



CHRISTMAS EDITION #28

The Nightwatchman



COACHES MAKE A DIFFERENCE!

What a year this has been! From normality in January to bio-bubbles and cancelled internationals in December. Who could have known? One thing is for certain, we have all learnt lessons this year which will hopefully make us stronger in the future. Having spoken to various people in different sectors two of the common answers about lessons learnt in 2020, were that 1) we can do business differently with many more people working remotely with a slight shift in management processes to managing the outcome of the work AND that time with family is so, so important! Whatever your lesson was, take something positive from what was a very difficult year—because that’s what we as coaches do. Take the negative and find a way to turn it into a positive learning experience! The only question that remains is what will 2021 bring?

With all club training and “Return to Train” approvals revoked due to the surge in cases in the Garden Route and then the George Municipality closing all its facilities for the holiday season, we can only keep our distance and stay safe!

From the SWD Coaching Department we wish you and your families a very happy Christmas and we look forward to meeting up face to face again with all the coaches in SWD in 2021!

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.

I AM A COACH BECAUSE...

I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for others, not only in competition, but in life!



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Special points of interest

- [Stuurman selected for Proteas](#)
- [SWD Women in CSA WSL T20](#)
- [YouTube Coaching Focus](#)
- [Feni & Ngondo selected for Cubs](#)
- [Increase your running mileage](#)
- [Planning your season](#)
- [Preseason Fielding](#)
- [Preseason Bowling](#)

COACHING QUOTE WINDOW

“Coaches have to watch for what they don’t want to see and listen to what they don’t want to hear.”

- John Madden

“I loved playing cricket. As a kid, that’s why I got into the game.”

“TO WATCH PEOPLE PUSH THEMSELVES FURTHER THAN THEY THINK THEY CAN, IT’S A BEAUTIFUL THING.”

- Abby Wambach

GLENTON STUURMAN INCLUDED IN PROTEAS SQUAD

Glenton Stuurman, currently playing for the Warriors became the first SWD cricketer to be included in the Proteas Squad.

After a stint at the SWD Academy, Glenton debuted for SWD in a List A game vs Namibia in November 2013 and then played his first 1st class game against Eastern's in his hometown, Oudtshoorn later that same month. Following his success with SWD whom he played for until he signed for Eastern Province in 2018, he has not looked back, going from strength to strength as he developed his skills further.



Above: Glenton in action for SWD and left, claiming another scalp for the Warriors.

YOUTUBE COACHING FOCUS

As always, we bring you links to some quality material out on the web and this months focus looks at ‘attacking’ batting. When you talk to your players about attacking batting the first thing they think about is 6’s and 4’s because that’s what they see on all the highlights packages. This is far from the truth and there are a lot of skills one can learn and develop, to improve your attacking batting.

Some of the options to improve your attacking game are: learning to rotate the strike effectively, manipulating the ball (off a good length), unorthodox shots, power hitting, use of the feet and the list goes on.

Here are a few links to some great clips , advice and drills that you can share with your players

on developing some of the aspects around ‘attacking batting’.

Cricket Batting Tips 3 Things To Do To Improve Strike Rate with Chris Lynn

<https://youtu.be/hGz0o9uecak>

Cricket Masterclass: The art of attacking batting with Gilchrist, Pietersen and Ponting <https://youtu.be/2wdT4zNin>

Jos Buttler T20 Batting Masterclass | The basics of being a world class batsman! <https://youtu.be/2ppk84W1-2Y>

Joe Root Masterclass - Hitting over the top <https://youtu.be/PW90lhY88M8>

CSA WOMENS SUPER LEAGUE T20

Two SWD Womens XI players have been selected to take part in the second edition of the CSA Womens Super League T20 competition, following the live draft that was streamed on YouTube this past week. You can watch the draft here [2020 CSA Women's T20 Super League Draft](#).

Jané Winster will represent the Coronations together with national players Nadine de Klerk and Laura Wolvaardt whilst Michaela Andrews who is also part of the National Womens Academy intake, joins the Duchesses, where she will play together with Mignon du Preez and Sune Luus.

Katrisha Strydom, the Chairman of the SWD Women's Cricket Association, congratulated the players with their inclusion. "We are very proud on Michaela and Jané and wish them all the best for this exciting opportunity", commented Strydom.



Michaela Andrews above, will be joined by Jane Winster at the CSA WSL 2020.

2020/21 COACHING CALENDAR


There have been a number of coaches asking about coaching courses so as a reminder please note that all coaching courses for this season will not be 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.

Two Coach Acceleration Program Camps are planned for January 2021—information will be distributed via email and the website closer to the time.

Our regional coaching forums, which have seen quite a break, will hopefully 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](#).

The Preseason Webinar Series has been well supported by a group of coaches—see more about these webinars later in the newsletter.

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 

TWO SWD PLAYERS INCLUDED IN COBRAS CUBS XI

Two promising young cricketers from SWD have been selected to represent the Cobras Cubs XI in early January. Kamvalethu Feni (Thembaletu Hub) and Ayabonga Ngondo (Bridgton RPC) will be joining other talented U19 cricketers from the Western Cape to take part in the annual Cubs tournament in Paarl.

Kamvalethu Feni's selection comes on the back of being invited to attend the National U16 TAP Camp early this year, whilst Ayabonga Ngondo has consistently performed for the SWD age groups sides.

We wish both players all the best and congratu-

late all the coaches involved in their selection!



Left: Kamvalethu Feni and below, Ayabonga Ngondo will represent the Cobras Cubs XI at the CSA Cubs week in January



COACHES CORNER: HOW TO INCREASE YOUR RUNNING MILEAGE SAFELY

For all cricketers and coaches who do not work with a strength and conditioning coach, getting your cricketers or yourself fit might seem like quite a daunting task. My number one principle is slow and steady really does win the race. Remember the old saying, Rome was not built in a day. There is no 'quick fix' to getting fit – consistency gets you fit.

But how does one become fit by doing it consistently, but not get injured?

Running is a high-impact activity; your muscles, joints, bones and connective tissue can take a beating from hitting the pavement as you carry your entire body weight on one leg at a time, over and over. If you start running every day or suddenly double your distance before your tissue has adapted and strengthened to handle the impact, it can start to break down. One of the biggest mistakes runners make is increasing their mileage or frequency too quickly, to the point that they get injured from a combination of overuse and weakness. You might not even notice when that breakdown starts. Your cardio fitness (heart and lung capacity) progresses faster than your muscles can keep up with, and this is how overuse and chronic injuries like shin splints start.

So here is how you can increase your mileage safely, Run no more than 1.5 times your average weekly distance. The sweet spot is run 0.8-1.3 times your weekly average to stay injury free.

For example, if you have been running 10kms a week for the past few weeks and did 15km this week, that load is

1.5 times greater. If it felt hard or bad, you may want to spend another week at 15km or even scale back to 10km. But if it felt good, you can try increasing your mileage by that same rate next week. Even if you felt incredible, it might be best to stick with the 1.5 increase: Research shows that within 0.8 to 1.3 was associated with a low injury risk, but that injury risk increased significantly when the ratio was above 1.5.

One other crucial tool to help keep you happily running along: Strength training. Focusing your resistance routine around glute and core work specifically.



Slow and steady might not sound sexy, but becoming a healthy runner for life? That has a nice ring to it.

Daniel Seha is the SWD Assistant Coach and S&C

COACHES CORNER: PRE SEASON WEBINAR SERIES: PLANNING YOUR SEASON WITH JASON MASWANGANYI

This webinar with Jason Maswanganyi, looked at the thinking and ways of approaching skill development in the pre season.

Some key points from the webinar were:

- Skills need to be progressed, just as you progress the conditioning and fitness of your players
- You should start with a plan, having looked at what worked/didn't work last season for players and what skills you believe they need to learn this year. A challenge for school coaches here, is that you may be getting a whole new crop of players that you do not know and so GREAT communication is needed with their previous coach. This will give you an understanding of what is required to speed up their skill development. If you do not do this as a coach you will have 'to reinvent' the wheel by learning all your players strengths and weaknesses yourself. Hence our use of a players PDP which can be passed on to the next coach.
- Schools that have a system in place with their coaches all working towards the same goal and discussing their own players development often, produce highly skilled cricketers because there is a conscious , continuous plan in place.
- Link your skills development into the different periods (macro and micro) of your off and pre-season AND continue to develop skills through the season. (Our suggestion would be 1 skills focussed session and 1 net/middle session per week in the season). "MORE SKILL AND GAME PLAN DEVELOPMENT AND LESS GENERAL NET SESSIONS"
- Remember the practical example that Jason gave us on how to use your facilities to practice a range of skills with players rotating
- It is not only the goal to develop a player so they can execute a skill, but that they are able to execute the skill, under fatigue, pressure and in competition,



consistently. You can only do this by putting them into scenarios or situations that test the skill before they go out into competition. Planning is key here! And continuously doing this. Make it part of your training culture to train as hard as you play

- Jason shared what the framework coaches do for players regarding their PDP's (Player Development Plans). Some coaches may not have the time for this but getting to really know your players goes a long way to assisting them with their skills. REMEMBER – WE ARE COACHING PEOPLE FIRST, and then players.
- Put the responsibility on your players to analyse their own games. You can do this by sitting one on one with them, giving them a questionnaire or asking team mates to share their thoughts on each other, with each other, so that everyone can develop their strengths and work on their weaknesses.

How you approach your skills development is up to you and your situation. Be creative. Be organised and have a plan. And, do this consistently. You WILL then see the change taking place in front of you. If every school, club and HP programme in SWD spent some (even a little) time on a focussed and planned out pre season skill development programme – imagine how the standard of our game would improve from where it is at currently!?

COACHES CORNER: WEBINAR SERIES: PRESEASON FIELDING WITH DANIEL SEHA

The webinar delved into preseason fielding and the process of developing these skills. A big thank you to Daniel Seha for his presentation which he happily shared with all the coaches.

Some of the key learnings from the webinar were:

- Have a plan in place to progress your players fielding skills AND intensity towards the beginning of the season
- Train the fundamentals early and ensure all your players have mastered these skills
- Develop an 'aggressiveness' towards fielding. The discussion around this was pertinent to our environment where we look to focus NOT on the actual skills, attitude and actions towards fielding, being positive, assertive and proactive when stopping, catching, diving, cutting the angle and saving anything in the field!
- Developing your players awareness levels during your sessions. Don't assume they know. This will pertain to the outfields condition, batsmen on strike, watching the blade of the bat to predict the shot etc.
- Manage the throwing loads of your fielders to develop strong and well trained arms slowly increasing the load as you move towards the season—as you would do for your bowlers
- As you get closer to the season, start focussing on the specialist positions and the skills these require

Daniels presentation gave a clear background to all of this and I encourage you as coaches to develop your own system at training sessions which will work for your situation. Remember to instil a love for fielding, considering the average ratio of active time on the field per player ,being approx. 70-80% fielding; 10-15% batting and 10-15% bowling.



COACHES CORNER: WEBINAR SERIES: PRESEASON BOWLING SKILLS

SWD Head Coach Alan Kruger, was the guest speaker for our webinar on developing bowling skills during the preseason. This is always a very interesting topic that needs a lot longer than the half an hour we had, but Alan raised some fantastic points for our coaches to ponder on and use.

The key points he brought across to the coaches focused on the WHY WHAT and HOW TO:

WHY

- We work on a bowlers action / develop new skills to 1) prevent injury 2) enhance their performance/ execution 3) bring a new dimension to their bowling

TECHNIQUE / ALIGNMENT

- When working on a bowlers action, you have to start this in the off season to have enough time to progress the bowler from the basics through to full pace.
- If the action needs refinement or changes then the bowler must be videoed and analyzed

SKILL DEVELOPMENT

- When it comes to developing skills this should be done with the role the bowler will play in the season in mind and, to add to their armory.
- Bowlers must first master their stock ball
- Add to this skill set—yorker, bouncer, slow balls for pace bowlers and variation in flight, trajectory, pace and turn for spin bowlers

CONSISTENCY

- For any bowler—consistency is key. A consistent action and being able to hit their target area consistently is vital and this comes down to control of their action and the ball. This work must be done in the off/pre season

STRATEGY

Whilst working on these aspects the concept of strategy and when and where to use these various skills needs to be introduced and developed and discussed. Middle sessions and setting scenarios at training need to be used.

HOW TO

- Progression is key and managing the bowlers loads is very important for fast bowlers. Build up the loads to the season and monitor the number of overs bowled
- Again, a review on the past (strengths / weaknesses) and what the bowlers wants and needs going forward should be done together (coach and player). A plan can then be drawn up on what will be worked on
- Learning a new slow ball for instance should be done from standing and bowling progressing through to the full run up.





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@cricket.co.za

Performax Administrator (all Performax related affairs)

Genevieve Anthony: genevievea@cricket.co.za

