

Edition 25



# The Nightwatchman

## A TIME OF CHANGE

“When you are given lemons, make lemonade” is a quote often used for tough times. In James Ch1 it says “Consider it a sheer gift, friends, when tests and challenges come at you from all sides...”. Going through tough times is what shapes people. It also brings forth ones values, character and attitude to life and I trust and believe that this trying time during the COVID-19 pandemic with all of its tests, challenges and risks to ones health and livelihoods, will bring this amazing nation together and that we will come through it as a stronger unit and people! Look forward and not backwards. Look not at the mountain in front of you—no matter how daunting it may seem, regarding your, or your families health and livelihood—but focus on the solutions and journey in reaching the top again!



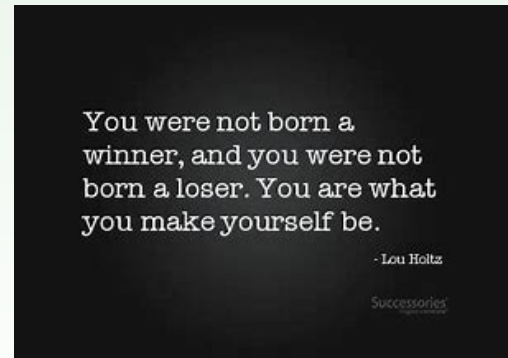
Never before in my time in cricket has the notion of ‘being significant rather than successful’ been more important than during this time that we find ourselves in. Being in sport—which itself is an amazing vehicle to change lives, we are reminded of the challenges faced at home of many people, from all backgrounds, where players parents have lost their income, jobs, companies and their livelihoods are directly impacted. It is vitally important for coaches to ‘KNOW YOUR PLAYERS’ and understand what they are going through at home. They all have different challenges from those mentioned as well now having to study at home—if they can, to the prospect of going back to a very different environment when schools return. This is the reality out there and before you rush in with all your ideas for your players to ‘use this time effectively’ and keep training / learning / improving, I caution you to be EMPATHETIC and find out what is happening at home and where you can support if possible.

The nature and face of coach development is also changing and I am sure a number of you have now taken part in some of the brilliant webinars, online chats and podcasts that are being set up around the country for coaches and players alike. Use this time. Be creative. Be effective. And be understanding and lets all try go the extra mile remembering that SIGNIFICANCE is more important than success!

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 [web](#).



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### Special points of interest

- [Review your coaching](#)
- [“A Coaches Journey” Key Points](#)
- [Lockdown Fielding Drills](#)
- [Batting Essentials](#)
- [YouTube Focus](#)
- [“Distance” Coaching](#)



## TIME TO REVIEW YOUR COACHING

In times like this, one of the best things to do as a coach is to use it to have a deep look into how you coach. Review yourself or get someone you trust who knows how you coach, to give you insight.

There are many methods and theories out there to assist you, but I always think the best is to ask a few people—those close to you and those not so, to give you some honest feedback. And be honest with yourself. In my experience with some up and coming coaches, this may be the hardest thing to do when an over-inflated view of coaching skills is carried by a coach. It gets in the way of their development and they end up being frustrated when they do not get appointed in positions they apply for. Be honest with yourself and listen to the feedback you receive and ask these three questions which I like to use with any situation:

**What should I CARRY ON doing?**  
**What should I START doing?**  
**What should I STOP doing?**

Use this time to also rethink your philosophy and approach to your coaching. Are you focused on yourself and your dreams or do you have a player-centered focus? If one had to ask your 'favorite' player in the team, as well as the player you get on with the least—what they thought of your coaching—would the answers be consistent?

Spend time on yourself so that you come out of this a better person no matter the situation you find yourself in, at the end of this...

## 2020 COACHING CALENDAR

To put it frankly, COVID-19 has obliterated the plans for the winter! However, as coaches we know that most plans we make don't work out exactly and that adaptability and flexibility are key. With all group activities canned for the foreseeable future we have come up with a few different platforms for our coach development going forward. There are a number of webinars planned—these will be distributed to the SWD Coach mailing lists. Should you be in the area and do not receive regular information via mail, contact the Coach Education Manager, Garry Hampson on [garryh@cricket.co.za](mailto:garryh@cricket.co.za) or send your Name, School/Club, City and Cell number to 0720635148 to be included in the SWD Coaches WhatsApp group. This group is for information only and you will not be inundated with tons of 'thumbs up replies' and crazy messages. We are ALL allergic to that!

Along with the webinars there will be opportunities going forward for different groups of coaches to take part in programs and sessions and these will be communicated to all coaches in the region in due course. As these are developed and planned they will be updated to the now cleared coaching calendar for the winter.

To keep up to date with all the coaching programs, camps and other coaching related events go to the SWD Websites [Coaching Calendar Page](#) by clicking [this link](#)

## “A Coaches Journey” Webinar with Adi Birrell

If you missed the webinar with current Hampshire and Paarl Rocks Head Coach—Adrian Birrell, I would encourage you to join in on these webinars in future.

Adrian shared his journey from being a young and inexperienced coach to where he now sits. A number of things stood out from what he mentioned that really impacted the coaches taking part.

The part of the discussion that stood out for most coaches went around growing your credibility as a coach with your players, whether you are a young coach working with experienced players or visa versa. The key points to this were having your “Cups of tea with your players” a phrase Adi is famous for. This means getting to know your players. Spending time with them. Then, to know yourself—how you communicate, plan, organize, deal with conflict, what your strengths and weaknesses are. Thirdly, bringing quality skills to the party. Being able to do this

will build credibility with your players and help you develop and influence change in them.

Another point Adi mentioned, was to “steal from other coaches”. What he meant by this was to watch, observe, ASK and LISTEN to other coaches and add to your knowledge and skill set by doing this. He ended off by saying that coaches should then share ideas from what they learnt and help grow other coaches in the way that you yourself have grown.

This was a fantastic opportunity to listen to someone who has coached at all levels and SWD Cricket would like to thank Adi for his time and the way he went about sharing his knowledge so openly and freely.



## COACHES CORNER: LOCKDOWN FIELDING DRILLS

Goal – Prepare for Return to Training and Play

As cricket players we need to ensure WHEN we can train again, that we are in the best shape possible, and we have given our body the best chance possible to perform!

Fielding is one aspect we can control at home – using fun games and fitness to improve our;

Hand Eye Coordination

Catching

Throwing

Let's touch into some "At home drills" to get moving again! All you will need is a Tennis Ball, a harder ball (cricket ball) and a marker.

### **Drill 1 – Reaction Catching 1**

Stand 1.5m from a wall. Using a tennis ball throw the ball against the wall.

Catch with one hand and one eye closed.

Get a partner to stand behind you and throw the ball on the wall – requiring you to react to the ball off the wall.

Stand on one leg and catch with one hand and one eye closed

Challenge yourself – get a partner and see how hard he can throw the ball and at what speed you can catch it

### **Drill 2 – Ball Tracking**

Throw the ball slowly against the wall or get a partner to throw the ball slowly to you.

Watch the ball slowly into your hands, never taking your eyes off the ball.

Once you have caught the ball ensure your eyes stay on the ball for 3sec.

Make it more challenging by throwing the ball harder – but ensure your eyes always stay on the ball!

### **Drill 3 – Catching Progression**

If you have not caught any cricket balls for 2 months, your hands might be soft and need to get used to balls again!

Start off catching tennis balls – catch as many as you can against the wall!

Next step is using a harder ball. Ensure you are throwing a little harder and more each day!

Finally progress to catching with a proper cricket ball – so when practices resume you are ready to perform!

### **Drill 4 – Throwing Progression**

Follow the progressive steps below to prepare for throwing again – working on technique and volume!

Warm up throwing at 50% intensity to loosen up the shoulders.

Half kneeling stationary throw working on your shoulder rotation

Standing throw against a wall with follow through at 50% - emphasis on technique.

Standing throw with follow through at a target Run 5m, pick up the ball on the ground and throw at a wall or target

### **Drill 5 – Underarm flick and Dives**

Place a ball on the ground – run, pick it up and dive throwing the ball forward to a target!

Have some fun practicing your dives!

**Daniel Seha is the SWD Assistant and Strength and Conditioning Coach**

## COACHES CORNER: BATTING ESSENTIALS

Batting is essentially all about timing while bowlers have a responsibility to upset the batsmen' timing and as such, batsmen have the responsibility to hone their skills to such an extent that their timing is in check more often than not.

The primary role of any batsman is to score runs and as such, in my role as Provincial Academy and Under 19 coach, I have identified the following amongst a whole host of other factors as areas we can try and enhance our players skills from a young age:

- ◇ Plan A (Game plans) – every batsman has to be taught to identify and know their plans against certain bowlers from a young age. Our role in this regard is to help our batsman to know what their boundary options are, what their one options are on both sides of the wickets during different stages in the game. We can do this by using game play, scenarios and any other methods one can think of to enhance a players skill levels and understanding of their game plans.
- ◇ Low risk boundary options – Practice being able to score boundaries without taking any risk, having specific goals in nets and middle sessions will assist in being able to get the most out of your sessions. Also of note is that all players are different, in that one shot can be a low risk boundary option for Player A, but be a high risk option for players B.
- ◇ Strike rotation/One options – As much

we all want our players to be able to hit the ball over the fences, it is even more important for them to be able to get off strike and stand at the non-strikers end without too many issues. The use of targets and simulated fields can be used to identify where a single can be available without taking a risk and being able to identify which end is the danger end based on a fielders throwing arm, etc.

- ◇ Batsman have to remember that being able to play every shot in the book doesn't necessarily make you the best in the business,. Being able to identify when to play those shots sets you apart from the rest.



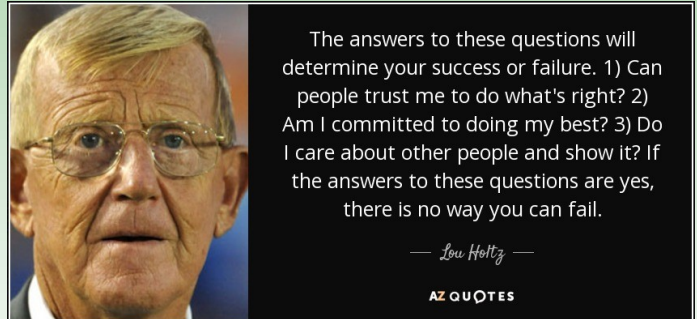
## COACHES CORNER: BATTING ESSENTIALS CONTINUED

- ◇ Technical awareness – the better batsman will try and understand their technique from a young age and they can get better at doing this with the help of coaches by asking them questions on a consistent basis. All batsman are different and we have to find their triggers and use of language per individual. A one size fits all method, won't consistently get us the desired results.
- ◇ Alignment/Straight lines – Head, feet, hands all working towards the point of impact tend to get the best results in shot making more often than not. One can use different targets for players to aim for with a points system to check the level of execution and so forth.
- ◇ Balance – Use of different coaching aids to assist our batsmen in keeping balance at point of impact, the stable base will aid in timing and execution of shots.

It's important to note that you can come up with any drill you can think of in order to work on a specific aspect of your batsman's game. There's no set drill that can only be used for specific purposes. You can literally use any drill as long as it addresses the problems you have identified.

**Jason Maswanganyi is the SWD Academy and U19 Head Coach**

### COACHING QUOTES WINDOW—LOU HOLTZ



## YOUTUBE FOCUS

One thing that the 'COVID environment' has done is bring into focus the use of online forms of communication and the availability of material that is useful for coaching, is seemingly endless. One has to only google it and you are presented with a ton of information to sift through.

To digress a little... the youngsters today should really respect their parents because they managed to pass school without google... How quickly things have changed!

Back to our YouTube focus. Below are two fantastic "Masterclass" links that you can share with your players.

Firstly, Steve Waugh speaks on how he prepared for test matches and the influence that his leadership had on the next generation of Australian players. There is a lot of learning to be had for young batsmen so please share it! Secondly AB shares his approach to his game that made him the best in the business!

Steve Waugh Masterclass: Preparing for An Innings

<https://youtu.be/8exBx2a-4X0>

AB De Villiers Masterclass: White Ball King

[https://youtu.be/olTtD\\_Tftpg](https://youtu.be/olTtD_Tftpg)

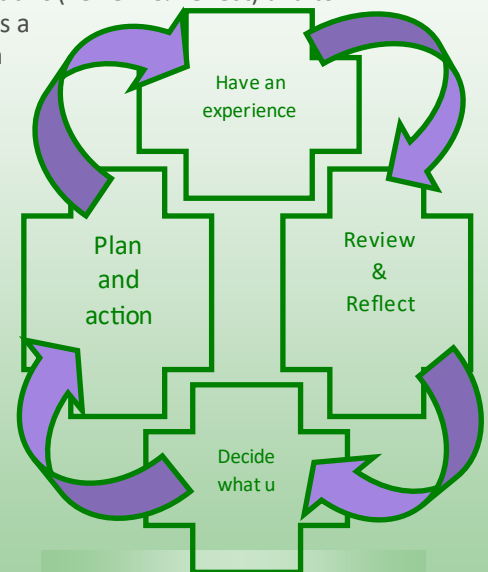
## "DISTANCE" COACHING UNDER LOCKDOWN

To make a suggestion on how we as coaches can help our players to continue their development and learning, whilst not being able to be out on the field or in the nets, consider this time as a bonus where you are able to help your players work on their 'thinking', the strategic and game plan aspects of cricket. It is still OFF SEASON under any circumstances for cricket and so be aware of this, however you can do your own 'distance' learning with them, or with those players in your team that WANT to carry on learning. Be understanding that not everyone has access to the same technology though and that your players are also under pressure with the 'homeschooling' going on. But, create the opportunity and those that take it, well kudo's to them.

The process outlined below is something we as coaches should be considering when coaching under normal circumstances, yet it is something we can utilize now to ensure that learning takes place.

There are different 'learning' models out there, but one that is simple to understand is Kolb's Learning Cycle. Using the basic cycle below, send your players a short article, link to a video or even a give them a situation to think about. This would be the experience part. Ask your players to think about this (Review & Reflect) and to answer some questions, or give their thoughts back to you, either verbally or as a written answer (Decide/Conclude). A follow up to this would be asking them how they would then apply this to a certain situation or their game going forward. The cycle then continues with this 'conversation' however you choose to have it.

This is one way that you are able to reinforce learning and to make sure that your players don't just watch or read and forget about the lessons to be found in what you share with them. Be creative about this and make it into a group challenge or task, utilizing this generations love for their phones and technology to your advantage for once!





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### 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)

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



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

**Pieter Stuurman :** [pieters@cricket.co.za](mailto:pieters@cricket.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)