



overview

Happy New Year and Welcome to the January edition of Overview.

As you return from a mid-season break, it may be a good time to reflect on your role as a coach and your goals for the remainder of the season. The information below can act as a guide for your self-reflection and re-evaluation. As a coach, you play an important role in the sporting life AND the everyday life of the players you coach. Whilst challenging, the benefits of being involved in junior sport include the opportunity to influence the development of sport-specific skills and sport performance, but also the participant's development as a person and their approach to other aspects of their life. Please take time to reflect on some of the ways you can increase the effectiveness of your influence as a coach.



Creating the optimum learning environment:

- Organise
- Observe
- Adapt
- Communicate

Characteristics to maximise your effectiveness:

- Show enthusiasm and enjoyment – make it fun!
- Be organised for each session and the entire season
- Ensure the safety of all participants
- Be consistent, friendly, fair and competent
- Be a good role model for the participants
- Behave ethically, dress appropriately and maintain discipline
- Be able to justify (if necessary) and/or admit mistakes
- Treat everyone fairly and include participants of all abilities, disabilities, ages, genders, and ethnic backgrounds.

A COACHING PHILOSOPHY

To assist you in your development as a coach, it may be beneficial to develop (and document) your own Coaching Philosophy. A Coaching Philosophy is personal and can act as your foundation for coaching. It can include aspects such as:

- How and when you communicate
- Do you encourage players to ask questions and take responsibility
- Do you seek to remain up to date and improve your knowledge and skills?
- How will you deal behavioural issues
- Do you include everyone, irrespective of ability or background
- Your view and emphasis on winning, losing and cheating
- Do you promote respect for the game, yourself and others

GOOD LUCK!

in this edition

six new generation batting
just a game or life and death!
activity team run out
next month's special offer
coaches corner





SIX

NEW GENERATION BATTING

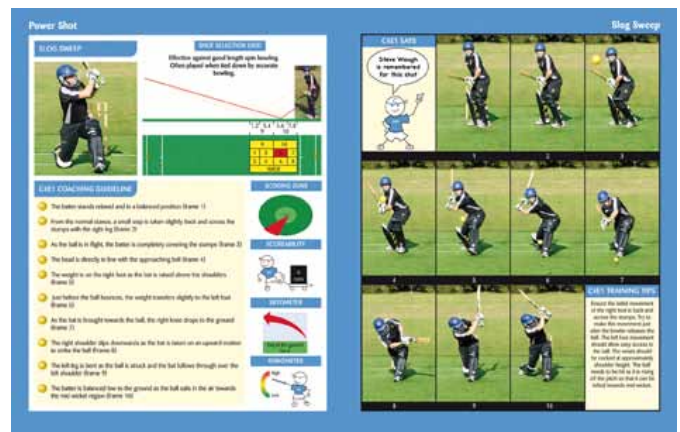
‘SIX’, the world’s first coaching manual covering the Twenty20 and classic batting shots, providing ground breaking analysis and coaching guidelines, has just been released by Cricket4Evry1 (www.c4e1.com.au).

‘If I had this information when I was younger, I may have become a serious batter! The framed sequence of shots makes this a must for any aspiring Twenty20 player’ says **Merv Hughes, Australian Selector**

The book covers 38 key batting shots in a comprehensive and unique way. Perfect for coaches and junior players with its heavy visual focus and graphic presentation for shot selection. **As James Sultherland, CEO of Cricket Australia says “SIX is a valuable resource for the junior cricketer, parent, teacher and cricket coach”**

With many new shots becoming commonplace in the Twenty20 game the authors have grouped the shots into four theme-based categories. The **Power** shots are those that require a full swing of the bat and are played with the greatest gusto and highest scoring intention. The **Clever** shots require finesse and touch. They require the ball to be guided or deflected off the bat and most will be played along the ground. The **Tricky** shots are often premeditated and played with flair and risk. Most are played in the air and require good timing. The **Classic** shots underpin the foundations of any good batter, are used in all forms of the game and are considered the safest options.

The double page layout makes it very easy to follow.



The book is only available for purchase online from www.c4e1.com.au for \$19.95.

SPECIAL OFFER: In January, Cricket Coaches Australia members receive a **20% discount** by simply entering the following coupon code **P0126735KX** when you make your purchase.



Click here for your nearest clinic



**CRICKET
AUSTRALIA**

just a game or life and death!

Competition! On the beach, in the back yard or at the local park, as soon as the bowler has a target and the batter is trying to defend a target, there is competition! Story provided by Ashley Ross

Whether you score only determines the result and 0 way impacts the fact that there is competition. However, as you move up in the structured forms of the game the competition becomes increasingly fierce. Bad decisions lead inevitably to bad consequences ... poor execution can result in the end of an innings; a dropped catch can cost a game ... some would say 'we play for life or death'. Do we train with that level of commitment? Win or lose - a backyard "Test" or the "Ashes" – it's a game and the sun comes up tomorrow. But what if it didn't? What if a bad decision or a poor execution really did mean death? How would we train if we had to make 100% correct decisions 100% of the time under the pressure of knowing that one slip could cost you your life?

Coaches at the Level Three residential program in June 2009 were lucky enough to hear RAAF Flight Squadron Leader Russell Mills, a combat fighter pilot who flew F18's in live combat during the Iraq conflict and currently trains pilots to fly in live combat. His "brief" was simple – "How do you train people to make 100% correct decisions, 100% of the time under pressure". The presentation was to reinforce the importance and validity of real life training - in our terms "game based" training.

Russell explained the RAAF training programs and highlighted the importance of real life (game sense) action - mock dog fights with scenarios likely to be faced ... air to ground, air to sea and air to air combat! These scenarios were highly visualized and choreographed to ensure trainees were presented with a range of "real life" problems that needed to be solved to ensure the correct decisions are made.

After each training simulation, the pilots are involved in a formal debrief process. Coaches were stunned by the ratio of preparation to activity to debrief. Mills added "The cost of flying an aircraft that, in doing a hard turn at speed, chews up the average person's tax bill for a year. It makes the amount of time flying extremely precious". Each training operation

features 1 hour of preparation time, 20 minutes of simulated 'combat', 1 hour of data collection and then 2/3 hours of debrief. This represents nearly 7 hours of work for 20 minutes of 'game time'! Accordingly, the quality of debrief was seen as critical in the learning process. Mills reinforced the "culture of debrief" where any effort to hide a mistake was not tolerated by the group and admission of mistake was expected and encouraged as fundamental to the learning process. The use of visualization to revisit different scenarios and plan for future actions was a skill that was vital amongst the pilots as a form of "game based" training.

Mills was asked how much focus is placed on positive reinforcement to help eradicate error (a technique widely used by cricket coaches to ensure players remain positive and engaged). "None" was Mills' reply, "quality performance is simply expected, we only focus on making sure no one makes a mistake."

We train for fun and games and they train for life and death. So much difference, yet so much to learn!



The Cricket Show - Level 3 feature (CHg)



activity

team run out

*MORE ACTIVITIES
LIKE THIS ONE
CAN BE FOUND
IN THE CRICKET
AUSTRALIA
- CRICKET
ACTIVITIES
BOOKLET THAT
CAN BE ORDERED
VIA THE GAME
DEVELOPMENT
RESOUCE
BROCHURE.
[CLICK HERE](#)

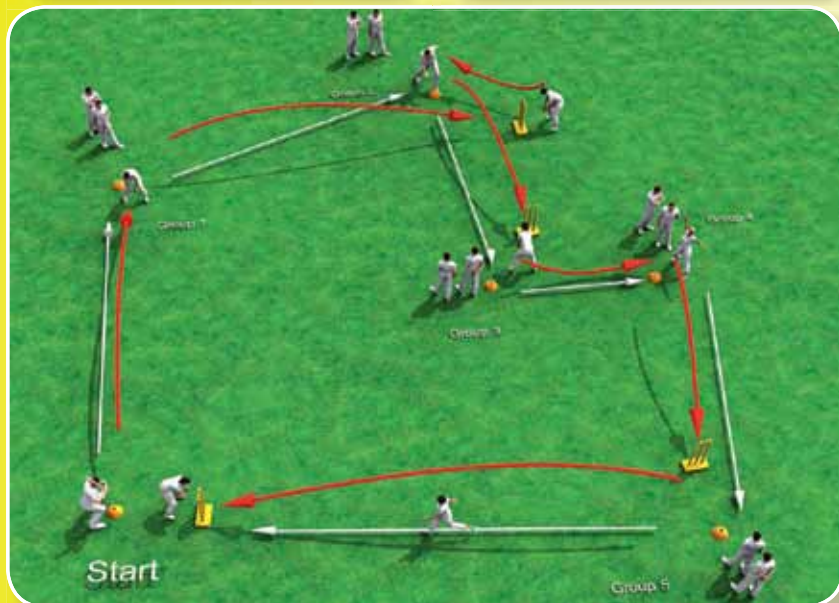
Team Run-Out

EQUIPMENT:

- 18 players
- One ball
- Four stumps
- Five markers

FOCUS / COACHING POINT:

- Watch the ball
- Backing up
- Loud voice



DESCRIPTION:

Ball starts with the hitter who hits firmly along the ground to Group 1. Fielder picks up the ball and throws over the stumps to wicket-keeper 1. Wicket-keeper 1 rolls the ball towards Group 2, where a fielder picks up the ball and underarms it at the stumps near Group 3. A fielder from Group 3 receives the previous throw while moving towards Group 4. The Group 3 fielder rolls the ball along the ground towards a fielder at Group 4, who in turn picks the ball up and throws the ball overarm at the stumps near Group 5. A fielder from Group 5 backs-up the throw, turns and throws over the stumps at wicket-keeper 2. Wicket-keeper 2 then throws the ball to the hitter and the process repeats.

SAFETY NOTE:

Once a player throws the ball they follow the direction of the ball and become part of the next group.



**CRICKET
AUSTRALIA**

ASC junior coach official grant!

An Australian Government initiative to support junior sport.

Previously only available to young athletes, the Local Sporting Champions grants eligibility criteria has been broadened to recognise the importance of supporting young coaches and officials — crucial to Australia’s sporting grass roots.

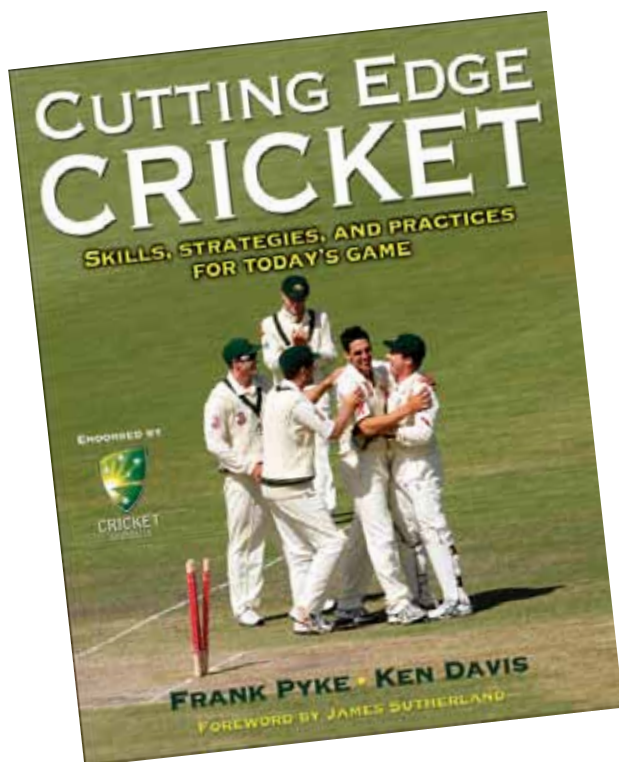
The grants of \$500 per individual and \$3000 per team are available to help meet costs such as travel, equipment, uniforms, and accommodation. To be eligible to apply, applicants must be aged between 12-18 years and travelling more than 250km to participate as an athlete, coach, umpire or referee in upcoming state or national level sporting competitions.



The grants support young people participating, coaching or officiating in official state or national sporting competitions and are administered by the ASC in association with Local Members of Parliament.

Applications for the 2009/10 grant cycle are now open, so if you know someone eligible get them to apply now

For further information including application forms and eligibility criteria please click here.



next month's special offer

Cutting Edge Cricket has brought together unrivalled advice on playing and coaching cricket from 38 of Australia’s most legendary players and coaches. Covering every aspect of cricket play you will learn and appreciate how the greatest players in Australia’s cricket history reached the pinnacle of their game.

The illustrious list of contributors includes the following:

Australian Captains - Greg Chappell, Mark Taylor, Belinda Clark and Bob Simpson; National Coaches – John Buchanan, Tim Nielsen and Tom Moody (Sri Lanka); Players - Justin Langer (batsman), Merv Hughes (fast bowler), Ashley Mallett (spin bowler) and Ian Healy (wicketkeeper); Sport Scientists – Professors Bruce Abernethy and Bruce Elliott

February **PRE-RELEASE OFFER**



mrrSTUDIO



coaches corner

Face an Over with Paul Montgomery (Australian Coach – Intellectually Disabled)



1. What is your greatest highlight as a coach?

The opportunity to be involved with (and win) all 3 ID Tri Series Tournaments (as Assistant Coach & Head Coach) - the most recent on the MCG in December 2009. Also, winning the Victorian Premier Cricket Club Championship in 2008/9 and First XI Premierships in 2007/8 & 2008/9 with Ringwood Cricket Club.

2. What is your motivation to coach?

The opportunity to be involved with a group of individuals, with a passion for cricket, and be able to develop them as cricketers and provide them with an enriching experience as individuals both here and overseas.

3. What is your coaching philosophy?

To try and develop players so that they are able to coach themselves, something important out in the middle. Players

focus needs to be foremost about the TEAM, maintaining disciplines, doing the basics right consistently and being adaptable.

4. What is the greatest challenge you currently face in coaching your team?

The tyranny of distance in dealing with players from all over Australia to get consistency in themes and team dynamics. Also, in finding the most efficient way to get your message across for players to comprehend and implement.

5. Who's the biggest influence on your coaching career and why?

Stephen Box (my predecessor at Ringwood CC) from whom I learnt about the development of Culture and the management of groups and individuals.

6. What are your words of advice for aspiring coaches?

Make sure it is all about the players. When it becomes about you, you are doing it for the wrong reasons.



Please click here to listen to the SEN Radio interview with Paul Montgomery during the ID Trans Tasman series



Resources



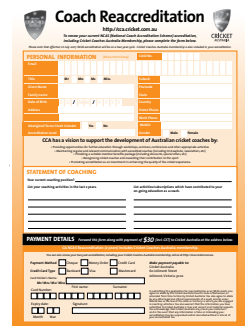
Game Development Resource Brochure



Watch Video: Punter run outs



Interview - Simon Helmot, Vic Asst. Coach - Part 1 of 4



Download: Coach Reaccreditation Form



Cricket Coaches Australia members who hold a current CCA membership card are entitled FREE entry to all domestic cricket including the KFC Big Bash matches.

NB: your CCA membership card must be signed by you and you will be asked to show photographic identification prior to gaining entry to any match.

