



# The Nightwatchman

In a season where our senior competitions have been squeezed in to a few weeks we find ourselves winding up and down to the end of the season all at once. The SWD Men's and Womens squads are will be taking part in their respective competitions with the Womens side playing at home, and we wish both sides well!. The announcement of the different divisions is imminent and so there is lots to play for by all players.

The year has been a frustrating one when it comes to coach development because of the pandemic and the fact that we have not been able to roll out our usual programs. In saying that we have utilized technology to reach coaches through webinars and online mentorship and coaching. These 'new' ways of doing things will be integrated into our programs going forward when we 'return to normal' and will add to the value that our coaches receive.

With the easing of the lockdown we will be looking to reintroduce some of our programs going forward. Be sure to keep an eye on the media and your mails for this news and information

We look forward to seeing you in person at a coach development event in the near future  
Garry Hampson—SWDC Coach Education Manager


### A good coach.....

- Listens
- Asks open questions
- Clarifies points made
- Encourages reflection
- Avoids 'telling'
- Builds rapport
- Is non judgemental
- Challenges beliefs
- Helps to see the big picture
- Encourages commitment to action
- Doesn't have all the answers
- Develops trust and respect
- Is solutions focused
- Has a strong belief that colleagues have the capacity to learn, develop and change.



### The Impact of Coaches

I have come to the frightening conclusion  
I am the decisive element on the court  
It is my personal approach that creates the climate  
It is my daily mood that makes the weather  
As a coach, I possess tremendous power  
to make a child's life miserable or joyous  
I can be a tool of torture or an instrument of inspiration  
I can humiliate or humor, hurt or heal. In all situations it is my response  
that decides whether a crisis will be escalated or de-escalated  
and a child humanized or de-humanized.



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### Special points of interest

- [Proteas call ups](#)
- [Cobras Cubs selection](#)
- [YouTube coaching focus](#)
- [Fielding tips](#)
- [Team management](#)

## 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

## PROTEA CALL UPS FOR EX SWD PLAYERS

Recently, two South Western Districts born and bred players were called up to the Proteas squad.

Glenton Stuurman who currently plays for the Warriors debuted for the Proteas against Pakistan in Lahore. Another SWD ex-player, Ottniel Baartman was called up to the Proteas Test Squad for the Pakistan series. Unfortunately he missed the tour however, it is exciting to see these players coming through the SWD HP Programs moving on through the CSA pipeline and being rewarded for their success.



Top: Glenton Stuurman and below, Ottniel Baartman in action for the Dolphins. Both received national call ups recently.

## SWD TEAM NEWS

After months of frustration with no cricket, the SWD team will finally take the field in the CSA 3 Day Competition.

Thanks to some forward thinking and planning, the CSA Provincial competitions are taking place in different 'bio-bubbles' around the country so that some cricket can actually be played. It is quite something to organize something of this nature with all the testing, isolation, protocols etc. etc. and we congratulate those members who are currently hosting these events.

The SWD squad has been training hard in the build up to this tournament and have played various inter-squad games to prepare themselves as well as they could, considering the

amount of time lost to the lockdown.

With the change in structure and new contracting for this structure due to take place over the next few months, there is a lot to play for!

Exciting times indeed and a great time to get involved in the game here in beautiful Southern Cape!



Above, the SWD team to take part in the CSA 3 day and List A competition to be played in a bio-bubble hosted in Paarl.

Back Row: Simon Khomari, Levin Muller, Herschel America, Travis Ackermann, Heath Richards, Sintu Majiza, Renaldo Meyer, Regan Rhode and Jhedli van Briesies  
Front Row: Jean du Plessis, Tsepo Ndwandwa, Daniel Seha (Strength & Conditioning Coach), Kelly Smuts (Captain), Alan Kruger (Head Coach), Kirwin Christoffel's, Jason Maswanganyi (Assistant Coach), Neil Hornbuckle and Hanno Kotze

## SWD WOMEN'S TEAM NEWS

### SWD WOMEN VICTORIOUS IN CSA INTER PROVINCIAL TOURNAMENT

The SWD Women's team emerged unbeaten winners of Pool B of the Cricket South Africa Inter-Provincial Women's tournament that ended in Oudtshoorn on Monday.

The team captained by Haroline Rhodes recorded bonus point victories in all their matches finishing the week with an emphatic 6 wicket victory over Eastern Province in their last match. EP, who batted first, posted 138 (49 overs) with Julandi Saayman (3/22), Jané Winster (3/26) and Haroline Rhodes (2/30) were the pick of the bowlers. SWD (139/4) only needed 34.2 overs to reach the target. Vuyowethu Bonya (41\*), Mochelle May (37) and Haroline Rhodes (33\*) all made vital contributions.

In other fixtures SWD defeated Kei by 10 wickets, Free State by 7 wickets and Boland by 3 wickets. SWD will now advance to a play-off match to determine which team will be promoted to the A-division.

#### Kei vs SWD

KEI 51 all out (35 overs) (Julandi Saayman 3/5, Haroline Rhodes 3/6,

Micaela Andrews 3/7) SWD 52/0 (11.3 overs) (Julandi Saayman 21\*, Mochelle May 24\*) SWD won by 10 wickets.

#### Free State vs SWD

FREE STATE 79 all out (31.1 overs) (Delmarie Hoffman 25, Christen Van Wyk 26\*,

Haroline Rhodes 5/14, Jane Winster 2/11, Micaela Andrews 2/25) SWD 80/3 (16.5 overs) (Mochelle May 19, Micaela Andrews 18\*, Bianca Figeland 18\*) SWD won by 7 wickets.

#### SWD vs Boland

BOLAND 69 all out (40.5 overs) (Chantelle van Schoor 20, Marnezelle Rabie 2/5, Jane Winster 2/12, Micaela Andrews 2/15, Haroline Rhodes 2/18) SWD 70/7 (27.1 overs) (Bianca Figeland 19, Jané Winster 18, Maudeen Dampies 4/21, Don Lin 2/15) SWD won by 3 wickets.

#### SWD vs Eastern Province

EASTERN PROVINCE 138 all out (49 overs) (Jana Nell 50, Mieke de Ridder 23, , Julandi Saayman 3/22, Jane Winster 3/26, Haroline Rhodes 2/30) SWD 139/4 (34.2 overs) (Vuyowethu Bonya 41\*, Mochelle May 37, Haroline Rhodes 33\*, Chene Arnolds 2/16) SWD won by 6 wickets.



*Back Row: Zimkitha Kona, Kaylene Abrahams, Bianca Figeland, Cheyenne De Villiers, San-Mari Strydom, Chani Dammons, Vuyowethu Bonya and Zoe Meyer*

*Front Row: Julandi Saayman, Marnezelle Rabie, Eduard Strydom (Head Coach), Haroline Rhodes (Captain), Ms Katri-scha Strydom (Chairperson SWD Women's Cricket Association), Jané Winster (Vice-Captain), Merlin Masimela (Assistant Coach), Mochelle May and Michaela Andrews*

## NGONDO AND FENI SELECTED TO COBRAS CUBS

Kamvalethu Feni from Imizamo Yethu Secondary School in Themba-lethu and Ayabonga Ngondo from Fezekile Secondary School in Bongo-lethu, two of SWD's promising young players, were included in the Cobras Cubs team for the annual Cricket South Africa franchise cubs week that was hosted in Stellenbosch in February.

Normally the franchise cubs' teams get selected after the Khaya Majola national weeks in December but this year no national weeks were held due to the Covid-19 pandemic. The team selection process was therefore abnormal but both Feni and Ngondo deserved this opportunity to showcase their talent at a high level.

The Cobras Cubs dominated the week ending unbeaten and the Cubs Champions. Well done to the players and coaching staff involved!

*Right: The Cobras Cubs team that won the 2021 National Cubs Tournament hosted in Paarl during February*

The Cobras Cubs Team: Daniel Smith (W.P.), Ethan Cunningham (W.P.), Kai Curran (W.P.), Siyambonga Nyawose (W.P.), Dewald Grove (Boland), Kamvalethu Feni (S.W.D.), Michael Levitt (W.P.), Nicholas Kevy (Boland), Kaden Solomon (W.P.), Nathan Jacobs (Boland), Darian Naidoo (W.P.), Ayabonga Ngondo (S.W.D.), Salman Ajam (W.P.), Ashake Tsaka (W.P.).



## YOUTUBE COACHING FOCUS

In a time where T20 cricket captures so much of our attention, we thought it would be an idea to share some interesting videos on batting in T20 cricket. Some of these we have looked at before, but they are a good reminder of the basics that we as coaches need to be working with our players.

It is also important to remind ourselves that we need to be vigilant when using all this information out on the web because we can also confuse our young cricketers. We see players coming with different theories often from watching the latest top players channel or technique and it is our responsibility to develop a players OWN technique and game plan that suits their natural body type, character, style of play and roles in the team.

Everyone is different and these players that put out videos ARE NOT COACHES (OR TEACHERS YET) but are talking about what worked for them. Help your players wade through this information and sift for them...

[Jos Buttler T20 Batting Masterclass](#)

[Shane Watson T20 Batting Masterclass](#)

[T20 Batting Session—Drills](#)

## COACH DEVELOPMENT

An update on the coach development program's is looking rather empty compared to years past. This is because we are still not able to run coaching courses and get together for forum's because of the pandemic (thankfully the numbers are heading the right way!).

What is happening though is that webinars are being planned for the rest of the financial year—keep an eye out for the invitations . Our mentorship programs continue as well as the coaches programs who are currently doing the level III course.

I get a number of queries every year regarding the level III course and so I would like to clarify the purpose of the level III and what is required. Firstly, it is not just a course that you can attend, study a little and get a certificate as you would in an admin environment. There is a lot of cricket 'nous' (knowledge gained through experience coaching many years and producing 'rounded' elite cricketers, or playing at an elite level) that is required.

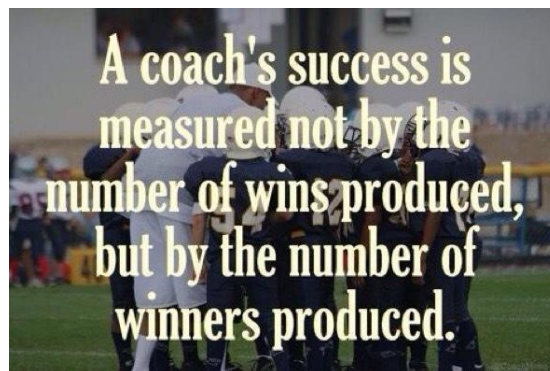
Secondly, if you are coaching at a premier club, high school, private academy, or hub, a level 2 certificate is sufficient and what is 'required' at that level. The Level III Course is designed for coaches working in the High Performance Pipeline of CSA with elite cricketers and it is much more

advanced than the level II because it requires the experience mentioned earlier. Being part of the Level III assessment team for a number of years, I have seen coaches from all over the country who do not have this experience and have not taken their own development seriously (attending all CAP Camps / Level II Refreshers / Forums etc.) really struggle on the course. If this is something that you envision for yourself, then it is important that you take it upon yourself to upskill your coaching skills through the above-mentioned programs and work with elite players as much as possible.

**The SWD coaching department has recently sent out a questionnaire to update all coaches details and confirm who is actively coaching in the region. If you coach in the SWD, please will you complete this by clicking on this link**

[SWD COACHES DATABASE](#)

To stay up to date on what is happening with the coach development in the area and to join one of the forums, courses or sessions 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

# COACHES CORNER: BE THE BEST FIELDING TEAM

The following article has been adapted from a presentation done by Daniel Seha— the SWD Assistant Coach at a recent CAP Camp on fielding. Daniel has put some brilliant ideas that are simple and easy to follow as a coach in preparing your players for the seasons fielding. Something to use in your planning for the off-season.

## **BE THE BEST FIELDING TEAM IN YOUR LEAGUE**

Pre – Season Preparation and Fielding Skills Development

*"The best fielders in the world are the ones who've got quick feet, who are very strong in the thighs, and who pick the ball up and shift their alignment with the hips"*

### HOW are we going to be the best fielding team in our league?

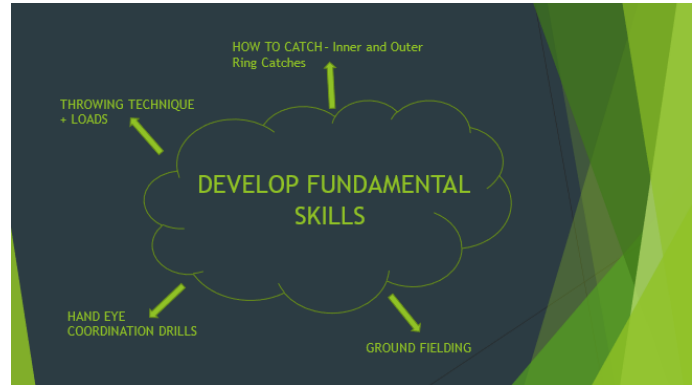
1. **ANTICIPATION** – You should want the ball to come to you in the field and watch the batsmen closely and be involved every ball of the game
2. **AGGRESSION** – Attack the ball first, Defend second. Be an athlete – quick to make decisions, move and get into the right positions. Take Charge.
3. **LOVE FIELDING** – Create self awareness and coach them to captain their space - The more fielders think for themselves, the better for the team

### How to DEVELOP a Pre – Season Fielding Plan for Your Team!

1. **DEVELOP FUNDAMENTAL SKILLS** – Throwing (Technique + Load), Low Intensity + High Volume, Technical "How to" Drills + Hand Eye Coordination
2. **PROGRESSIVE BUILD UP** – Increase Intensity + Put their skills learnt under pressure, more match specific movements
3. **MATCH SKILLS** – Develop game awareness through drills targeted to replicate the demands and skills needed during a game

#### **Fielding top tips**

1. Solid base
2. Get low, stay low
3. Watch for shot shape
4. Cut down the angle
5. Aim at base of the stumps



### PROGRESSIVE BUILD UP PHASES

- Taking our skills learnt in Phase
- Add in Cricket Specific Movements and Demands – Changing of Direction with OBJECTIVES and putting them under pressure
- Increase the Intensity because we have developed skills and done enough volume for their sessions to be shorter

### MATCH READY!

1. **GAME AWARENESS** – Backing up, watching the batsmen's movements, movement off the ball and being engaged
2. **SELF AWARENESS** – Captain your space, body language
3. **TEAM DRILLS** – Simulating match demands and pressure creates a competitive environment. Train specifics.

### HOW TO COACH FIELDING?

1. **ENGAGE ALL PLAYERS** – Ensure all players are always involved
2. **TEAM DRILLS** are key – Creates and drives your team culture, connectedness, character and engagement
3. **COMPETITIVE and FUN** – They have to LOVE FIELDING
4. **OBJECTIVES and GOAL DRIVEN** – Team benchmarks and standards

"We want our fielders to create an opportunity where none exists, and then convert that opportunity"

## COACHES CORNER: TEAM MANAGEMENT

With the pandemic basically culling all our team processes and get together, it is possibly and good time to refresh and reflect on Team Management principles and to review how we as coaches go about this. As we have mentioned before in our coaches corner, we tend to focus so much on the actual technical aspects of coaching that we forget this is only a part of what we do.

It is a well known fact that if you have a team that is functioning well, whether this is an U10 school or a professional team, the environment created through your team management plays a major influence not only on the performance of the team, but on the development of each individual. This ultimately in my opinion will result in the performances that you, your school, club or provincial team is striving for. Lets get into it...

There are some key stages to understand and work through:

1. Build trust
2. Strengthen Team Identity
3. Make decisions effectively
4. Resolve conflict
5. Encourage collaboration
6. Effective Communication
7. Evaluate Performance / Review
8. Plan

Because we could spend hours on each topic I am going to give a brief overview and ask YOU a question or two that you will need to answer in your context to develop your own effective team management process.

### Building Trust

The simple answer to this is TIME. You need to spend time with the individual getting to know them, their fears, hopes and dreams and their game. This may mean going for a 'cup of tea' as my coaching mentor called it (more like coffee nowadays). For your younger players (and older ones) time one on one in the nets is crucial and you should factor this into your time.

### Strengthen Team Identity

This is a process that develops over time. When I was at school many years ago at a well known rugby school, our 3rd rugby team had a serious identity known by everyone. They were known as the 'amaBubesi' - Zulu for the Lions and every year the new players coming up a grade new what the team was about, what was expected of them and how to conduct themselves before they even got to the team. Not every team is able to operate like that, but you will need to build your teams identity by knowing what your team goals are, what type of an environment you operate in (that you have created) and the 'social contract' that exists between the players which governs how they behave, train and interact.

### Make Decisions Effectively

What we as coaches often forget is that a large part of our preparation of players is to make the right decision in the moment! What strategy to use. What shot to play. What length and ball to bowl. Which bowler to bowl. The list goes on and often players have minimal time to make these decisions. To help your players make quality decisions on the field they need to follow a process. This is the 'preparation' part to team decision making on the field.

Have your players discuss the strategy(ies) and then look at different alternatives (the what if scenario's). Allow for open debate and encourage input from everyone looking at aspects from both the bowling and the batting perspectives (and sometimes from a fielding perspective as well). These options should lead to the defined objectives that you as a team are trying to achieve and then try set up training sessions to allow your players to practice the different options. This process takes time to develop, but it is worth it.

### Resolve Conflict

We all know that conflict is inevitable in any relationship because we are all different people, with different backgrounds, belief systems and opinions. Not to mention different ways of doing things. If dealt with effectively and resolved, conflict is a learning tool that can promote the development and growth of your team and its individuals.

“

Talent wins games, but teamwork and intelligence win championships.”

*Michael Jordan*

To resolve conflict, try follow a process which involves identifying the root cause, involving team members in this process, and then come to a resolution by sticking to the facts (steer team members away from opinions) and focus on behaviour and not the character of the team members whilst steering them away from using ‘you’ and rather using I when expressing themselves. Ensure you hear all team members voices and do not interrupt each other when expressing concerns or thoughts. A final thing to remember is that unforgiveness eats at ones soul, whilst forgiveness frees one up.

**Encourage Collaboration**

SYNERGY is the most powerful tool a team has. So use it by encouraging all members to give their thoughts and inputs. Generally in teams that have operated for awhile there will be the usual voices who dominate and the team loses out on valuable input from some members. Ensure this does not happen to your team.

**Effective Communication**

Communication is where games are won and lost, seasons are won and lost and so are teams won over or lost. Some tips to remember: use words such as “we”, “us”, “our” and not my and I. The old saying that there is no letter “I” in team holds true.

Secondly, use questions to get players feedback and dialogue and if you are unsure then seek clarification. A bad habit many of us have is interrupting someone and especially someone with less authority. Finally, continually remind your team of the teams goals.

**Evaluate Performance**

How you evaluate performance varies but there are some principles that can be used depending on your situation: the teams/your original objectives, benchmarking, an outside view, debriefing sessions and individual performance reviews.

**Plan**

The final aspect to team management is the completion of the loop and that is to Plan. Yes, plan again. Planning never stops and the moment you do, your team will start to slowly (or quickly) decline. Get together as a team often and use these principles discussed above to plan the next few days, months or year and keep closing off this loop.

Effective Team management is an ongoing process that uses up a lot of a coaches time and mental energy and so doing it effectively will free up some space for the myriad of other important responsibilities you as a coach needs to do and fulfil.

*Garry Hampson is the Coach Education Manager for SWD Cricket*





**Important contacts**

**Coach Education Manager** (all coaching related affairs)

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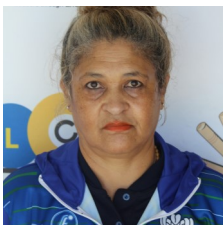
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