

The Nightwatchman

COACHES MAKE A DIFFERENCE!

What that difference is, depends on the mindset you carry as a coach. Your philosophy. Your value system. Your attitude and the energy you bring. The list goes on and it highlights the importance of always developing as a coach and to always add different and new skills to your coaching toolbox ,whilst continuously updating the old ‘software’ in there. On the other hand, in an age where we are being drawn away from each other due to technology (and its many positive uses), we have to remember that we are coaches of PEOPLE, and people need interaction with each other. If you look through history, people have come TOGETHER in cities, towns, villages and communities all around the world, instead of staying alone. We do face a challenge today as coaches of dealing with a world that is going ‘remote’, and so you need to stay up to date with all of these developments to be relevant, and know how to keep in touch with your players.

Thankfully, not everything in cricket changes. A cover drive stays a cover drive and so we are not changing the fundamentals, but rather adapting and developing skills to deal with what is in front of us. Cricket South Africa’s Coach Development Programs, rolled out through the member affiliates, aims to do this and there are various programs currently running in SWD, to upskill coaches across our region. The only thing to do as a coach, is take advantage of these programs which generally, cost you nothing other than some time and effort and will assist you in making a difference!

Keep an eye out for the various events, programs and sessions organized by the SWD Coaching Department. As we get into “Returning to Train and Play” with the lockdown easing, the active coach development programs and sessions will pick up. Currently there are no courses until the winter next year, but a number of webinars, CAP Camps and forums are planned for the upcoming months

We look forward to seeing you in person at a coach development event in the near future

Garry Hampson—SWDC Coach Education Manager



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Special points of interest

- [YouTube Focus](#)
- [Safe-guarding our Children](#)
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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

“Actually nobody can be perfect in cricket. Everybody make mistakes. it is important to learn from your mistakes and correct them.”

— Kumar Sangakkara

COACHING IS RELEASING A PERSON'S POTENTIAL TO MAXIMISE THEIR OWN PERFORMANCE. IT IS HELPING THEM TO LEARN RATHER THAN TEACHING THEM.

Irrespective of whether you have talent or not, one has to work hard. Just being talented doesn't mean anything; you can end up wasting it before you realize.

VIRAT KOHLI

SWD CRICKET WELCOMES ALAN KRUGER

SWD Cricket recently appointed Alan Kruger as Head Coach. He takes over from Baakier Abrahams who moved on to the Assistant Coach position for the Warriors in Port Elizabeth.

Alan comes with pedigree and experience—both on the field as a player and as a coach. As a player he played most of his cricket for Griqualand West (now Northern Cape Cricket) where he racked up 111 1st class games, 100 List A games and 25 T20 games. An all-rounder Alan also represented his franchise. Having moved on from playing, he has been involved in coaching the Free State Academy and most recently as the Knights Franchise Head Coach.

He brings this experience to the Southern Cape and with it the hope of a first trophy for the region, but more importantly, to develop the young talented cricketers found in the Southern Cape and help them achieve greater things.

Alan has fitted in well to the team and the squad have already begun their preparations following the current protocols as regulated by CSA and government. The team has been through a off season conditioning program individually, and are now focusing on preparing for the season.

We wish Alan, Daniel Seha (Assistant Coach) and players all the best for the season!



YOUTUBE COACHING FOCUS

As always, we bring you links to some quality material out on the web and this months focus looks at fielding. With the 'pre-season' looming it is always important to begin the process of building up the fielding skills and most importantly throwing. One of the worst mistakes coaches make, is that they do not build the intensity of their fielders throwing loads up over time, but rather start with a full fielding session, which leads to shoulder blow-out.

Take the time to plan your fielding sessions during pre-season and build up the intensity. Below are a few links to some great fielding 'masterclasses' on YouTube (some old and some new). They will give different ideas for your fielding sessions when you kick off with again and be sure to check out page 10 on the condi-

tioning webinar conducted by Daniel Seha which covers this.

Throwing Masterclass with Mike Young
<https://youtu.be/qlQVNHh7es>

Jonty Rhodes Masterclass
<https://youtu.be/2ppk84W1-2Y>

Nasser Hussain Fielding Masterclass
<https://youtu.be/PW90lhY88M8>

Mark Waugh Fielding Masterclass
https://youtu.be/CHPrHkavD_Y

9 Fielding drills
https://youtu.be/Htk-nM_SovY

SAFE-GAURDING OUR CHILDREN

In an age where violence and abuse is rife in our country, it is important as coaches that we understand the landscape and how to SAFEGAURD our children that we work with!

There are various forms abuse that you as a coach need to be aware of and to protect your players from— both at the cricket ground and away from it. Some of the forms of abuse are Physical, Neglect, Sexual, and Emotional abuse. These take on different forms and we will be delving into this subject a little more as we move in to the season. There will also be some dedicated sessions to this subject in our coach development program going forward.

There are many SAFEGAURDS and responsibilities to be aware of and if you are unsure of how to deal with a case of abuse in cricket, this should be brought to the attention of the respective institution whether that's a school or club, the parents/guardian's and or SWD Cricket in a responsible and confidential manner. Parental responsibilities and rights should always be respected first, but a delay in action should be avoided as far as possible so that a process of conciliation and problem solving can be followed promptly.

It is also crucial that everything is done in the best interests of the child.

Help us make our cricket environment one that is SAFE and FUN for all our children who take part in this amazing game!

2020/21 COACHING CALENDAR

The latest news regarding coaching courses for this season is that unfortunately, there will be no courses run until May 2021. This is due to the Covid 19 pandemic and will be the case across the country. The only course will be a Level II Refresher Course for Level II qualified coaches. This will be run early in January, before the schools return.

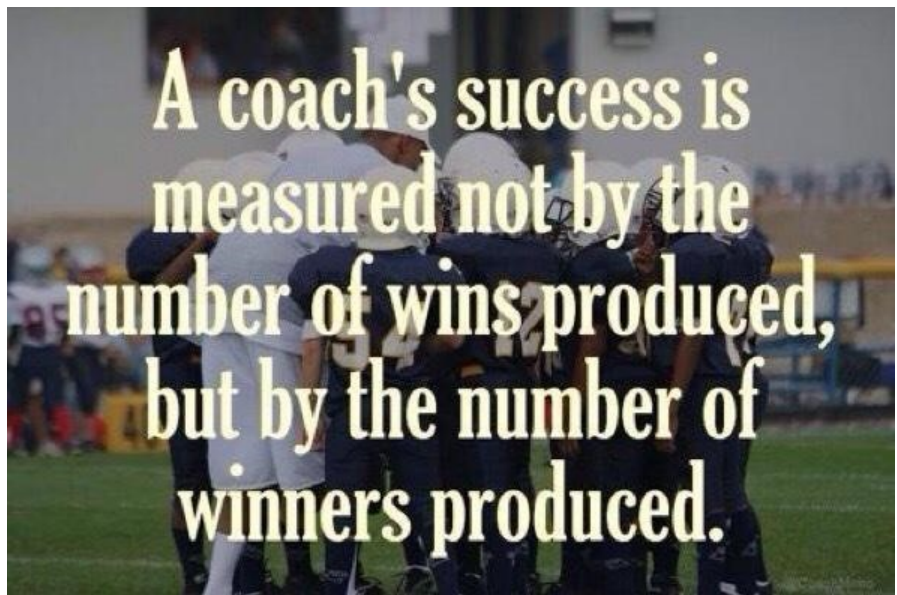
Something to look forward to, is our seven part pre-season webinar series featuring current and past first class players and coaching staff (see info on page). This promises to be a very informative series and I would encourage coaches AND players to link up by following the information on page Two Coach Acceleration Program Camps are planned for November and December. Information will be distributed via the email and the website closer to the time.

Our regional coaching forums, which have seen quite a break, are planned to kick off in the new year, depending on the COVID

situation.

Other coach development programs, such as the Coach Shadowing Program, will get underway in the new year, once full training and matches are underway. If you are interested in getting your hands dirty whilst shadowing one of our senior coaches at training and possibly matches, please contact the SWD Coaching Department by submitting your details [AFTER CLICKING HERE](#).

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



SWD PRE-SEASON: 7 PART WEBINAR SERIES

WHEN

(Mondays 16:30—17:10 on the dates below)

- 12 Oct #1 Alan Kruger: Planning for a Season
- 19 Oct #2 Daniel Seha: Conditioning of players
- 2 Nov #3 Jason Maswanganyi: Pre-Season skill development considerations
- 9 Nov #4 Jonathan Beukes: Pre-Season Batting skills focus
- 16 Nov #5 Alan Kruger: Preparing Bowlers for a season
- 23 Nov #6 Daniel Seha: Pre Season Fielding
- 30 Nov #7 Jean Du Plessis: Wicket keepers preparation



WHERE

Online via Microsoft Teams

FEATURING • SWD Head Coach Alan Kruger; SWD Assistant and S&C Daniel Seha; Academy Head Coach Jason Maswanganyi;

Ex-Knights batsmen Jonathan Beukes and current SWD wicketkeeper batsmen, Jean Du Plessis.

Club, School and RPC
Hub Coaches.

**GET YOURSELVES
READY!**

Register for the series
and gain access by com-
pleting the form via this
link:

[REGISTRATION FORM](#)

The series will focus in on
key points that you as a
coach can use in your
build up and preparation
of players moving into a
season and that you can
use during competition as
well.

A time for Q&A is set
aside and if any questions
do not get answered, we
will answer them on a dif-
ferent platform for you.

The SWD Coaching team
is looking forward to
hosting you during what
promises to be a very in-
formative and interactive

COACHING HOT SEAT: IN CONVERSATION WITH SWD CRICKET'S NEW HEAD COACH: ALAN KRUGER

"Hi Alan and welcome to SWD! I hope your first few weeks here have been good and you have settled in. Can you give us a bit of a background on who Alan Kruger is, where you come from and a bit on your playing days?"

"I was born and raised in Kimberley and also educated through the school system there. This is where I fell in love with the game of cricket at an early age and always knew that I wanted to pursue a career in the sport in any capacity. I represented Griqualand West throughout my school career and eventually debuted for the senior team at the age of 16 and I never looked back."

"You have coached at different levels in the HP pipeline - what are the lessons that you have learnt along the way?"

"Always to give and not expect anything in return. You must have a passion for what you do, always be open to learning everyday and have a good attitude. These pillars are what drives me every single day."

"Which coach(s) or people have made the biggest impact on how you coach and why is this?"

"I have worked with many coaches in the past and all played a part in some way. But I have always looked at how the great Nelson Mandela went about his business. What he accomplished inspires me."

"With a very short and condensed season ahead, what will you be aiming to achieve with this young SWD Squad?"

"I would like everyone to enjoy the season and embrace the challenges that lies ahead. We all experienced a very tough year, so to get sport going in our starved country is the next silver lining. With all these factors I expect us to play and showcase a brand of cricket that will be best suited to our needs to achieve positive results."

"And finally, have you got any tips or advice for young aspiring coaches who would like to move up the coaching ranks?"

"Coaching is not for the big rewards, its about giving and not receiving. We know that results are not guaranteed and the hard work behind the scenes are not always seen, so always stay humble in victory and defeat. You must want to coach and not be told to coach."



ALAN KRUGER is a qualified level III coach , coaching the SWD Provincial Squad

RETURN TO TRAIN AND PLAY UPDATE

With the lifting of regulations and moving to lockdown 1, CSA has recently released the updated guidelines for "Return to Train and Play" under Lockdown 1.

To summarize the key aspects of the guidelines: schools, clubs and private academies will need to meet certain protocols with respect to their training venues and program's in order for permission to be granted to "Return to Train and Play".

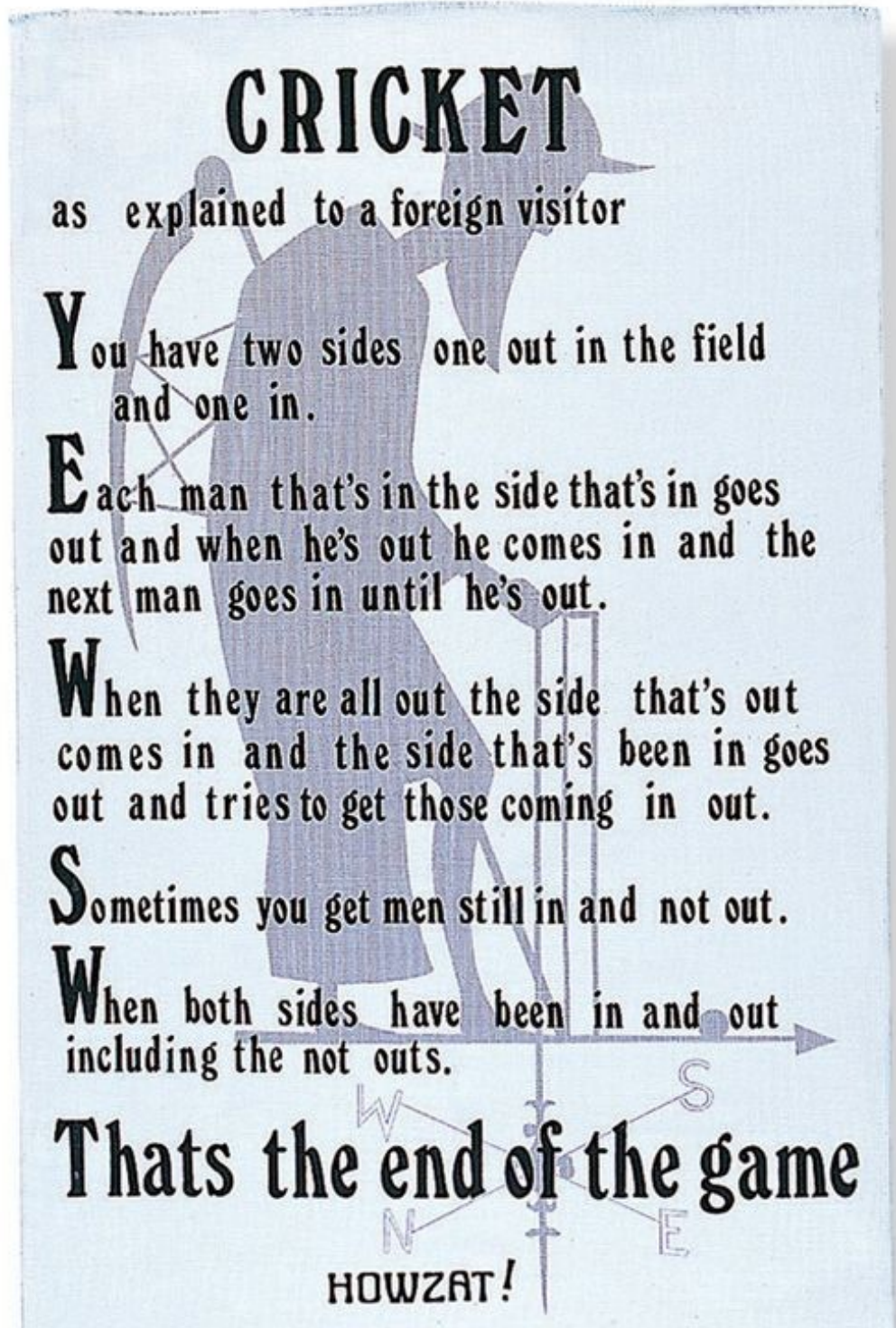
October through to December is designated as the pre-season in the guidelines, with internal warm up matches allowed from November through December. For EACH INDIVIDUAL MATCH, the application process must be followed as for the "Return to Train" application and this will include a letter from the venue owners stating that permission has been granted by them.

Information has been sent by the respective SWD Co-coordinators and Managers to their program stakeholders, but should you need more information please contact the following people in your respective program:

Schools: Gleneord Keiser
(gkeiser@swdcricicket.co.za)

Clubs: Pieter Stuurman
(pieters@cricket.co.za)

Private Academies: Garry Hampson
(garryh@cricket.co.za)



COACHES CORNER: DO SPORTS ACTUALLY TEACH CHARACTER?

BY JOHN O'SULLIVAN

Head to any sports field this afternoon, and you will hear whistles blaring and coaches urging on their players to work harder and compete more. You will see exhausted athletes with their hands on their knees being implored to do one more set, or a coach shout “do it again” when a rep is not good enough. The harder we work, we are told in sports, the more we develop character. But do they? The actual definition of character is “the mental and moral qualities distinctive to an individual.” I find this interesting because the definition ascribes neither a positive or negative connotation to the word. Character is simply the mental and moral qualities unique to every person. Those characteristics could be positive or negative. So to revisit the question, “does sports teach character?” the answer seems to be the famous coaching euphemism “It depends.” Why? Because there are actually two types of character. Let me explain.

We often hear people exclaim that sport develops character, but that is only partially true. Sport naturally develops what we might call performance character traits. These are traits such as grit, resilience, and self-discipline. These are what researchers call “willing values,” the mental, emotional and behavioural attributes that drive performance in an achievement activity. In most cases, participation in a sport will to some degree or other draw out these attributes and present opportunities to develop them. Running an extra sprint, or doing an extra rep of a drill can develop performance character traits.

There is another type of character though, which we refer to as moral character. These are the traits needed for ethical behaviour and functioning within a society, such as integrity, respect and caring. Doing a handstand or throwing a fastball do not develop these traits. Only coaches and parents who intentionally focus on them will develop moral character in their athletes. And sadly, this intentional character development has gone missing in many youth sporting environments.

As part of their InSideOut Initiative, former NFL star Joe Ehrmann and former coach and athletic director Jody Redman are engaging with schools and encouraging coaches to put the development of moral character on equal footing with performance character. Research has shown



that elite level athletes often score higher in qualities such as ruthlessness and callousness. Yet in school and youth sports, this is a problem. “Studies show that the longer you play and the higher levels you attain, the more morally and ethically callous players become. There is something leukemic in American sports, and it is damaging the healthy development of our girls and boys,” said Ehrmann when he joined us on the Way of Champions Podcast. Ehrmann and Redman, with the financial support of the NFL, are on a crusade around the country to shift this paradigm. They are convinced that education-based athletics is about connecting kids to caring adults and that coaches are supposed to build relationships that focus on social-emotional development, with winning as a by-product. “Why do we even have high school sports if they are not education-based?” asks Ehrmann. “I think there needs to be a realignment in America. We have social contracts in this country. I think for a long time there was one for sports where sports was going to be a tool to help guide and nurture boys and girls into adulthood. I think that contract is broken.”

Redman agrees. “If we’re going to evaluate coaches solely on their win-loss record then it’s our responsibility to tell them that, and really not function under this guise of, ‘Well, we’re education-based.’ Well, if that’s true, if we are education-based then what are those other factors that we want coaches to focus on besides just the physical aspects of the game? A coach can want to perform in a way that develops a student’s capacity to be a better person, but unless there’s support for that, and unless the community that they’re functioning in values something more than just the outcome on the scoreboard, then really coaches are forced to focus on winning.”

COACHES CORNER: (CONTINUED) DO SPORTS ACTUALLY TEACH CHARACTER?

Today's coaches work in a performance-driven society, and for many of us, our community and our leadership will pay lip service to moral character, when all they really want is performance character and more wins than losses. Some of us may be lucky enough to coach in a truly athlete-centred, education-based organization. Even then, we will face parents and community members who are willing to compromise a lot of moral development in order to win. And that is why both parents and coaches need a higher purpose than winning. So how do we overcome this, and introduce both performance and moral character into our youth and high school sports programs?

Advice for Coaches:

- Establish a set of team core values that reflect both performance (competitiveness, grit, effort, etc) and moral character (integrity, respect, compassion, etc.)
- Recognize that your moral character values will not naturally be learned and that you must INTENTIONALLY incorporate these lessons into your practices and team sessions. Attach them to a why and a higher purpose that simply winning on the weekend.
- Reward your athletes through praise and a simple token or symbol (see Jon Gordon's book *The Hard Hat* for an example of this) of their demonstration of character. Perhaps allow them to then give that token to the next athlete who demonstrates that value. Reward what you value!
- Remember that which you do not condemn you condone. In other words, you can never allow a lack of respect or integrity in a single athlete, for if you see it and ignore it (especially if it is one of your top athletes) you just told everyone else this is OK.

Advice for Parents:

- Support programs and coaches who challenge and push your athlete appropriately, and who have a higher purpose than simply winning.
- Think about your performance goals for your child this season. Now think about what you want your experience to be like if he/she does not achieve them, does not be-

come the starting point guard, or the leading scorer. What do you want the experience to be like, and how do you want him/her to be treated by the coach and team? Support programs that deliver that experience (check out this article for more).

- Put your money where your mouth is and sign up for programs that do not force your child to specialize too young, and focus on developing the person, then the athlete, and then the sport-specific player. Sports will deliver what people are asking for, and right now it is delivering far too much that does not serve the needs of the child in sport.
- Engage with your coach in a healthy and respectful manner. Let him/her know how your child is feeling and what is going on in her life. Work together with your coach to develop the whole person and not simply the sports part. Don't talk negatively about other people's children. And give the appropriate amount of time after a competition (minimum 24 hours) to discuss a performance issue with the coach.

Sports does not develop character in a vacuum. Sure, it may bring forth some traits such as perseverance and competitiveness, but moral character, the type of characteristics that drive many of us to sign our kids up for sports in the first place, does not happen by accident. The teaching of moral character only happens when intentional adults make it the foundational element of the sporting experience. We need to support these parents and coaches today more than ever, because these values are not immediately evident in professional sports or society in general.

"I think coaches burnout not because of the hours or the excessive time away from families or sacrifice," says Ehrmann. "I think they burnout because they're not coaching toward a purpose high enough to justify the sacrifices that they make." I agree with that 100%. Try making the development of character one of your higher purposes, and develop great human beings who also happen to excel on the field and the court. Not only can it be done. It must be done.

Let's have sport serve a higher purpose once again!

COACHES CORNER: PRE SEASON WEBINAR SERIES #1: PLANNING FOR A SEASON

The SWD Preseason Webinar Series got underway on Monday 12 October with Part #1. The webinar's guest speaker was current SWD Head Coach Alan Kruger, with 22 coaches attending. We looked into Planning for the Season and Alan shared some valuable insight with the coaches. Some of the key points and takeaways were:



- You have to plan – there is so much to think about as a coach that if you don't plan, your team and players will have no direction.
- Start with your end goal in mind. That may be the end of season, a trophy, tournament or festival and then work backwards.
- The pre-season is planned from the first game back to where you are now.
- It is vital to sit with, and nail down the ROLES of each player in the team before you start, so that they can prepare themselves (skills and mentally) towards this role.
- Plan around what skill sets you have available when it comes to strategy. There are many ways to win a game, but you can only do it with the skill set you have available.
- Begin skill sets at a basic level and then progress to high intensity before the first game. These skill specific sessions should be planned into your pre-season program.
- Conditioning is vital. You cannot leave it up to the individual but have to influence, plan, get the buy in and then monitor this, in the build up to the season (and then maintain during season).
- Pre-season - do your Conditioning first, followed by skills and practice and then, in the season, its

skills first and then the conditioning (maintenance) to finish a session.

- Bowlers "Bowling Loads" need to be built up over time through increasing the intensity slowly and the amount of balls bowled per week. You need to plan this into your programme.
- There are so many things to plan for, so start early with the big picture in mind. As you move forward, plan for each match and each session leading up to the match and then down to what each player will be doing at a session. This sounds like a lot but the more you do it, the easier it becomes.
- A question was posed regarding Clubs without coaches. The suggestion would be to appoint a player coach if there is not a coach available because there are players with experience who could become great coaches. And as Alan mentioned, getting a qualification adds so much knowledge and upskills your coaching 'toolbox'. Make sure you attend or continue to upskill /qualify yourself in this area.

It is also important to remember where you are coaching in the pipeline / age groups. Some of what was discussed yesterday would not be relevant to an 11 year old, but the principles remain the same. You will need to use your judgement to tailor to the age group you are working with.

COACHES CORNER: PRE SEASON WEBINAR SERIES #2: CONDITIONING PLAYERS

The SWD Preseason Webinar Series Part #2 took place on Monday 19 October. The webinar's guest speaker was current SWD Assistant Coach Daniel Seha, with 26 coaches attending. Daniel is a qualified Biokineticist and along with being the SWD Assistant Coach, he manages all the strength and conditioning aspects of the SWD Provincial teams, Academy and assists with the conditioning aspects of our age group squads. We looked into Conditioning Players for the Season and Daniel shared some valuable insight with the coaches.

His presentation was done in a simple, but effective manner which gave coaches some very practical guidelines of how they can incorporate conditioning into every session.

Some of the key points and takeaways were:

- Approach conditioning from a 'different' angle, by incorporating strength and conditioning into warm ups and training sessions (so that the players are not even aware they are doing fitness)
- This is achieved by keeping it fun and competitive
- Coaches must take the responsibility to be creative and come up with their own ideas of incorporating cricket and skill specific movements into these 'drills'
- The practical example given to coaches incorporated the 3 key focus areas (Fundamental movement skills / Resistance training / Physical literacy) give coaches something that is easy to put some drills to through a preseason and continuously through the season. By doing this CONTINUOUSLY, you will devel-

op these aspects of our athletes – no matter the age.

- The key principle of developing/increasing the training load towards the start of the season should be followed in all the different aspects of a preseason: Strength & Conditioning / bowling loads / throwing loads and general batting and fielding intensity. (As a by note – if your players are complaining of sore shoulders and backs etc after the first week of practicing, then you as a coach have more than likely, not planned and set out their training properly – and have started to intensely

The build up of bowling loads is very important for fast bowlers and the general guideline for U19 and up would be to get to a stage of bowling a ratio of 2 practice balls to every match ball bowled per week in the season.

As a coach, take the time to work into your warm ups and fielding session's, different strength and conditioning aspects to maximise your time. If players learn a routine, that before they begin a session, they will be warming up and running through some S&C drills—it will become part of your culture and something that will not even be a discussion over time.





Important contacts

Coach Education Manager (all coaching related affairs)

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

Glenord Keiser: gkeiser@swdcricket.co.za



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Genevieve Anthony: genevievea@swdcricket.co.za

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