

NCCC JUNIOR COACHING GUIDELINES – 2018/19



*Celebrating 100 Years
1910/11 - 2010/11*

COACHING PACK

- **Guidelines**
- **Working with Children Requirements**
- **Training Programme**

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GRADE – UNDER 11 (INVOLVEMENT)

- **Communication pack to all parents/players** – Introduction (about you and your contact details), Season Fixture, Training Schedule, Club Details, General Rules and Playing Principles, Parent Responsibility at Games, Parent Assistance for the coach, Food and general requirements (I have an example of this email and follow up discussion). Post game email reflection and pending game. See Appendix A & B
- **General Coaching Principles** – Equipment, Batting (Grip, stance, backswing, feet and head position, running between wickets) – Bowling (“Rubberband”, grip, arm position (straight), push through the crease, follow through – Fielding (cross seam grip, opposite arm position, body and feet position, crow hop, catching {Tennis Balls}) – Wicket Keeping (Body and hand position, Feet) – Talking and encouragement
- **Presentation/Preparation** – Playing tops, hats, shoes, sunscreen, drinks
- **Gameplay** – GJCA guidelines indicate that the club is to play its better batters and bowlers first and then spread from there. Try and find a balance (ie communicate to the opposition coach and explain your strategy to ensure everyone has an opportunity). Game goals really simple with a huge focus on “US” and enjoyment.
- **Safety** – Number one priority for all coaches
- **Working with Children Check** – Must be in place and communicated to club/parents prior to season commencing
- **NCCCC Club Policies & Code of Conduct** – All coaches to be aware of club specific policies as we are representing the greatest club in the Greater Geelong Region – “Our Club”. Also please refer to the Parent Handbook for more information.



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GRADE – UNDER 13 (OPPORTUNITY)

- **Communication pack to all parents/players** – Introduction (about you and your contact details), Season Fixture, Training Schedule, Club Details, General Rules and Playing Principles, Parent Responsibility at Games, Parent Assistance for the coach, Food and general requirements (I have an example of this email and follow up discussion). Post game email reflection and pending game. See Appendix A & B
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- **Presentation/Preparation** – Playing tops, hats, shoes, sunscreen, drinks
- **Gameplay** – Focus in this age group now expands to general game awareness, fielding positions, role play, game status. Game played in 26 over halves (or one day games of 25 overs each), strategy to underpin. Internal advice is about “US”..this is essential to maintain credibility. Zero tolerance for coaches (no swearing). Batting, bowling, fielding and wicket keeping roles need to be changed throughout the season. All players need to be provided with an opportunity. Focus is opportunity/engagement.
- **Safety** – Number one priority for all coaches
- **Working with Children Check** – Must be in place and communicated to club/parents prior to season commencing
- **NCCCC Club Policies & Code of Conduct** – All coaches to be aware of club specific policies as we are representing the greatest club in the Greater Geelong Region – “Our Club”. Also please refer to the Parent Handbook for more information.



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GRADE – UNDER 15 (ENGAGEMENT & PERFORMANCE)

- **Communication pack to all parents/players** – Introduction (about you and your contact details), Season Fixture, Training Schedule, Club Details, General Rules and Playing Principles, Parent Responsibility at Games, Parent Assistance for the coach, Food and general requirements (I have an example of this email and follow up discussion). Post game email reflection and pending game. See Appendix A & B
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- **Presentation/Preparation** – Playing tops, hats, shoes, sunscreen, drinks
- **Gameplay** – Focus in this age group now expands to general game awareness, fielding positions, role play, game status. Game played in 55 overs or 25 over one day games, strategy to underpin. Internal advice is about “US”..this is essential to maintain credibility. Zero tolerance for coaches (no swearing). Batting, bowling, fielding and wicket keeping roles need to be refined throughout the season. All players need to be provided with an opportunity. Focus is engagement and performance with an overall mental approach on how to put your team in a winning position.
- **Safety** – Number one priority for all coaches
- **Working with Children Check** – Must be in place and communicated to club/parents prior to season commencing
- **NCCCC Club Policies & Code of Conduct** – All coaches to be aware of club specific policies as we are representing the greatest club in the Greater Geelong Region – “Our Club”. Also please refer to the Parent Handbook for more information.



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GRADE – UNDER 17 (DEVELOPMENT & PROGRESSION)

- **Communication pack to all parents/players** – Introduction (about you and your contact details), Season Fixture, Training Schedule, Club Details, General Rules and Playing Principles, Parent Responsibility at Games, Parent Assistance for the coach, Food and general requirements (I have an example of this email and follow up discussion). Post game email reflection and pending game. See Appendix A & B
- **General Coaching Principles** – Equipment, Batting (Grip, stance, backswing, feet and head position, running between wickets) – Bowling (grip, arm position (straight), push through the crease, follow through – Fielding (cross seam grip, opposite arm position, body and feet position, crow hop, catching {Tennis & Golf Balls}) – Wicket Keeping (Body and hand position, Feet) – Talking and encouragement along with an increase to positive pressure.
- **Presentation/Preparation** – Playing tops, hats, shoes, sunscreen, drinks
- **Gameplay** – Focus in this age group now expands to general game awareness, fielding positions, role play, game status. Game played in 55 overs or 25 over one day games, strategy to underpin. Internal advice is about “US”..this is essential to maintain credibility. Zero tolerance for coaches (no swearing). Batting, bowling, fielding and wicket keeping roles need to be refined throughout the season. All players need to be provided with an opportunity. Focus is performance with a next level approach to winning. How do we do that with clarity around individual roles. (Personal ability reflection & progression)
- **Safety** – Number one priority for all coaches
- **Working with Children Check** – Must be in place and communicated to club/parents prior to season commencing
- **NCCCC Club Policies & Code of Conduct** – All coaches to be aware of club specific policies as we are representing the greatest club in the Greater Geelong Region – “Our Club”. Also please refer to the Parent Handbook for more information.



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COMMUNICATION PACKS – APPENDIX A

Email example for start of the season -

Hi team,

Welcome to the 2017/18 cricket season.

Most of you I have met and for those who are new to the club, welcome!

My name is Aaron and I will be your sons coach. My contact details are below and feel free to give me a call or send me an email anytime if you have a questions or are concerned about anything.

The season has come around quickly and we commence this Saturday.

This week we play against Thomson at Belmont Common No.3 (see attached map). It is the ground farthest away from K-Mart.

I will be picking up the boys playing tops tomorrow and I will bring them along on Saturday.

I have attached a season fixture for you and it is also available on the My Cricket website.

<http://mycricket.cricket.com.au/common/pages/public/rv/draw.aspx?entityid=15031&id=RVFIXTURE>

Some important information to know about cricket on Saturdays are:

Games Commence at 8.30am finish at 11.40 with a break at 10.00

Weather conditions – If the temp on the Saturday is forecast to exceed 35 deg at 12.00pm then the game may be cancelled...cont next slide



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COMMUNICATION PACKS

Email example for start of the season -

Ensure players bring along water, hats and sunscreen

We are to provide “morning tea” when we are playing at home. What this means is that when we play at home (Belmont Common) we are required to provide food for both teams. When we play away, the other team provides. Please be aware that if your child has dietary requirements, that you allow for this in both instances.

We are at home this week so could all families bring along some morning tea to enjoy and share with the opposition

As coach, I will be looking for some parents to help out on game day as well. Some tasks that usually pop up are:

If anyone has a BBQ that you could bring along to home games for cooking of sausages, hamburgers etc, it would be greatly appreciated (I have a gas bottle if that helps!)

A scorer – an important job that requires concentration and good handwriting!! Maybe we can rotate this each week but it is a club responsibility to provide a scorer each week

A helper each week to do some umpiring – don’t stress about this it’s fairly easy

Any other mums and dads who would like to help out on the day or at training

Training is on Wednesday nights from 4.30 to 6.00pm, and again feel free to jump in and help out when you can.

One last important note (and I will advise the boys on the weekend) is in regards to the code of conduct of players. I will emphasise to the boys that we will concentrate on our team mates and not focus on the opposition.

Apologies for the huge email, however I am hoping that I have answered a few questions that you may have had about how the season operates.

Go the Two Blues!!!!



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COMMUNICATION PACKS – APPENDIX B

Email example for an upcoming game –

Hi team,

Another fantastic team effort from the boys on the weekend enabled us to overcome a stronger South Barwon side.

I changed the side around last week and the boys embraced it wholeheartedly. Another sign of club focus rather than their individual goals. Wonderful stuff.

I explained to the team after the game that we will continue to change things around so that everyone has an opportunity and that they can explore their different strengths.

This week we play St Josephs on Belmont Common No.1 ground (see map). They are the home team so they will be supplying the food.

If we could arrive at 8.15am please so that we can ensure that all are ready in their respective roles.



Working with Children



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Training Principles

Training and Coaching principles:

- Keep it simple
- Mix up the activities
- Keep group numbers small
- Look for parent engagement
- Basic technique goals
- Make it fun!

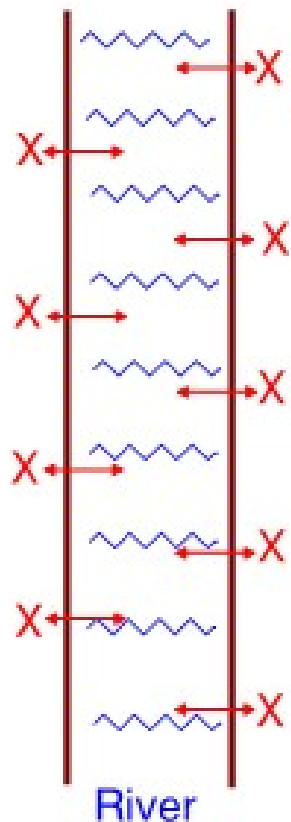
Training Modules

- Bow Tie
- In the river – out of the river – listening to instruction/concentration
- Touch and run (in pads) – running between wickets
- Dance and touch – using your feet
- Bowling Golf
- Call and catch (tennis balls) - reactions
- Soccer goals - agility
- Golf Balls – focus...this is particular for wicket keepers
- Gonski

Mix with specific skills for batting, bowling, fielding, wicket keeping (separate module)



“In the river – out of the river”

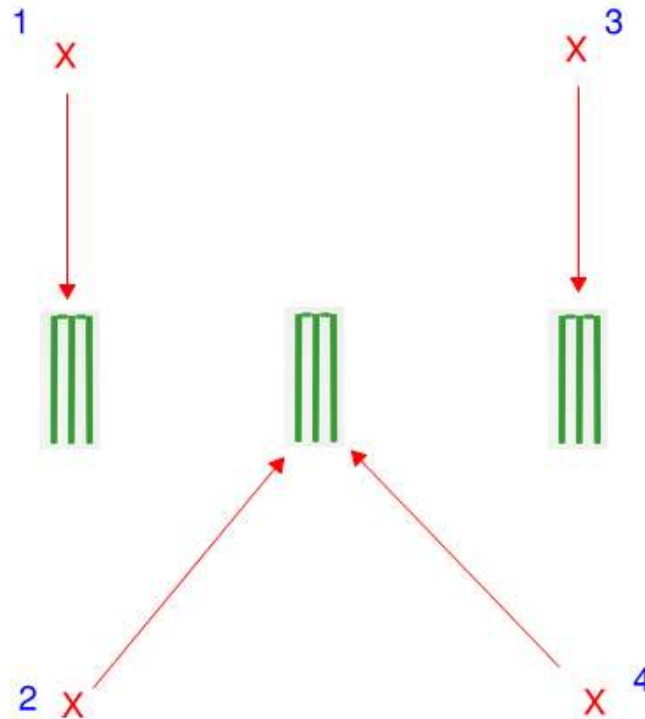


Players are to jump “in” the river or “out” of the river depending on the command of the coach

Alternate or change up the following commands – “in the river” or “out of the river”

Teaching aspect - **CONCENTRATION**

“Bow tie”



Ball starts at point 1. Under arm at stumps. Back up at point 2. Return to point 2 before an over arm throw at stumps in the middle. Back up at point 3. Return to point 3 before under arm throw at stumps. Back up at point 4. Return to point 4 before an over arm throw at stumps in the middle. Back up at point 1 and start again. 2 balls can be used in this exercise.

Teaching aspect – **Throwing and knee down back up**

“Running between wickets”

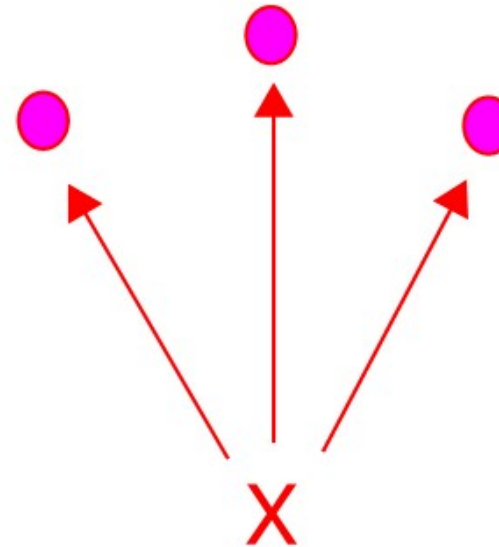


Batters (in groups of 2 or 3 and with pads, helmets, gloves and bats) run between wickets. They need to run a 4, 3, 2 and 1 – make sure they switch hands and a low touch in.

Extra piece of competition you could time them so they can look to improve on their last performance.

Teaching aspect – **low touch in & switch hands**

“Dance out”

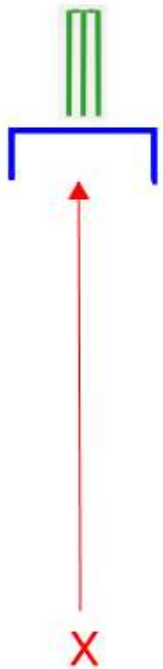


Batter in pads only is to dance out to each marker (starting from the X position) and touch the marker.

Do this 3 times through

Teaching aspect – **use your feet and push head at the target**

“Bowling Golf”



Bowler (X) is to try and pitch the ball up to the stumps.

Place a set of plastic stumps on edge with another base to create a bridge.

Ball pitched under bridge and hits stumps – birdie

Ball pitched before bridge and hits the stumps - par

Teaching aspect – **bowling full and at the stumps – target training**

“Call & Catch”



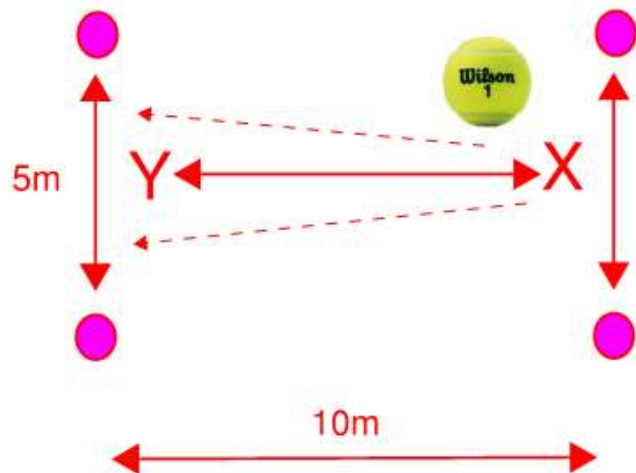
Player (X) is positioned approx. 5-7m away from player (Y).

Player (Y) has their back to player (X). Player (X) calls out player (Y's) name, so they spin around, just as they throw a tennis ball at chest height.

This can be repeated 5 times and the thrower can vary the position of the ball.

Teaching aspect – **reaction and catching skills**

“Soccer Goals”



Player X throws a tennis ball either side of player Y.
If the ball passes then they score a goal.
The ball is then taken in turns.

This can done with wicket keepers as well

Teaching aspect – **catching, anticipation, soft hands, rolling catching (keepers)**

“Golf Balls”



Player X throws a golf ball either side of player Y.
This exercise is about catching technique.
Wicket keepers can do this against a wall and shuffle from side to side

Teaching aspect – **catching, hand position, concentration & anticipation**