

Hitting the Seam



COACHES ASSOCIATION

The Official Newsletter of the ECB Coaches Association

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PARSONS KNOWS

The England Lions have just returned from their trip to India to compete in the Duleep Trophy. For recently appointed Performance Director David Parsons, this was his first tour leading the England Lions, and he discussed with ECB CA Communications Officer Chris Glover how they prepared for the tour and what it achieved.

Q. Having just come back from the Lions Tour, can you tell me about the pre-tour

preparation that you did, both personally as a coach, and in terms of player preparation?

We selected the touring party just before Christmas. The timing of that was defined by the selection of the England squads for the One Day and Test Series in New Zealand. So we had to wait for those squads to be picked before we knew which players we were selecting from. Ideally we would give ourselves a bit longer than this to give the players we had

picked more time to prepare for the tour but as it was, on this occasion, it was a little 'tight'.

The players got together around about 7th of January for two weeks at the National Cricket Performance Centre at Loughborough, working Monday-Thursday in four day periods. We then flew out to India on 24th January - again we were a little limited by the agreement between the ECB and the BCCI which only gave us a small number of days in India. This meant we didn't

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quite have the build up we wanted and in effect we had only four days preparation and acclimatisation before our first game. We arrived on the 24th, so had a light day on the 25th in terms of workload as it is important to have a 48 hour period to get over the flight and so on. On the 26th we had a very light skills based session, nothing too intense and then on the 27th and 28th we had much higher intensity training, which again included skills work but also practice in the nets, individual work out in the middle for both bowlers and batsmen, team fielding work and also some physical preparation drills. This was important because whilst we were preparing to play, fitness is such a key component on tours that it is vital to maintain the levels that have been developed beforehand.

Q. What sort of things did you do in the time you spent at the National Cricket Performance Centre?

All of our work was based around preparing the players for that first match in the Duleep Trophy on the 3rd February. Before Christmas it was very much an individual training and personal development programme. The two weeks in January was solely based around getting the players ready to play in that first competitive match. All the work we did was practicing the specific skills that we thought would be required when playing in India. There was practice playing against spin, practice on certain types of pitches, a lot of work when players were physically and mentally fatigued, but really just a lot of practical work to get them ready to play in pretty difficult conditions. We looked at and showed the players

historical games that had been played in India so we went there hoping that there could be no real surprises. All the work we did was to prepare each player physically, mentally and emotionally to bowl or face that first ball on 3rd February.

Q. What were your expectations and intended outcomes for the tour?

We expected it to be very tough, in terms of the cricket we played and in terms of being able to win games. History told us that last time England played here in 2003-4 they were quite convincingly beaten, and every overseas team who was previously entered the Duleep Trophy has failed to reach the final stages, with the exception of Sri Lanka 'A' last year. We knew it was going to be hard, we knew these players were the best players outside of the Indian test side so we expected some difficult cricket.

In terms of our objectives they were three fold; first of all we wanted to be very competitive in the competition and ideally to win it, secondly we wanted individual players to learn from the experience and be better players by the time they came back, and thirdly we wanted to be able to identify a number of players that could potentially go on and have a successful career for England.

Q. How did the tour go then against those expectations?

Yes it was tough. In the end we played six games of which we won four. It would be fair to say that we were competitive although massively disappointed to have lost to West Zone which then meant we didn't make it through to the Final. We felt that we could



have got through to the Final and were desperately disappointed not to have made that. So on one hand we were disappointed we did not progress any further in the competition but on the other hand pleased that we were competitive throughout.

In terms of players learning from the experiences they had, they will have definitely gained

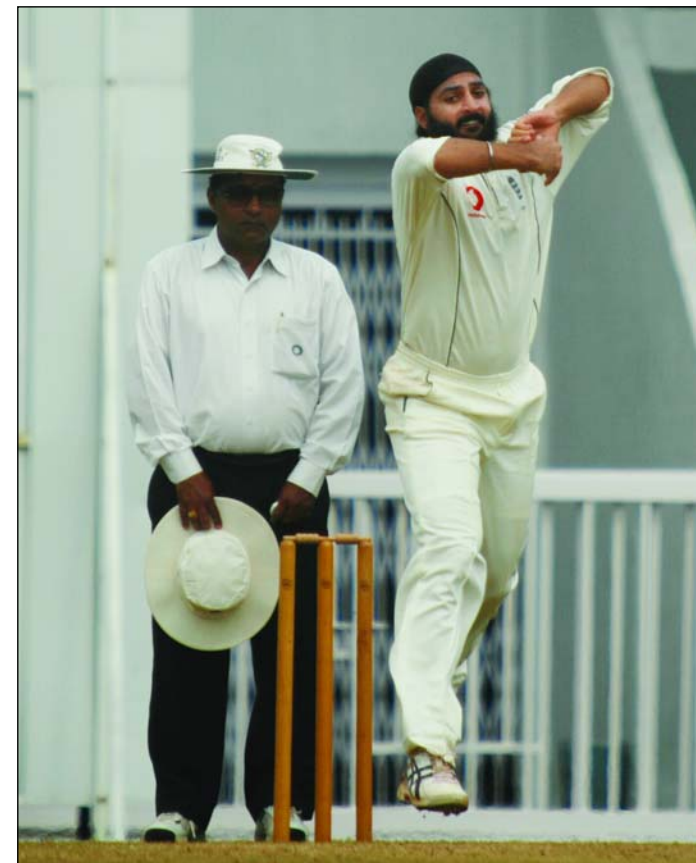
from the games we played in the Duleep Trophy (4 day) but probably less from the One Day games which were arranged as a consolation prize for not making it through to the final. I also think that the tour enabled us to make some judgements on the players that we had out there with regard to their suitability for future international experience.

Q. What were the key developments for individual players and the team as a whole?

One of the key things was not to go searching for it. This means not going searching for that killer ball or killer shot but staying very patient and maintaining high standards over a long period of time. It is often said that you can't win a game in a session but you could lose it, and therefore the capacity to remain patient whether you be bowling, batting or fielding was key.

Secondly, from a batting perspective, was the importance of recognising that individual scores between 30 and 60 rarely influence games, but scores over 150 nearly always do. There is nothing new in that but we tried to reinforce it as much as possible.

Finally, "do it the same, just do it for longer" was a lesson learned. So the skills that we were using were all appropriate and highly effective, we just needed to maintain the standard of those skills over a long period of time.



Q. What was the role of the tour?

There were two primary roles of the tour, one is the identification of players who could go on and play for England, and the second is to go and develop players. Obviously once you have entered a team into a competition of some merit then it is absolutely imperative that you try and win it. I don't see any conflict between trying to achieve the first two objectives and trying to win the competition.

Q. How do you go about giving feedback from the trip?

The players will be receiving feedback within the next three weeks, before the start of the season. They will get verbal feedback, but we will also then give information to the England selectors on the players.

Q. Would you describe the tour as a success?

I think so, yes. We went somehow towards our aim of being competitive. It was a great opportunity for players to learn and a good chance for us to assess their ability and suitability for further international action.

Q. What is next on the agenda for the England Performance Programme?

The summer sees us play fixtures against New Zealand and South Africa. We play New Zealand in a 4 day game in May and then we play South Africa in two One Day matches in the middle of August. Many of the England Lions team will also feature in the up-coming Champion County match, the MCC v Sussex on 10-13 April.

READY FOR THE SEASON?

With the 2008 cricket season looming upon us, most people involved in the game are busy making preparations. For coaches that means developing and preparing individuals or teams.

Depending on the level of coach you are or more importantly the role you are likely to play and the environment within which you will work, then this 'Pre-season Preparation' phase will demand different things from you. For Assistant Coaches this may mean supporting other coaches in the delivery of the coaching programme or running games. For other coaches, this may mean making the transition from indoor to outdoor facilities for you and your players.

So just what is the best type of training and practice in the spring-time to prepare players for the challenge of match play and to optimise their chances of success? Below are some thoughts from coaches working in different environments about how they go about preparing players for the 'pre-season' phase of their programmes:

ASSISTANT COACH - Sue Southern

As an assistant coach, much of my role is helping and supporting coaches in the delivery of drills, games and warm ups etc. Making the transition into outdoor facilities in April and May really offers the chance to run activities that were not possible indoors. This variety is absolutely vital for players and coaches after a comprehensive programme in Sports Halls and Indoor Nets. Some of the areas I shall be asked to provide support with are:

- Running between the wickets games
- Fielding Games - catching, throwing, running
- Small sided technique games - for example Lords Game for front foot drive
- Games that encourage team-work or basic tactical understanding

I currently support other coaches across a range of age groups and abilities so it is really important for me to know the skills levels of the players I am going to be working with and the expectations of both the players and the coaches. One day I

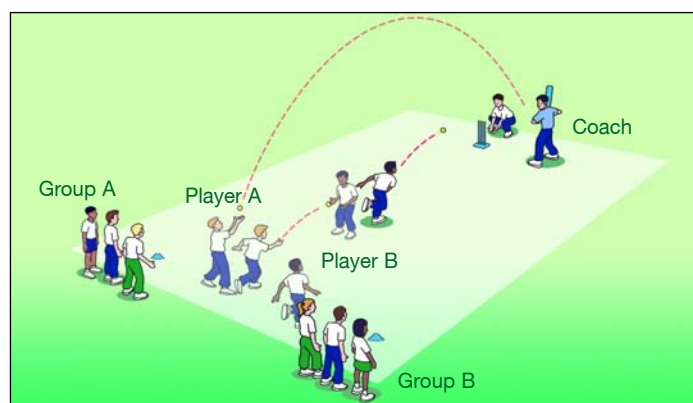


may be running a very basic catching game with a big ball for very young children and the next I may be providing a different challenge to more experienced players by using a 'running between the wickets v fielding on the one' game.

One game I like to use once we get outside is the High Catching and Relay Throwing practice as outlined here:

Organisation:

Coach hits a high catch out to the 1st Player from Group A who runs across to



take the catch (catching position 1) Meanwhile the 1st Player from Group B sprints to get half-way between Player A & the wicket-keeper (throwing position 2). Player A throws the ball to Player B who, in turn, throws it into the wicket-keeper. The 2 players then join the groups on the opposite side and the next 2 players get ready to do the same

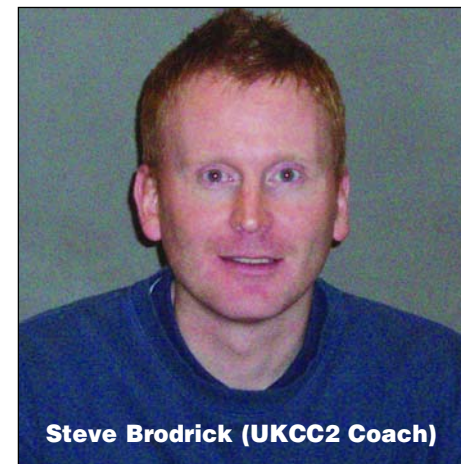
Equipment:

- 1 set stumps or a fielding stump
- 2 cones
- 1 Fielding bat for the coach
- Cricket balls or *Incrediballs* / *Mystery Balls*

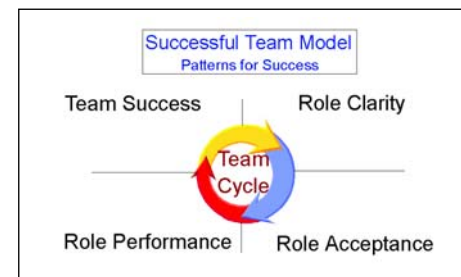
Easier / Harder:

- Increase / Decrease distance of the catch
- Harder - Introduce decision-making by calling out a choice of ends to throw to and introduce a second wicket-keeper
- Easier - *Incrediballs* instead of cricket balls.

COACHES WORKING WITH TEAMS -



At this stage of the year, it is important to allow players you have been working with over the winter to test out their new or improved technical skills or knowledge by putting them into the context of the match programme that will be starting in May. With these matches in mind, it is also vital to look at developing teams and roles within them. If the winter programme has gone well and individuals have improved and developed as you would like, then the next progression is for the players to put their enhanced skills into roles within teams. One of the basic principles behind team success can be identified in the following model:



Putting this quite simply, if each individual clearly knows and understands his or her role in the team, there is a greater chance that the role will be accepted and 'owned'. This sense of ownership and importance to the team will provide players with more confidence and commitment to achieve the kind of performances their role requires. The more individual players execute their skills to a high level, the greater the chance of team success. The 'Successful Team' model can be used in several parts of the game from warm ups to fielding positions to batting orders.

Whatever the focus is on during a training session or pre-match preparation session, it is crucial that clear communication is established and maintained with each

member of the team if the 'Successful Team' model is to be followed. Whilst the cycle of Role Clarity, Role Acceptance and Role Performance can be successful in its own right, it works even better if the coach 'underpins' it with high quality coaching skills such as:

- Planning & Preparation
- Communication
- Delivering
- Reflecting & Reviewing

If all these things are clear and consistent, then the players will always know 'where you are' as a coach and this engenders trust, honesty and togetherness for everyone involved in the development of the team.

COACHES WORKING WITH ELITE PLAYERS AND SQUADS -

Barry Hiam (currently on the UKCC3 Programme)



Barry is the Emerging Players Programme (EPP) Head Coach for the Essex Cricket Board and has also had an overview responsibility for all players in the Age Group Squads over the winter. He is currently on the UKCC3 Head Coach Programme. The 13 - 16 year olds on the EPP have attended one training session of 2 hours each week in the January - March period. Below he describes how these players will prepare for the new season:

"I look at the different phases of programme as being equally important but with a special emphasis on each. At this time of the year we are starting to look forward to the season and it is vital to use the 'Pre-season Phase' effectively and outlined below is an example of how I might do that. **1. Transition between winter 'Periods'** - In January and February, the players have mainly focussed on developing their technical skills, so during March we would start to look at tactical development in the

indoor facilities whilst once we can get outside on the grass during April and May it is absolutely vital to test these skills out through appropriate match-specific scenarios.

2. Tactical Scenarios - It is really important that players get the chance to put their technical skills under pressure through certain tactical scenarios. An example of this could be the area of Playing against Spin;

■ **Easy:** To start with We would set up a simple 'manipulation' drill where batters are fed balls to manoeuvre around the 'clock face' (use of cones to depict the different numbers of the clock face is good for this).

■ **Medium:** When this has been mastered then each batsmen has to progress to placing the ball into certain gaps (between set fielders or coloured cones) to simulate rotating the strike against spinners.

■ **Hard:** The scenario for the players can be made tougher by making the environment more challenging - use of 'spin mats' to simulate excessive turn or working out where and how to hit boundaries to turn the pressure back on the bowler.

3. Match Scenarios - Once the players' tactical skills have been improved, then it is vital to test these out by creating match scenarios that are as close as possible to the real thing. Developing the 'Playing against Spin' theme further, we might use a pitch on the edge of the square ('middle practice') and outline a certain stage of the game with a new batsman coming to the crease with only a few overs remaining and the other batsman well established on 65*. The new batsman has to try to manipulate the ball into a gap and get the more established batsman back on strike. Depending on the skills (both technical, tactical and mental) of the player, this can create considerable amounts of pressure and it is interesting to see how they cope with it.

Overall, April and May have often been seen as a bit of a wasted period in the ongoing development of young players. They have worked hard and finished their winter programme but their summer match programme does not start until late May or even June. We have to make sure that we use this time to provide a suitable connection between the two by providing a good variety of tactical and match scenario practice. I have recently picked up some really useful knowledge from the Head Coach course and now I'm looking forward to the next module to see if I can 'pinch' a few more ideas!"

DEVELOPING CRICKET IN SCHOOLS



Over the past twelve months the ECB has developed a twin tracked programme to ensure the level of cricket provision within PE and School Sport is of the highest quality.

The two courses, Working in Schools (WiS) and Cricket for Teachers (CRfT), are aimed predominantly at teachers and cricket coaches that are either planning or currently delivering cricket within the education sector.



Chris Dirkin managed the design and development of the courses and the resources that accompany them. Chris explains...

The 'Aspects of Knowledge' at Key Stage 2 and 'Key Processes' at Key Stage 3 are two vital processes utilised by teachers to identify how and when children learn during PE.

At Key Stage 2 (KS2) the Aspects of Knowledge are in place to allow pupils to:

- Acquire and Develop Skills
- Select and Apply Skills & Tactics
- Evaluate and Improve Performance
- Knowledge & Understanding of Fitness and Health

Whilst at Key Stage 3 (KS3) the Key Processes are in place to assist in:

- Developing Skills in Physical Activity
- Making and Applying Decisions
- Developing Physical and Mental Capacity
- Evaluating & Improving Performance
- Healthy Active Lifestyles

The challenge in the past has

been making the connection between the coaching process used in sport and the aspects of learning within education. Coaches and Teachers simply don't talk the same language and therefore found it difficult to make connections.

My concept was quite simple:

To identify key outcomes within 'Aspects of Knowledge' and 'Key Processes' and turn them into something resembling coaching bugs.

Once I had identified key outcomes on each of the Aspects of Knowledge and Key Processes, I simply added them to the limbs of the Aspect of Knowledge card and Key Processes cards.

The Aspects of Knowledge cards and Key Processes Cards can be used alongside coaching bugs to show the relationship to the coaching process and how it provides educational learning outcomes within Aspects of Knowledge for KS2 and Key Processes for KS3.

For example: Have a look at these three Aspects of Knowledge Cards:

Acquiring & Developing Skills

What can you (coach / teacher) do to ensure the child can:

1. understand the required task?
2. consolidate their existing skills?
3. gain and repeat new skills?
4. perform with more control and consistency?

Aspect of Knowledge card for Key Stage 2

Selecting & Applying Skills & Tactics

What can you (coach / teacher) do to ensure the child can:

1. understand the rules to make the game work well?
2. apply the rules and conventions without dispute?
3. apply skills and tactics to increase or decrease scoring opportunities?
4. apply skills and tactics to increase or decrease the amount of catches / wickets taken?

Aspect of Knowledge card for Key Stage 2

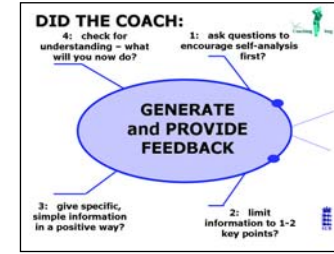
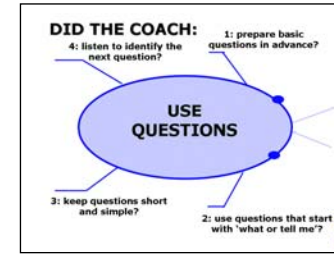
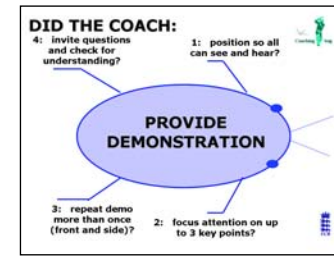
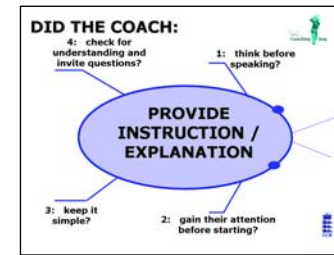
Evaluating & Improving Performance

What can you (coach / teacher) do to ensure the child can:

1. recognise good personal performance?
2. recognise good performance by others?
3. recognise what aspects of performance need improving?
4. communicate with team members to improve performance?

Aspect of Knowledge card for Key Stage 2

Then have a look at these coaching bugs:



The connections are easy to see:

- If you instruct and explain effectively the child will be able to understand the required task.
- If you provide demonstration effectively the child will be able to acquire and develop the skill whilst also starting to recognise good personal performance and good performance of others.
- If you use questions effectively the child can again recognise good performance and areas where they need to improve, they could also consolidate, gain and repeat new skills.
- If you generate and provide feedback effectively the child will start to select and apply skills and tactics better during small sided games and practices

The WiS course relates the language used within the National Curriculum to that of the Coaching Bugs and coaching processes used within the ECB Coach Education courses. By drawing the similarities between the two approaches in a practical environment coaches start to feel confident in developing sessions that achieve the outcomes of the Aspects of Learning and Key Processes identified above.

Greig Wright, Community Development Officer for the Derbyshire Cricket Board, has attended the WiS course and was surprised at how it changed his perception of a high quality session, especially when delivering within the National Curriculum... 'its surprising how similar the coaching and teaching process can be but I have had to change the stereotypical approach of warm up, main skill and game. I now focus much more on Teaching Games For

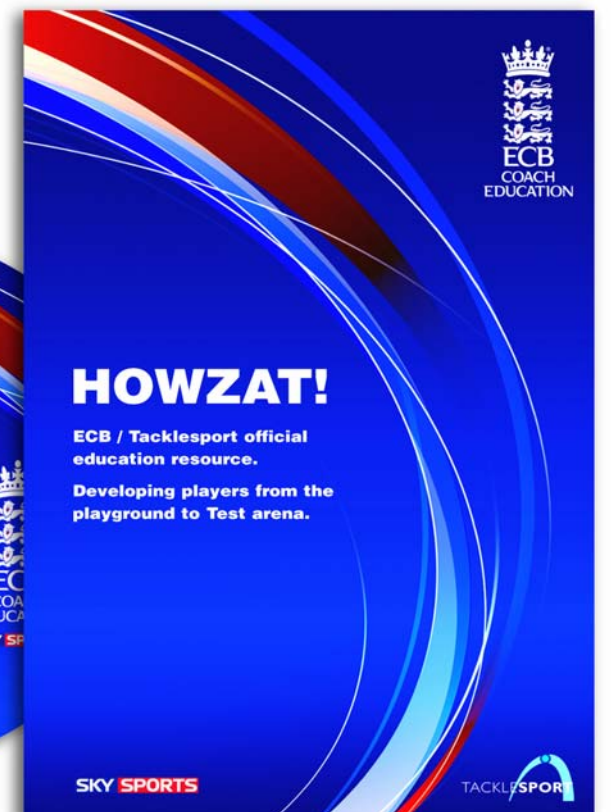
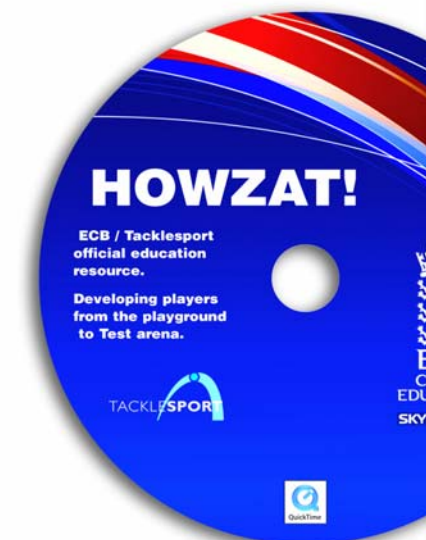
Understanding (TGFU) and utilising the Whole-Part-Whole approach to delivering cricket within schools. My planning, whilst all encompassing, is left more open to allow the opportunity to think on my feet and adapt sessions after I have seen the pupils in a small sided fielding, batting, bowling or wicket keeping game at the start of the session' Greig went on to say 'the practical element of the course helps bring to life the Aspects of Knowledge and Key Process Cards that enable me to make the link to the National Curriculum.'

The CRfT course gives teachers the confidence to deliver cricket sessions as part of PE whilst learning how to provide demonstration during the activity. This is called "Whole - Part - Whole". This process involves setting a game up, letting it run and identifying the skill required to develop. By returning to the game you can then look for improvements.

Interactive resource

The key resource underpinning both courses is Howzat! which provides a wide range of games and practices that can be delivered in clubs and schools. The interactive resource can be used in a vast array of learning environments giving coaches and

teachers the opportunity to deliver high quality PE and school sport.



INTER CRICKET AWARDS run in Derbyshire

The Derbyshire Cricket Board ran the NatWest Inter Cricket Awards for the first time during February Half-Term. ECB Coach Development Manager, Howard Dytham, caught up with Dave Hartley who led the scheme and is also one of DCB's Community Cricket Coaches. Dave was happy to discuss his first experience of the Awards and how they might be 'rolled out' in the future.

Q. How did you come to the decision to run the NatWest Inter Cricket Awards in Derbyshire for the first time?

We have run Proficiency Awards in Derbyshire for a long time and to an extent they served a purpose, but they had become a little 'tired' and the time was right for a high quality product to replace them. As one of the DCB Community Coaches, I have a responsibility to provide development opportunities for children both in and out of the school environment and half-term is a good time to try out the Inter Awards.

Q. As the lead coach, how did you find the Awards in terms of registering, setting up and running them?

Having taken on the role of 'heading up' the course, I found the Awards easy to register

with Coach Education staff at Edgbaston. The certificates and wrist bands all arrived as ordered.

I was a little nervous about the 'shape' of the syllabus in the Awards, having not run them before, but the session plans provided a good framework for me. I was able to 'mix and match' sessions a little to reflect the ability levels of different children on the course - the flexibility of the Awards really helps that.

Q. What was the children's response to the ongoing assessment compared to the more 'regimented' end of award testing in the old Proficiency Awards?

That's a key question for me. Having had plenty of personal experience of delivering the Proficiency Awards in the past, it was really clear that children saw the Inter Awards as much more of a quality coaching programme rather than a 'means to an end'. The progressive nature of the Inter Awards allow us to follow a player-centred approach that suits the needs of individuals better than in the past. In reality, one child could be on Inter Award Level 3 and another on Level 4 within the same course or group. The benefits of that are huge - siblings of different ages or abilities on the same course, Focus Clubs being able to offer genuine differentiation in the programmes, coaches gaining more exposure to working



with players across a range of abilities. Children still love the idea of receiving something at the end of a course or programme but with the NatWest Inter Cricket Awards, they will definitely 'go away' as better players as well.

Q. Now that you've run the Awards for the first time, how will DCB look to integrate them into your other development programmes in the future?

We would really like to see them 'allied' to our other school and club coaching programmes. It would make real sense, in time, for Levels 1 & 2 to be delivered to children in the school environment and perhaps Level 3 - 5 in the clubs. Teachers have lots of the generic skills already to deliver Levels 1 & 2 and with support from community cricket coaches on schemes like Chance to Shine, they could develop their skills and knowledge further which would give them more confidence to deliver. If we could get the focus clubs to 'buy into the scheme' and see the real benefits, then we could move towards the robust and sustainable coaching programme linking cluster schools and clubs further. The Inter Awards could provide an easy way on monitoring how many children are moving from the school environment to the club to enhance their development.

Q. So you think that there's definitely a future for the NatWest Inter Cricket Awards in Derbyshire?

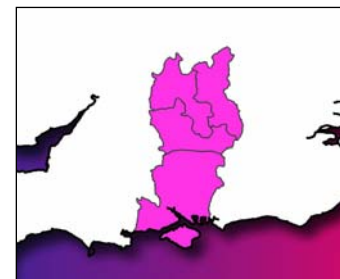
I think so, yes. If we can promote the Inter Awards well and help everyone to see how they can benefit the 'bigger picture' of Teacher and Coach Development as well as the Player-Pathway, then they will have a huge impact.

For more information on the NatWest Inter Cricket Awards, please go to the ECB website - www.ecb.co.uk



YOUR REGION A round up of what's been going on near you

SOUTH



Membership:



South News

■ In **Berkshire** the coach education programme has recently finished after a successful winter of courses. Tim Dellor is taking on the role of EPP Head Coach.

■ **Buckinghamshire** have run three UKCC1 courses (63 candidates), two UKCC2 courses (36 candidates) and two Young Leader courses (32 candidates). In addition to this we have run 3 skill set sessions in Milton Keynes for our representative players. David Capel, Northamptonshire CCC Head Coach, led a batting master class. Jason Brown, Northants spinner, led a spin bowling master class and Kevin Innes Northants bowling coach led a fast bowling master class.

■ On top of this the BCBCA has run one to one coaching sessions on Sunday mornings for all Under 16/17 representative players.

■ The **Isle of Wight** CBCA held its AGM on 11th March and are focusing on developing a two year programme of coach education involving Autumn courses for level one and level 2 candidates, three CDW's to be run at the academy each year to prepare some coaches to move towards club coach accreditation with some experience under their belts in the first instance in 2009. In the meantime they are attempting to re-qualify all coaches on the SPC and First Aid courses, running three at present with a view to organising more as demand increases.

■ Other news includes the appointment of Jon Goldsmith (Sky Sports Coach Award Winner 2007) as our new community coach who also has responsibility for the development of Women and Girls cricket.

■ Ideas regarding local recognition of the work undertaken by coaches are being sought with a view to an end of season celebration

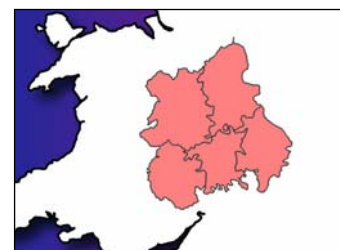
courtesy of Sky Sports.

■ The new county ground is well underway with the completion of the pavilion roof. The square is bedding in well but there are delays with the outfield due to the poor weather. It is hoped that there may be some use towards the end of the season with the view to it being fully operational to a good standard for 2009.

■ **Hampshire** Cricket Board are running a Coach Refresher day on 5th April covering such topics as New Games and Practices, Video Analysis, coach mentoring, support for supported practice, how to coach skills and questioning techniques. The cost for attendance is £10.

■ The county are looking to formalise the HCBCA shortly. In addition they are previewing a section of the new training methods workshop.

WEST MIDLANDS



Membership:



W Midlands News

■ In **Worcestershire**, they have run all 6 Coach Development Workshops since September with an average of 12 people

attending each session. All have been well received by coaches.

■ Two level 2 assessment days take place on March 30th and April 27th (one in the north of the County, one in the South). The county are also planning to do an assessment at a Club who have 6 or 7 candidates to be assessed. Worcestershire are running their third and final UKCC1 of the Winter on March 30th; April 6th and 13th April (assessment).

■ Richard Hadley who is a full time Community Coach has been awarded the Bromsgrove District Coach of the Year.

■ Richard Hadley and Tim Williams have both been signed off as Tutor /Assessors and there are plans afoot for a Worcestershire Coaching

Conference for 2008.

■ **Warwickshire** are running a UKCC 1 course at Coventry through February and March and they are also running a UKCC2 at Edgbaston in April. This is in addition to six Coach Development Workshops being held at Edgbaston through the course of April and May.

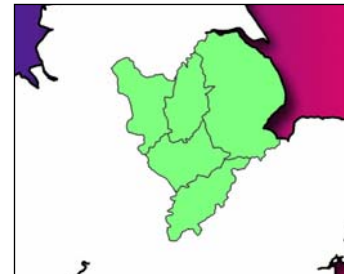
■ **Shropshire** ran a Working in Schools module on 22nd March with Cricket for Teachers courses coming on 18th April, 28th April & 2nd May. They are also running a UKCC2 on 29th 30th March & 12th 19th April at Wrekin College.

■ Dave Nock is going through the Tutor Training Course and Ian Roe is currently on the National UKCC3 programme, while Steve Aston has been

appointed Cricket Development Officer responsible for club and schools competitions and the Emerging Player Programme. Wendy Smith has been appointed Cricket Board Administrator responsible for the central database, banking and *Chance to Shine* administration.

■ In **Staffordshire** the Coach Development Workshops are ongoing with two completed and four more to come over the next few months. There are two UKCC2's currently running and there is also a UKCC1 which is due to start on 9th April. Jonathan Finch has now left his post as CDM to take up the role of Coach Development Manager with the ECB and will be replaced shortly.

EAST MIDLANDS



Membership:



E. Midlands News

■ In **Leicestershire**, Chris Porter and Martin Ray have both been on the ECB Tutor Course this

winter. Chris has also attended the Assessor course. The county have been working hard on their Workforce Development Plan with their Regional Training Manager. The county have also been working hard with the local Cricket Development Force in order to listen to their needs and attempt to meet these needs in the following year.

■ During the winter, the county ran a special workshop delivered by Tim Boon and Lloyd Tennant, for all their district and county coaches. Leicestershire have also recently launched their new website at www.lrcb-cricket.co.uk where you will find all the details of

their coach education programme.

■ In **Derbyshire**, two CDWs were run in January, the first to have been run in the county. They were both very well attended and supported and provided good feedback.

■ Greig Wright, as Community Development Officer, provides additional support to coaches on UKCC courses away from the course itself - in field support to provide assurance, confidence etc for coaches working in their own environment. He also helps coaches to understand their development needs and pathway for future support.

■ Howard Dytham has taken up post with ECB and will be

replaced by a new Performance Manager soon.

■ In **Northamptonshire** the coach education programme is complete. They will start again in October with a UKCC1 and UKCC2 and they are also planning a Coach Conference day in the same month.

■ Kevin Innes has taken on the role of Performance CDO with responsibility for all activity from District cricket and above (up to Academy) and the former First Class player has just achieved his Level 4 accreditation.

■ Derek Styman, Chairman of our Coaches Association will now act as the coach education co-ordinator for the county and will attend the regional CA meetings.

Line Batting

Coach

Sam Ogrizovic has played for Nottinghamshire 2nd XI and Loughborough UCCE and is a Level 2 coach. He coaches for the Nottinghamshire Cricket Board, and at his club Caythorpe, where he runs his own summer coaching schools, as well as managing and carrying out the 'Chance to Shine' scheme.



Background

The line batting practice can be used with two groups. Firstly, the game is ideal for young children aged under 11 who have begun to learn the technique behind the drives. What this game does is examine shot selection, decision making and execution.

The game requires a coach on hand in order to provide feedback, as many children, regardless of where the ball pitches, do tend to swing the bat to the leg side. Also, from a safety perspective it is recommended to use soft balls.

In terms of developing the practice, a game situation can be created whereby the batsman gets runs for

- choosing the right shot
- technical execution of the shot
- hitting the ball through the desired cones.

Organisation

- Set out the activity as shown opposite, in groups of seven players.
- Player 1 feeds the ball underarm into the ground towards the batter.
- Feeds should be varied with balls pitching in each of the 3 channels.
- A ball pitching in line with the stumps should be hit straight.

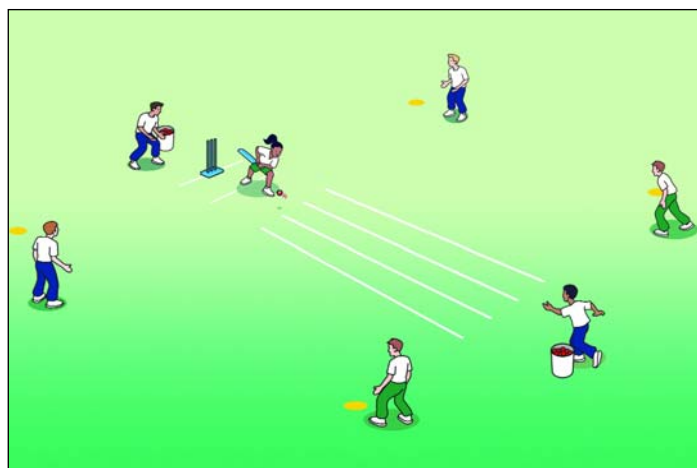
- Any ball pitching in the channel outside the off stump must be played to the off side.
- A ball pitching in the channel outside the leg stump must be played to the leg side.
- Batters may be awarded points for each correct selection of shot and deducted points for each time the wrong shot is played.
- Each player continues for a set time or number of repetitions, then players change roles. Continue until all seven players have batted.

Easier/Harder

- Hit the ball off a cone or drop feed.
- Hit the ball on the second bounce.
- Bowl the ball or use a bowling machine.
- Increase/decrease the distance from the feeder to the batter.
- Different types of balls.
- Introduce fielders into target areas, at a safe distance from batter.

Equipment

- 5 cones
- 10 balls
- 1 bat
- 1 set of stumps



SOUTH WEST AND WALES



Membership:



South West News

■ **Devon** have pretty much wrapped up their coach education for the winter, although they have courses planned for the autumn. They have also set the date for their Conference in 2009, which is January 17th and will be combined it with the opening of the new cricket centre.

■ In **Dorset**, the UKCC1 was completed by 24 new coaches. Their UKCC2 course is being assessed on 20th April. An ECB

L1 to UKCC2 conversion course will be held on 29th March and a Working in Schools course has been completed.

■ An excellent Club Coach Award course led by Rob Newton (his first) has been held with a very long assessment day on Sunday 2nd March. All participants thoroughly enjoyed the interactive and fun sessions.

■ Introduction to Cricket Workshops courses are scheduled to be held in all 4 districts. Mentoring is underway for those undergoing the UKCC2 course.

■ Greg Parsons is doing a superb job organising and communicating the Dorset coach education programme. Matt Keech has been appointed as Dorset Head Youth coach following Richard Scott's appointment as full-time 2nd XI coach for Middlesex. The county wish him well and urge him to keep in touch!

■ Following the appointment of Richard Askew as CDM for Gibraltar, Coach Education in **Somerset** has now been restructured with CDM Andrew Moulding (Coach Ed Finance), CDO Brian Hoyle (Coach Ed Strategic Planning) and CDO Steve Easden (Coach Ed Administration) making up the new team.

■ **Somerset** has completed a full programme of UKCC1, UKCC2 courses and a Conversion course this winter and has planned the full programme of Coach Development Workshops for 22nd, 23rd March and 6th April. The Club Coach assessment is scheduled for 13th April.

■ **Wiltshire** has its final UKCC1 course running on 29th/30th March and 5th April. This is the fourth UKCC1 run by the county in addition to one UKCC2 and one UKCC2 Conversion course during the 2007/2008 winter. This will result in over 70 newly qualified Coaching Assistants and 25 new Level 2 coaches. During March, April and May Wiltshire will be running several of the new Cricket for Teachers courses for *Chance to Shine* teachers and has also recently delivered the new Working in Schools and Young Leaders Course.

■ In the coming months the Wiltshire Cricket Board will be holding a county wide event to re-launch the WACC (Wiltshire Association of Cricket Coaches).

■ During 2008/2009 it is hoped that District Coach Education representatives will formulate committees with the lead coaches in each of their clubs within their district. This will enable Wiltshire to work much

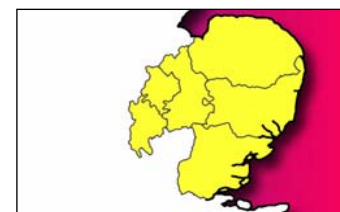
more closely with each of its clubs in order to establish the specific training needs of Wiltshire's coaches.

■ Alan Crouch has recently been appointed as the new Head of Performance for Wiltshire. His primary responsibilities are to look after the Wiltshire Emerging Player Programme and to manage the county Winter Coaching Programme.

■ Pete Sykes has taken over from Paul Stoddard as the Wiltshire CA rep. They have recently had two new tutors have their competencies fully signed off. Ali Goddard and Paul Vooght are now fully qualified tutors able to deliver UKCC courses.

■ Further to district based initiatives the new WACC will also be looking to run specialist workshops for WACC members and will be looking to support elite coaches not only through Coach Development Workshops but through technical workshops and through Coach Monitoring initiatives with senior County coaches. It is Wiltshire's ambition to set up an Emerging Coach Programme similar to the Emerging Player Programme whereby promising up and coming coaches are offered support and opportunities to progress and develop their coaching abilities.

EAST



Membership:



East News

■ In **Norfolk** they have an Emerging Players Programme up and running. Two players from this programme have been linked to Essex, Sam Arthurton and Ryan Finlay. A UKCC2 was run in September and October with all 18 participants achieving competency. Another course was run in January and the assessment day for that is coming soon as is the assessment for the recent UKCC 1. The county will be

running five CDWs during the summer in local Focus Clubs.

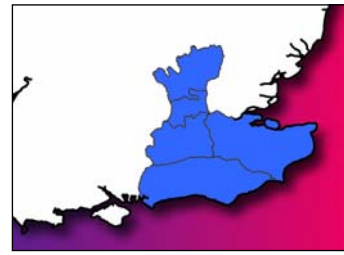
■ **Suffolk** has had a busy winter of Coach Education. They have completed a UKCC1 course and are currently running a Conversion Course. They are running the CDWs through April and May and are working with Norfolk on a Working in Schools course, on 14th April at Taverham School, Norfolk.

■ The county are holding a small Conference and AGM on Sunday 4th May 9.30-12.30 at Culford School and the second edition of

their Newsletter will be out soon.

■ The Youth Squad Winter Coaching is progressing very well with initial presentations / workshops from Bobby Flack (Suffolk Director of Youth Cricket) detailing the county's standards / expectations from young players, plus their pathway to minor counties / 1st class etc., Steve Peace (Youth Team Coach) - 'Food and Nutritional' needs for playing cricket and Nick Lee (Suffolk Player/Youth Coach) - 'Strength & Conditioning' Exercises.

LONDON



Membership:



London News

- **Middlesex** are running a coaches day on Sunday 6th April at the Middlesex Cricket Academy, Finchley. Toby Radford (First Team Coach), Graeme West (Academy Director) and others will be presenting sessions on a wide range of initiatives for coaches. There will also be a session on fitness for young cricketers led by the Middlesex conditioning coach.
- The Middlesex professional coaching staff want to enable club coaches to know what is expected at the 'top end' and build relationships with these coaches to promote the county and increase the communication channels (ie tracking talented players performances in the summer).
- Next year our coach development workshops will be led by Graeme West and Richard Scott, Middlesex 2nd Team coach. To receive full details please email Phil Knappett on phil.knappett@middlesexccc.com
- **Surrey** are coming towards the end of their coach education programme this winter having run 12 UKCC courses since October 2007. They are piloting a UKCC 2 on

weekday evenings in April and May 2008 with a view to running more like that in the future.

- The Surrey Coaches Conference takes place on Sunday 20th April in Leatherhead and forms part of the plans to re-launch the Surrey Coaches Association later in the year. 100 coaches from across the county will be attending the conference which mirrors the national conference, 'Setting the Pace'. Practical and theory sessions will be delivered by a range of coaches from the Surrey Academy, based around Fast Bowling.
- The county are in the process of setting up a Coaches Association and have had discussions with a number of interested coaches keen to play a role in the re-launched association. Following the conference they hope to have a group of 5-8 individuals ready to drive the development of the association forwards.
- Mark Lane, Community Cricket Coach for Surrey, has recently returned from Australia and New Zealand where he was acting Head Coach of the England Women's Cricket Team. Mark took over from early into the trip as England recorded a number of victories against Australia and New Zealand in England's most successful tour 'Down Under'.
- In **Sussex**, the county are in the process of running all 6 Cricket Development Workshops from February to April this year.
- On Sunday, 9th March Sussex staged their Annual Coaches Conference Day and AGM.
- The Conference sessions were - 'Batting Masterclass' presented by Alan Wells

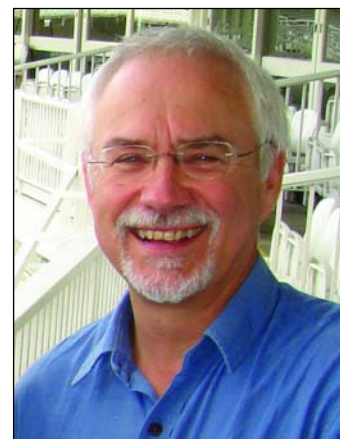
(Sussex CCC & England) and 'Psychology of Coaching' presented by John Barclay (ex Sussex CCC Captain).

- Sussex Cricket Board is now in process of restructure. Their CDM Andy Hobbs is now 'Head of Recreational Cricket' and a new CDO, Tim Shutt, joins John Stock (CDO) and Katie Sykes to make the CD team.
- The Coaches Association is soon to join ranks with ECB Officials Association and Groundsman Association to form the 'SCB Workforce Development Group' when the three Associations will no longer have direct access to the county CB.
- Across the winter period **Hertfordshire** have run two Level 2 courses and four Level 1 courses to support cricket in the county.
- The county have trained and used two new tutors Richard Darwin and Trevor Brown with Darwin also training as an assessor.
- They have delivered one new Working in Schools course and eight Young Leaders courses across the county to support *Chance to Shine*. In addition, they are looking to expand their tutor/assessor workforce considerably to help them to deliver more courses for local schools and clubs.

Keep it in the corridor

Coach

Phil Knappett is a Level 3 coach working in Middlesex. He is coach of the Middlesex Youth Squads, is a UKCC Tutor and Assessor as well as being Coaches Association National Forum Representative for the London Region.



- Richard Darwin, Trevor Brown and Dave Carlisle have completed the Level 3 course over the winter months.
- On Monday 17th March two people started in new posts. Richard Darwin Cricket Development Manager will be joined by Dominic Marsh as Cricket Development Officer and Luke Swann as Cricket Development Administrator to help develop cricket in the county. Luke will become the Key Contact for Coach Education and Dominic will lead the development of the course programme they offer.
- In **Kent**, there is a Conversion Course running at North West Kent College in Dartford during April as well as a Young Leaders Course on 5th April at the same location. On Sunday 16th November, The Kent CA are running a Coach Development Day at the County Ground. The day will include sessions on introducing spin to young players, fitness for cricket, fielding techniques and drills and captaincy & match play.
- At the AGM immediately after the successful 2007 Development Day, Phil Blackburn Secretary, Peter Robinson and Peter Aylott were re-elected along with Peter Carter as Chairman. Additionally Paul Calcutt was newly elected as a member representative.

Background

When we book sports halls for UKCC or coaching courses they are frequently painted in multi colours, but always there, painted in white, are badminton courts. You have an immediate designated area for groups to work in, perfect for catching tennis and other games. It is however when introducing bowling that I feel they have a considerable advantage. Set the centre bowling stumps up one foot outside the base line and the parallel tram lines gives the perfect corridor for the run up. Add to that the imagery of the base line being a rail, then the bowler runs up, within the parallel lines, and the hand stays on the base line during run up, delivery and follow through. Result - good alignment, balance is achieved as the head is going towards the target and control and direction established.

The photograph above, from



a recent course, shows a candidate keeping the ball on line. If they stay within the parallel lines there will be an understanding that they will not encroach on the 'protected area' and the follow through will be at the target.

We have an excellent exercise for encouraging good wrist

and finger flick when coaching throwing. A similar exercise can help with introducing basic bowling prior to bowling from the base position. Players adopt conventional grip on a cricket or *Incrediball* and from ten yards throw the ball at their partner with a high arm action, ensuring their wrist stays behind the ball.

The aim will be to keep a stable upright seam. I believe starting from a sound position will help young players to keep their wrist behind the ball throughout the delivery. We spend hours with mature players correcting poor wrist positions on delivery, if this is established at the start then I believe it will help.

NORTH EAST



Membership:



North East News

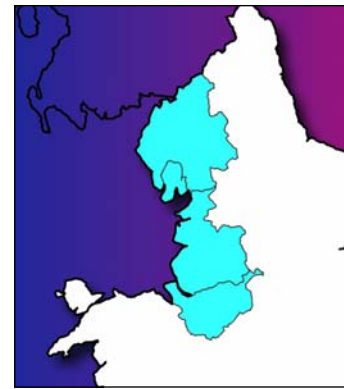
- In **Yorkshire** there has been a county wide programme of Level 1 and Level 2 courses organised. This will bring the total to thirty one courses plus Cricket Young Leader and Coach Development Workshops.
- They are organising another Course Organiser / Tutor joint meeting to discuss what went well over the last twelve months and to share best practice for future courses.
- In **Northumberland** there

is a UKCC Level 1 at Haydon Bridge High School, on Monday 21st / 28th April, 12th / 19th May with assessment 2nd June. All 6.30-9.30pm. Supporting First Aid and Safeguarding Children course dates to be confirmed.

- On 1st May the Northumberland Coaches Association Annual General Meeting is taking place with a Coach Development Workshop (Coaching a Team led by Tony Robson at Newcastle Football Development Centre) taking place afterwards.

- In September / October 2008 to enable candidates on UKCC Level 2 courses to be supported, Northumberland will be running four district coaching centres where candidates will have the opportunity of working with tutors as part of their supported practice. The aim is to ensure all candidates have a prompt opportunity to complete their supported practice so that assessment can be organised relatively soon after the course. The hope is to improve completion rates.

NORTH WEST



Membership:



North West News

■ In Lancashire the LCB has extra courses organised for the next few months. Having had 5 tutors trained up to deliver Working in Schools they are putting on three of these courses - one in Greater Manchester, one in Merseyside and one in Lancashire. This will help greatly with clubs developing club school links and also with the Chance to Shine programme.

■ The new Conversion Course for old Level Ones to be upskilled and brought into the new system at UKCC2 was recently made available and they are running their first

course at Old Trafford in May/June. The county are also running a UKCC2 Course for Overseas Players who are playing at clubs in our county to help them comply with Home Office regulations.

■ Lancashire have recently appointed two new Community Coaches to the LCB staff, Chris Highton will work in Oldham and Dave Goodall in Liverpool. Dave Hardman has also recently joined their team as Cricket Support Officer for Greater Manchester. This brings the total number of Community Coaches working in the county to 13.

■ Cheshire have run six UKCC 2 courses, two Coach Development Workshops, and

ten coach refresher courses specific to Cheshire through the winter. The County has an existing scheme for the ten Cheshire Cricket Board Development & Coaching Officers to mentor coaches in their Focus Clubs (74 clubs) especially newly qualified UKCC2 coaches.

■ In conjunction with Cheshire Police, there will be a coaching day for approximately 200 minority group youngsters to introduce them to the game.

■ Peter Hancock, formerly Cricket Development Officer for the Cheshire Cricket Board has been appointed as lead coach on the County Emerging Player Programme.

Near, Middle & Far



Coach

Nick Milner is currently the Chairman of Morecambe Cricket Club in the Northern Premier League. He has also played in the first XI and will captain the second XI this summer as well as being a qualified level 2 coach. In his club coaching capacity, Nick helps develop the club's U11, U13 and U16 players and assists senior practices in both fielding and bowling practices.

Organisation

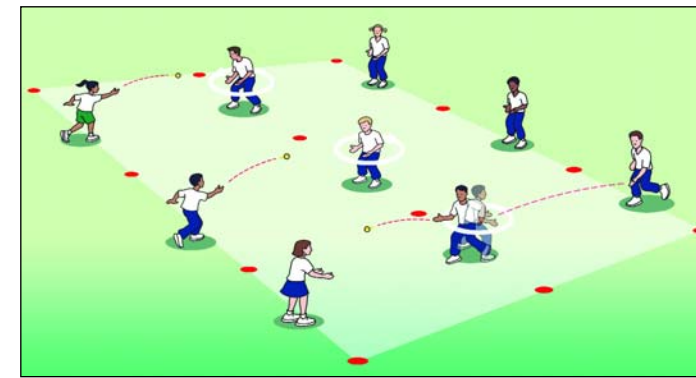
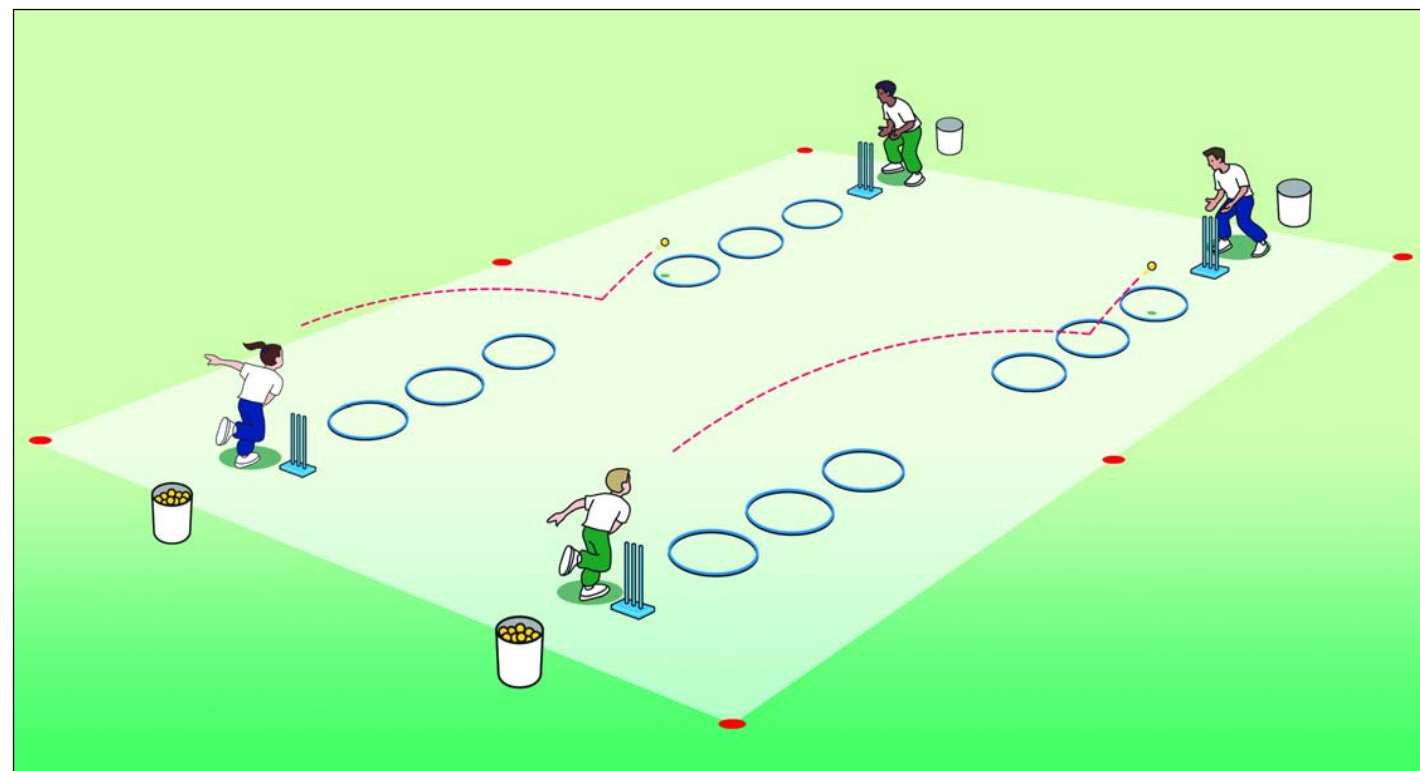
- Set out the activity, with hoops are positioned as shown below.
- The wicket keeper calls "near", "middle" or "far".
- Bowler must attempt to pitch the ball in the appropriate hoop.
- The keeper fields the ball and puts it into the collection bucket.
- Continue for a set period of time then reverse players' roles.

Easier/Harder

- Increase/decrease the distance to the target.
- Bowl at a batter in a conditioned game with fielders.

Equipment

- 20 balls
- 6 hoops per pair
- 2 buckets
- 2 sets of stumps per pair



Turnabout Catching

Background

Lowerhouse Cricket Club junior section has 150 juniors in ten teams from under 9 to under 17. Over the years it has implemented a development programme that has to accommodate such numbers.

The club has over 20 qualified coaches and 10 accredited assistants. Nevertheless for the under 9 to under 12 age groups, Winter coaching has to teach the basics in both open and net coaching to large numbers.

Stan Heaton has the unenviable task of bringing together the programme ensuring high quality provision for all junior members. Heaton attributes the success of the programme to a multitude of factors but the ongoing development of coaches and players is something that sits hand in hand,

'If we didn't work closely with our volunteer coaches the whole programme would fail. It is necessary to ensure we have a keen, committed and numerically strong coaching base in order to achieve player coach ratios and guarantee worthwhile coaching.

We identify potential coaches from the adult and older junior playing staff and parents. We pay for their attendance on courses in return for their commitment to delivering sessions at the club.'

Stan uses Jonny Russell as an example of someone who has recently attended a Coaching Assistant course.

Jonny attended the course in preparation for the start of the indoor sessions and works with a group of newcomers under the

supervision of a more experienced coach. The two coaches work together to develop the basic cricket skills required to ensure the players are able to take part in outdoor practice and match situations. Jonny can develop the skills learned on the formal coaching course and develop these skills in a real environment.'

Jonny takes over by explaining a typical session that forms part of a 10 week programme....

'Stan allows the coaches to develop their own techniques and styles of delivery whilst ensuring the programme lends itself to a holistic approach to a players development. By using games to develop the basic skills of cricket we can keep the sessions interesting and free flowing.

A very simple game we use is 'Turnabout Catching' which helps you assess technique, movement skills and communication among the group of players. It is simple to set up, manage and keeps all players active. The opportunities for differentiation are wide ranging we have used smaller balls, non-dominant hand catching and variations in throws. When we move outside on the grass we will introduce a diving aspect to the drill which starts to build on the basics developed throughout the winter sessions.

Organisation

- Set up the activity as shown above. Place the cones in line 3 metres apart with a player standing at each cone.
- The player in the middle takes a catch from the first player. and returns the ball to the first player.
- The player in the middle then turns around and takes a catch from the other player, returning the ball to the other player.
- This continues for a set time or set number of catches.
- Players take it in turns to be in the middle.

Easier/Harder

- Increase/decrease the distance between the three players.
- Different types of balls.
- One-handed catching.
- Using the players' weaker hand to catch and throw.

Equipment

- 3 cones per group
- 2 balls per group.

EUROPE



Membership:



Europe News

■ The Europe CA are running quite a few courses over the next few months. There are

Coaching Assistant courses running in Berlin (March) and the Isle of Man (May) to follow on from those completed in Zurich (January) and Luxembourg (February). A Coach Award Course is running in Zurich (March-May) and two ICC Introduction to Cricket Courses are being held in Prague (May) and Budapest (June).

■ Forthcoming European events include the Italian Cricket Academy Visit (March 18-22), the ICC Europe Centre of Excellence Player/Coach development camp (April 7-12) at La Manga, Spain and also the ICC Europe Women's Academy - Player/Coach development

camp, (April 12-17) at the same venue.

■ ICC Europe European Academy had a training camp at Mumbai, India, from 24th Feb - 5th March and the second German Cricket Board Girls Indoor Invitational Tournament took place in February at Brandenburg an der Havel, Germany.

■ There have been two appointments with Richard Bedbrook moving in as ICC Europe Regional Development Officer (responsible for Coach Education up to Level 3) and Philip Hudson becoming ICC Europe Regional Development Officer - Performance

(responsible for Coach Education from Level 3 upwards).

■ Denmark were victorious at the ICC Europe Indoor Championships 2008, in Finland during February. Portugal came second and the hosts third. Caroline de Fouw (The Netherlands) was Player of the Tournament (joint) at the Women's ICC World Cup Qualifier Event in February.

■ ICC Europe are looking to launch a new European Coaches Association in the very near future. This will incorporate coaches across the region and provide a much needed communication framework for coaching & coaches to develop.



EVERYONE A WINNER

The 2007 Sky Sports Coach of the Year Awards culminated in a ceremony at 'Setting The Pace' the ECB CA 2008 National Conference.

The seventeen Regional Winners attended as guests of the ECB and the six national finalists, in an Oscars style awards ceremony, were presented on stage with their national awards. It was a moving presentation which saw Brian Walsh (front left) and John Bown (front right) crowned the winners in their

respective categories. The splendid footage of the final six coaches just showed what magnificent work is being carried out by the ECB CA membership.

The hunt for the next three winners, now a young coach award has been added, is underway and the ECB CA Support Centre once again looks forward to meeting up with all the winners at an international in the summer.



Wings to Fly Part 5

Accompanying this edition of Hitting the Seam is your Wings to Fly DVD for 2008. Entitled "Coaching for One Day Success", the DVD looks at the different aspects of limited overs cricket, with sessions from expert coaches including, Jeremy Snape, Richard

Halsall, Paul Johnson, David Young, Chris Adams, Tony Robson, Mark Alleyne and Steve Rhodes.

Your Wings to Fly DVD is an excellent resource providing coaches of all abilities with examples of practices and games that can be used to develop aspiring young cricketers, and also improve and challenge experienced players.

Senior Coach Development Manager Keith Tomlins said of the resource "Coaching for One Day Success addresses some of the key areas for success in the shorter form of the game. I'm confident it will provide all coaches with some exciting new ideas on ways of developing one day skills in our players."

The resource can be played on virtually all DVD players and on most computers so don't waste any time in checking out this exciting product only available to ECB CA members.



Criminal Record Bureau (CRB) Update

By Kate Lewis

As you will no doubt be aware, the ECB now requires all qualified coaches affiliated to the Coaches Association to hold a current valid ECB CRB Disclosure certificate. ECB CRB's have been a pre-requisite of CA membership since September 2004. This requirement was introduced in accordance with UK legislation, Government guidelines and the recommendations from the National Society for the Prevention of Cruelty to Children (NSPCC).

The ECB is committed to ensuring that cricket provides a safe, friendly and enjoyable experience for all participants. The purpose of a CRB check is to ensure that not only are we protecting children but we are also assisting and protecting you in the work that you carry out within cricket. It is therefore deemed essential that all coaches, whether they are paid employees or volunteers, active or inactive undertake an ECB CRB check to ensure their suitability to work within the sport, especially if working with children or vulnerable people.

ECB CRB checks are valid for three years within cricket. Following recent recommendations from the CRB department, the ECB is no longer able to accept the 'transfer' of CRB Disclosures from other organisations, including those from other sports. Therefore, if you have a CRB Disclosure Certificate through another organisation, you are still required to apply for a CRB Disclosure Certificate through the ECB.

The ECB CRB team based at Lords will automatically notify you three months in advance when your CRB renewal is due. When you receive your renewal forms, please ensure they are completed as soon as possible. If you believe your ECB CRB may be due for renewal and have not yet received your renewal forms, please contact the CRB Department at Lords on 0207 432 1200 or email crb@ecb.co.uk to obtain your disclosure application. Please ensure that your CRB is updated every three years.

Many answers to frequently asked questions regarding CRB checks can be found by logging on to www.ecb.co.uk/crb.

I am sure you will be in agreement that the above requirement can only enhance the safeguarding of everyone involved within our family of cricket.

AU REVOIR CHRIS



regional news in Hitting the Seam magazine has enabled the counties to communicate more easily with their coaches. Chris was also a vital part of the team that helped make the National Conference a successful event in January and his lead in the 2007 Reward and Recognition scheme has ensured its continuing success for the years to come.

Perhaps most importantly however, summer 2007 saw Chris run a successful membership research program which will help shape the future of the CA. The results from this project will ensure we can provide our coaches with the best possible resources and support for their coaching activities and development in the future as well as ensuring that the ECB CA remains as one of the leading associations in sport.

On behalf of the entire membership and the CA team at Edgbaston, we wish Chris all the very best for the future.

Within the next few weeks we will be saying goodbye to our current Communications Officer, Chris Glover. Chris joined us a year ago and during his time with the ECB CA he has made a huge contribution to the department, becoming a highly valued member of the team.

Responsible for many of the resources sent out over the past twelve months Chris's introduction of games & practises to several of our publications has proved very popular, whilst the addition of