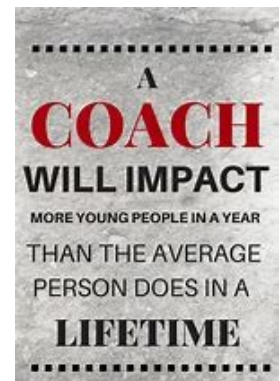




Edition 26



The Nightwatchman

The winter solstice has come and gone and the days are apparently getting longer, which means the summer and cricket season is on the way and beckoning! The return to play plan remains the same with only professional cricket allowed currently and we are all working towards the start of the franchise season in November, with amateur activities kicking off in January 2021. I am sure everyone is looking forward to getting going again.



In the meantime, for coaches, this extended off season should be seen as an opportunity to upskill yourself in some area that normally, you may not have had the time or chance to do. There are a multitude of online options to work through in the comfort of your home, books to read, fantastic podcasts and blogs on every thing you can think of. It is all up to you and how you prioritize your time and the attitude to your own self-learning and discovery that you have. Speaking to other Coach Education Managers around the country, it is evident that there is a group of coaches who are using this time, effectively, taking every opportunity to get onto webinars, online courses and the like to learn! My hope is that you are one of these and that you are using this extended off season to expand your knowledge and understanding of your coaching.

I hope you find some useful tools and information in this edition of the Nightwatchman!

Garry Hampson—SWDC Coach Education Manager



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Special points of interest

- [YouTube Focus](#)
- [Coaching Interview](#)
- [Role of the Coach](#)
- [Watching the Ball](#)

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.



COACHING QUOTE WINDOW

A great coach doesn't focus on teaching you something you don't know, they focus on helping you reveal the knowledge and skills you have within and coach you on how to sharpen, strengthen and expand them.

- www.MelissaTucker.com

2020 COACHING CALENDAR

We continue to get numerous requests regarding when coaching courses will be taking place. Unfortunately, with no change on the starting date for return to play for amateur program's (set for January 2021), our coaching courses are still on hold until further notice. Our next webinar will take a look at becoming a professional player and we will be talking to some current and ex players which will give you as coaches and those you coach, a glimpse into the journey that a player must take. It should give you an insight into the disciplines that you can help a player learn on this journey. Details for this webinar will be distributed to our mailing lists.

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](#)



"HOW IS A GREAT THING TO KNOW. WHY IS THE ULTIMATE. I'M THE 'WHY' COACH. WHY ARE WE DOING THIS? WHY ARE WE NOT DOING THAT? WHY IS THIS NOT WORKING? THOSE ARE THE THINGS I WANT TO KNOW."

MIKE SINGLETARY

© Lifehack Quotes

A good coach will make his players see what they can be, rather than what they are.

Ara Parasheghian

YOUTUBE COACHING FOCUS

As always we bring you links to some quality material out on the web and this months focus shifts to a soft skill that everyone needs, not only in coaching but in everyday life! The skill of asking QUESTIONS!

As a coach, questioning is a vital aspect of coaching and one that we are becoming more aware of as we move further away from the old school style of coaching of "I say and you do". We use questioning to initiate learning. Both clips are about 5 or 6min long and definitely worth listening to!

The first clip is a useful summary of how you can use questioning and a few examples of questions you can use and when to use them.

The Power of Effective Questioning

https://youtu.be/1d00dO__wmE

The second clip goes into the how and why you should use questioning and outlines some of the pitfalls we make as teachers and coaches. It will challenge your approach to coaching and teaching in the future!

Questioning

<https://www.youtube.com/watch?v=y8bHMd3PosM>

Click on the links, enjoy and use it!

COACHING HOT SEAT: IN CONVERSATION WITH YOLANDE VAN ASWEGEN



“Hi Yolande. Firstly, how are you finding the lockdown?”

“Hi Coach Garry. Thank you for the opportunity. The lockdown has been challenging and at times frustrating. I’m currently working from home and it’s not ideal for the sphere that I work in. I do not get to my target market and lack of resources such as data, internet connections and computers makes it difficult to interact with young people, but we are trying to make the most of it.”

“Having played the game and now coaching it successfully for some time, can you give us a brief history of how you got into cricket, where you have played and coached?”

“My journey into cricket started in high school when the cricket coach got to the school. Mr Eugene Du Plessis asked me to keep score for the 1st team of the school. There was no guideline on how to keep score and during that week I found a book in the D’Almeida library and taught myself how to keep score. I then left Mossel Bay and returned in 2003/2005 where I continued scoring for Sussex CC and for Pacaltsdorp CC (while I was working in George). I then joined the SWD scorers union and accompanied some of the boys teams to the annual weeks during December. Oom Pannie from Mossel Bay Cricket Club really assisted me with the finer details of scoring and supported me in my journey. With the inception of Women’s Cricket in SWD, I played for the Mossel Bay region and started out as a bowler. I had a few stints in the SWD Womens Team. As cricket grew I opted to affiliate with Mossel Bay Cricket Club and am still there today. In 2007 SWD Cricket had their 1st u/13 girls team and I was appointed as Head Coach with Mr. Aubrey Jansen, the Manager. This was a very special year with some great talent. I ended up playing senior cricket with some of my players from that year. The likes of Ezryn van Aswegen and Monique Booysen. So in 2007 my coaching career really took off and I went on to play and coach the Mossel Bay Ladies for a couple of seasons until recently. I am a proud Level 2 coach, qualified scorer, umpire and hold a formal qualification in Sport Administration.”

“That’s brilliant and quite a journey! Currently you are coaching the Mossel Bay Womens team which has always been one of the more successful teams in the league. What is your coaching philosophy and how does this impact your teams performances?”

“I believe in a holistic approach to developing cricketers. Socially, mentally, economically and spiritually. Creating a safe place for young girls firstly and making sure that they have tools (whether it is physical or even just food on the table).

I believe in hard work and consistency. If you apply your mind you can do amazing things. So if a player is willing to learn I will do my utmost best to help and get them to their goals.”

“Where do you see the women’s game going and how can we position ourselves in SWD to be a leader in the women’s game moving forward?”

“Womens cricket is making great strides in the world but we can do better in South Africa. I believe that in SA we are ready to have women franchise teams so that we can perform better on the world stage. It’s sad that in SWD we’ve not made not a lot of strides but with the right people at the helm we can quickly move forward and compete with the bigger provinces. We need a workable pipeline for women’s cricket—from primary school all the way up. We need to get the u/13,15,16,17 and 19 groups in place to build our senior teams.”

“Being one of the pioneers in women’s coaching in the region, what advice can you give to aspiring female coaches, or women who would like to get into coaching – no matter the level?”

“Cricket is an amazing sport. Developing players is like raising kids. Your commitment as a coach is more than cricket. You also need to steer them into healthy and purposeful lives. You need to have 3 things: Passion for People! Passion for Cricket! Commitment & a Great Work Ethic!”

“What are the key focus points of your coaching that you deem to be the most successful in developing an individual player?”

“*Get to know and build a relationship with the player and his/her immediate family and their circumstances.

*Get to know his/her vision for themselves

*Share your expectations

*And get started.”

“Finally – what role do coaches play in promoting the women’s game and what advice can you give these coaches?”

“Coaches are the introduction point to cricket especially in the rural areas. Our lives, passion and commitment motivates young people to get involved. It is important that coaches get qualified and experience, before working with young people. If we get it wrong, we will demotivate future players and stars. We need to be progressive and adapt to new things.

As you can ascertain from the above, it is important for me to know my players and their circumstances. It’s important that we provide them with more than cricket coaching but to offer life coaching as well. Because when they’re done on the field, they walk into communities that are not always conducive to their growth and development.”

“Yolande, thank you for your time and insight you have given us! We wish you all the best in the work you do on the ground with our youth and with your coaching!”

YOLANDE VAN ASWEGEN is a qualified level II coach, coaching the Mossel Bay Womens XI.

COACHES CORNER: THE ROLE OF THE COACH—A PLAYERS PERSPECTIVE

There are many valuable aspects of coaching that I could delve into. However, in this piece, I have focused on the key points that I have seen prevalent among the top coaches over my career. These three key points are applicable to any coach or player level. Furthermore, it is important to note that these are characteristics in coaches that I resonate with (i.e. these may be quite subjective to my personality and to how I view the game).

Allow the players to express themselves during the game. Although this may seem obvious, I found a lot of value in this key point. As a coach, it is important to know when to advise the players and when to allow them to make their own decisions. Personally, I prefer to have most of the technique, game plan and strategy discussions before or leading up to a game. Hereafter, the coach's work is done and all he/she can do is to show their trust and confidence in the player/team during the game. Allowing the player to express themselves means that the coach allows the player to make mistakes without immediate repercussions. Applying this to my experience while playing my weekend games for the SWD senior team, the couple of days leading up to the game is when I prefer to have most of the important discussions. This is one of the ways that I like to stay "fresh" during game and to preserve my mental energy to perform optimally. However, together with this, it is crucial for the coach to know when to interfere during the game to get the most appropriate reaction from the team which ultimately comes down to experience, with lots of trial and error.

Communicating to help players see the big picture (team environment & goal alignment; it's not all about cricket). I break this up into three parts: the team goal, one-on-one development and the player's ego.

Team environment: Firstly, starting by providing your team with a clear goal gets things off in the right direction. I found it useful to come up with a list of non-negotiable values that, as a coach, you think a winning team cannot function without. Moreover, after the initial team goal introduction, it is important to have regular re-evaluations to determine where you are in terms of the team goal and what needs to be done to achieve it. After getting to know the players' strengths and weaknesses, I found it useful to allocate each player a micro-role to ensure they know exactly how they are contributing to the team's success.

One-on-one development: In addition, setting team goals does not only allow the team to achieve a favourable result, but

allocating micro-roles to players promotes personal growth. Moreover, this allows one-on-one development as the coach has specific goals to work towards with each player. It takes a lot of strain on a player's self-esteem if they are not living up to their and the team's expectations of them. However, if a coach decides to keep investing their time into this player's development, it will not only improve the player's motivation, persistence and resilience but will improve the team's overall morale too.

Lastly, player's ego or self-esteem is a sensitive issue and therefore critical for coaches to consider. In my opinion, my coaches that were best able to handle each player's ego formed a relationship with them off the cricket field. This allowed the coaches to gain a better understanding of their personal life, such as family life and their academic pursuits. In addition, it allowed them to know exactly where any external pressure or inconsistent behaviour might be stemming from. I cannot emphasize the value of this enough.

Set the example. All these team goals and non-negotiables are of no worth if the coach does not set the example for the players. If the coach is there on time, the players will be too. If the coach stays longer after practice, so will the players.

In conclusion, the best coaches that I have been trained by allowed me to express myself on the field, have given me and the team a purpose and have set a positive example. If a coach is able to make a difference in one or two player's careers they should feel it a job well done!

I am beyond grateful for the incredible coaches that I have been trained by over my career, with whom I have formed valuable relationships with and have moulded me into the player that I am today!

JEAN DU PLESSIS is an SWD Player who represented the SA U19 World Cup team and captained the SA Invitation XI in 2019



COACHES CORNER: WATCHING THE BALL—A SPORTS SCIENTISTS PERSPECTIVE

How many times have you heard coaches use phrases like “they just need to watch the ball” or “can you just watch the ball”. This must be one of the easiest instructions anyone can say, however it is in no way of “coaching” a player. I am sure we have all fallen victim at some time in our coaching career and used this phrase ourselves. There can be numerous reasons why you want to get players to watch the ball. It could be because they are playing it early, have clouded thought processes or simply you feel they are not watching the ball intently onto the bat and getting into good positions. It less about the reasoning why, but more about HOW can you get him to watch the ball better.

To produce better results, how about trying to get the players to watch

- The seam of the ball
- One side of the ball
- What way the ball is rotating or spinning

By shifting what you are looking at, enables you to see the ball that much better than when you were just “watching” it. You find players will watch it right to the impact point, be in a better position and focus their attention on the ball



earlier than before.

Seeing the ball better has another benefit when you are looking at the seam, the shiny side, or the way its rotating. It has an effect of engrossing your mind on that one thought. Your mind is



absorbed completely, and this means your natural body movements are not affected. It also ensures your mind is present, you are not looking at

the past, the future, or the outcome of what may happen.

When players are absorbed in looking at body parts in relation to technique, their minds can become cluttered with too many thoughts. Taking it back to one thought and focusing on the one thing produces better results straight away that the player will see.

As coaches we need to try to look at how we can get players to watch the ball rather than just taking the easy option of telling them too.

DANIEL SEHA is the Assistant Coach and S & C for SWD Cricket



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