



GREENFIELD CRICKET CLUB ANNUAL COACHING PLAN 2018



This coaching plan is an outline of the coaching programme for the season. It provides a very broad overview of the season and incorporates pre-season, during the season, and end of season activities. It takes into account the facilities and equipment available for practice sessions and the ability and competitive level of the teams within our local structure.

This coaching plan is based on the following: An expected average approximate number of one weekly practice sessions and match for each player; a set of core skills that cover the essential identified match and team needs, together with a list of appropriate drills to develop these. These skills are divided and spread throughout the coaching plan. These core skills and drills are to be used as the basis of our practice sessions.

Weekly training sessions will be adapted through the season as deemed necessary by the coaches to develop the individual players and team skills. For example, if a team is considered to need a focus on fielding after a game, the immediate emphasis may be changed to focus more on fielding at the next training session. If an individual has had a run of low scores with the bat, an individual plan for more focus on batting may be necessary. If a bowler is constantly bowling down leg side, focus will be placed on bowling straight; etc. As such, coaches will adapt training plans week by week, sometimes day by day. Sessions run by club coaches will be further enhanced by the addition of professional coach, Ben Johnson, who will provide his own training plan (to be approved by the junior chairman to ensure this aligns with this overall plan).

Overall our annual coaching plan is based on the principle that the fundamental batting, bowling, fielding, wicket-keeping and tactical skills crucial for success in cricket are targeted and developed in all players, thus giving them a sound foundation on which to build their skills.

To be effective practice sessions need to be well planned and well run. Each session will have objectives and a structure, to be varied and challenging, sometimes create match-like game play situations and encourage decision making, allowing all players to get

something out of improving their game. In this way players will develop, enjoy practice and look forward to the next session. Sessions will be organized based on age and ability.

Sessions are designed to include as many variables that simulate match conditions as we can in order to fully extend and develop our player's physical, technical, mental and tactical skills.

In addition to such organisational details as the date, time, venue, practice plans should have clear objectives. These are the aims, reasons for or focus of our practice sessions. They are what we want to accomplish during the practice sessions. We identify the team or individual player deficiencies or areas in need of improvement we want to work on. The rest will be derived from the needs of the next match or matches in terms of competition format.

In addition to evaluating the effectiveness of a practice in terms of game like qualities, we also assess each player's performance at practice. Coaches provide players with specific feedback on the quality of their performances. This evidence can be used on a comparative basis by players to evaluate their own performance, to motivate themselves to achieve greater consistency and improve their results and to make decisions about possible strategies they might employ in a game.

It's important for players to learn to plan and prepare themselves as individuals and as a team for a match and to develop an awareness of the game and its tactics. As players progress up the player development pathway the importance of these aspects of their game increase dramatically.

Our coaching plan is based around a set of core skills that are essential to individual and team needs as players move up the development pathway. We focus on fitness, fielding awareness, batting and bowling plans along with tactical and game management. Teamwork and leadership is also play a major role within our plan.

Overall Our Annual Plan will meet the needs of team and individuals in the following disciplines:

Batting

We will provide an understanding of batting and to build an approach to batting at practice. For younger groups this will start with basic techniques such as grip and stance, running between wickets etc. For the more advanced players in the older age groups this will involve coaching mental preparation before going out to bat, in coaching how to building an innings and working to create partnerships.

Bowling

We will provide an understanding to the approach to bowling. For younger age groups coaching begins with teaching bowling with a straight arm, how to grip the ball, how to run up etc. For more advanced players we will coach how to bowl in a game, how to plan an over, bowl in partnerships, develop situational awareness and be able to use variations.

Fielding

As all players need to field, we will provide at least equal emphasis to fielding as the other disciplines. Most sessions will begin with fielding practice following warm up. We will coach the basics such as how to stop the ball and throw, catching, positional awareness and “backing up”. For more advanced coaching we will coach fielding positions, provide players with the chance to learn the roles of different fielding positions and explore what skills are required in these positions.

Wicket keeping.

Young players will be given the opportunity to develop basic wicket-keeping skills. For more advanced players wanting to develop skills further, more advanced techniques will be coached on a 121 session, usually using the senior wicket keepers if available.

Captaincy, Leadership and Teamwork

We provide all players with the opportunity to learn basic leadership skills as part of understanding the role and responsibilities of captaincy. From U13s, we develop the leadership competencies in junior captains of listening, communicating, cooperating, problem-solving and decision-making of players by encouraging them to work together and use these skills to build a successful team.