

The background of the entire page is a photograph of two men in blue and white tracksuits. They are looking intently at a smartphone held by the man in the foreground. The man in the background is wearing a blue beanie with a white lion rampant logo. The man in the foreground is wearing black sunglasses and a white earbud. The image is framed by a large, stylized red and blue curved shape at the top.

# ECB UKCC3 Performance Coaching

# What is the ECB Performance Coaching Course and what does it cover?



The ECB Performance Coaching Course is the evolution of the existing ECB UKCC3 Head Coach Coaching Course which has been delivered since 2007. This new Course has been designed specifically to meet the needs of coaches working with performance players in performance environments. The aim of the Course focuses on developing and equipping coaches with the knowledge, skills and thinking to work effectively with the most talented young players and adult cricketers and teams. Coaches who primarily work in recreational playing environments and whom do not meet the criteria for this Course will now be supported through other coach education pathways available after September 2012.

## The Course contains the following themes:

- Coaching Philosophy of working with Performance Players
- Communication Skills
- Learning Styles
- Leadership
- Tactical Awareness and Game Sense
- Movement and Balance
- Skill Acquisition
- Planning
- Fielding
- Performance Analysis
- Team Coaching and Dynamics
- Coaching Pace Bowling
- Coaching Spin Bowling
- Psychology and Mental Toughness
- Coaching Wicket Keeping
- Fitness for Cricket
- Spirit of Cricket
- How to be an effective Coach of Performance Players



Successful applicants to the Course will be assigned a personal Tutor and Assessor who will hold an induction; be available at certain times for face to face or group meetings; and offer support, guidance and advice when needed during the learning journey.

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# What are the coaching skills I can expect to develop?

- Coaching Philosophy of working with Performance Players
- The exploration and development of a personal coaching philosophy
- Use a range of communication and inter-personal skills relevant to your players and teams
- Create accurate and meaningful performance profiles of players and teams using observational and performance analysis techniques including the ability to set, monitor and review goals
- Use of video analysis hard and software to assist in player and personal development
- The ability to promote and develop an effective learning environment with players and teams
- Understand the principles of planning for macro, meso and micro cycles within development programmes and how to apply them with your players and teams
- The ability to self-reflect on own coaching practice and action plan for future improvement
- The ability to conduct meaningful and relevant feedback with your players and teams
- The application of Technical, Tactical, Mental, Physical, and Lifestyle Management ideas
- An understanding of skill acquisition for cricket coaches
- The relationship between and integration of the various skill components of performance.

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## Who can apply?

The Course is designed for coaches working in the following areas (male and female):

- County Age Group U13 and above
- Emerging Players Programme
- County Academy Programme
- County Professional Programme
- England Men's and Women's Development Programmes



## The Course is open to coaches from the following pathways:

- County Board Workforce Planning
- Professional Cricketers currently or previously playing in one of the First Class Counties in England and Wales
- ICC Europe
- Coaches involved in ECB related Development Programmes overseas.

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# What previous qualifications should I have?

To seek admission to the course you will be required to hold the following qualifications and certificates:

- Old L2 qualification plus the Club Coach Award
- OR existing UKCC2 qualification plus the Club Coach Award
- OR an ECB recognised equivalent overseas Coaching qualification from South Africa, New Zealand or Australia
- Active CRB, Safeguarding and Protecting Children, 1stAid and ECB CA membership certificates.

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# What is the commitment required of me and how long will it take to get my UKCC3 Certificate?

The Course is delivered over 8 personal contact days with the group spread over 3-4 months. There are areas of work, both practical and theory, to be completed prior to, during and after the Course which make up the competency-based assessment process.



Completion of the Course requires a high level of commitment from prospective candidates. Before accepting candidates onto the Course the ECB will need to be satisfied that candidates fully understand the commitment required and have a realistic chance of completion. The ECB will reject any application where it feels this is in doubt.

Each area of work will have a stipulated completion date which candidates must adhere to and final completion and qualification must be completed within 9 months of registering on the Course.

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## What personal and professional qualities do I need to apply?



During the application process ECB will be looking for the following personal and professional qualities in a coach:

- A willingness and open-mindedness to learn
- An ability to honestly and accurately self-critically reflect on their own and their players' and team's performance
- A previous experience of, or the potential to effectively work with performance players
- Have shown evidence of actively coaching and applying knowledge from a UKCC2, Club Coach Award or overseas equivalent qualification.

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## How much will it cost?

The Course cost to the candidate from September 2011 is £750, which must be submitted with your application.

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## What further development is available to me after I Certificate?

Following certification in the ECB UKCC3 Performance Coaching in Cricket Course there will be a number of opportunities to continue your development as a Performance coach. They include:

- The L4 Master Coach Course for coaches progressing to working in an elite coaching role (subject to acceptance by the Head of Elite Coach Development Manager)
- On-line CPD workshops on innovative themes to support your coaching practice
- Regional Workshops delivered by members of ECB and appointed Consultants.



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## What next?

If you have any further questions or queries in relation to what options are available to you in the coaching pathway please contact Keith Tomlins (pictured above) at [keith.tomlins@ecb.co.uk](mailto:keith.tomlins@ecb.co.uk). or on the new Performance Coaching Course please contact Tim Dellor (pictured on previous page) at [tim.dellor@ecb.co.uk](mailto:tim.dellor@ecb.co.uk).

If you believe the ECB UKCC3 Performance Coaching Course is for you, in conjunction with your endorsing organisation, please fully complete the Application Form and return with all requested certificates and payment.