catching with one hand
- III. Progress to throwing two balls of a different color and catching the ball specified

7's

7's is a great game for someone to do by themselves and work at something alone (or under supervision). Needed: 1 x person, 1 x ball, 1 x wall.

- I. The game starts by facing a wall with a tennis ball or bouncy ball. The ball is thrown against the wall and the person then must clap once before they catch it. Do this seven times
- II. Now throw the ball and clap twice before catching it. Do this seven times
- III. Repeat this process until 7 claps and catching can be done.

The distance can be made larger for more time or allowing the ball to bounce once. Using different hands or both to catch. THE OPTIONS FOR THIS GAME ARE ENDLESS. It just takes some imagination.

You can throw and run on the spot / turn around / tap your head / blink your eyes—basically anything that you will be able to do seven times before catching the ball.

HERE ARE A FEW YOUTUBE LINKS TO VIDEOS FOR STUFF TO DO AT HOME WITH THE KIDS:

JUGGLING - https://youtu.be/WWYEgG_Vlf0 (learn to juggle with a circus performer. He has a number of other things to learn)

KIDS WORKOUT AT HOME—<https://youtu.be/bbF8FZx2wYI> . Check out PE with Joe from the Body Coach TV. Something for the kids and whole family to do which is done daily by people all across the globe. Great fun and a good workout!

I trust there is something for you to use at home that will also help the youngsters learn something new or develop their skills to a different level. Be creative and set up an obstacle course or use what you have and make it FUN!

COACHES CORNER: FACING THE SOCK BOWLER!

I was reminded recently when chatting to a friend on a WhatsApp video call during the lockdown, of a game that my father had set up for us on the veranda as kids—to practice our batting. Only now do I understand half the reason why he put a ball in a sock and hung it from the roof. Yes, for us too practice our batting but, also for him to stay sane and not have to throw a thousand balls a day, to 4 young sons who loved cricket!

Chatting to Luke on video call, I was reminded of the importance of having games for young kids to play when he told me that he had hung up a ball on a sock, for his 5 year old son Nathan who is crazy about cricket to play with. The GAME method, as talked about in the various coaching courses can be used by inexperienced coaches to teach different skills when they have a limited amount of technical knowledge. These games not only are about fun, but will actually allow them to learn something. We are often looking at the top end of coaching—working with your elite players, but I thought adding in this idea during the lockdown would help pass the time for the youngsters and save the sanity of some parents (including myself). I certainly remember my childhood 'test matches' in the back garden being interrupted by rain and so the game was moved to the veranda, with us brothers taking turns having an innings against the mighty sock bowler! We never lost, obviously, and had a ball of fun whilst giving our folks a break as well!

WHAT YOU NEED: The equipment needed is simple—a strong rope (or string), an old sock, a tennis ball (preferably a soft ball unless you want dents on your roof or in your ceiling) and then something to attach the rope to—a rafter or hook. 1 x bat and 1 x player (or more).



And call play!

I am pretty sure many of us played this game as youngsters but may have forgotten it. Have a go yourself and you may bring back a childhood memory or two!

Garry Hampson is the Coach Education Manager for SWD Cricket

Left: 5 year old Nathan Hounsom, facing up to the mighty sock bowler! Note—as mentioned in previous editions the great stance of a young 5 year old! A balanced comfortable body position, eyes level and hands in a comfortable low position, holding the bat correctly.

Above: The advantage of this drill is that the ball keeps coming back and can be hit or swung so that it becomes an in swinger or out swinger! No throwing needed.

Thanks to Luke and Nathan Hounsom in Ixopo for the photos!



Important contacts

Coach Education Manager (all coaching related affairs)

Garry Hampson: garryh@cricket.co.za



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

Glenord Keiser: gkeiser@swdcricket.co.za



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

Pieter Stuurman : pieters@cricket.co.za



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

Genevieve Anthony: genevievea@swdcricket.co.za

Performax Administrator (all Performax related affairs)

Genevieve Anthony: genevievea@swdcricket.co.za

