











Coaches Notes

Batting – Group Coaching

Coaching sequence:

-  Introduce stroke and describe the type of ball it is to be played to
-  Demonstrate shot – without ball
-  Organise groups and inform all individuals of their role
-  Demonstrate shot in one of the marked out practice areas – with ball
-  Supervise the setting up of other groups
-  Practice to commence after stages 1-5 have been completed
-  Stop activity, bring group together, provide feedback and reinforce coaching points.
Demonstrate shot with ball
-  Groups to return to practice areas and continue to practice
-  Repeat process of bringing in groups and providing feedback as time permits
-  Conclude session with drill or game

Coaches Comments:

Fielding – Group Coaching

Coaching sequence:

- 🌀 Name skill and describe situation it will be used
- 🌀 Organise group into pairs
- 🌀 Demonstrate skill and introduce initial coaching points
- 🌀 Group Practice
- 🌀 Coach to provide feedback
- 🌀 Stop activity, bring group together, provide feedback and reinforce coaching points. Provide demonstration
- 🌀 Repeat group practice and introduction of coaching points
- 🌀 Conclude session with competition

Coaches Comments:

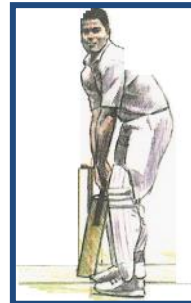
Playing and Coaching Component – Batting Grip

- Stand batters 'side-on' to the bowler, with the bat resting against their front thigh (the base of the bat should rest just behind the toes of the foot furthest from the bowler)
- The hand closest to the bowler is then raised towards the bowler and then swung back to grip the upper section of the bat handle
- The other hand is then swung back towards the stumps and brought back to grip the handle below the 'top hand'. Hands should be close together



Stance

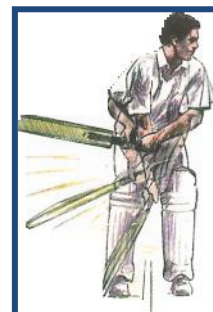
- Demonstrate Stance
- Feet approximately the length of the batters feet apart and positioned either side of the popping crease
- Knees slightly flexed to allow quick movement
- Head and eyes level



Coaches Comments:

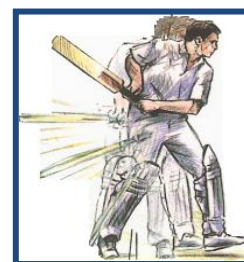
Backswing

- Shoulders, arms and bat pivoting backwards
- Bat taken back straight above the stumps with hands staying close to the back hip
- Group practice in pairs



Backswing and Step

- Demonstrate Backswing and Step
- Co-ordination of backswing and step
- Comfortable stride. Head moves smoothly and remains steady and level
- Front Foot - Weight transferred to front leg, body posture forward
- Back Foot – Taken back and across to off-stump

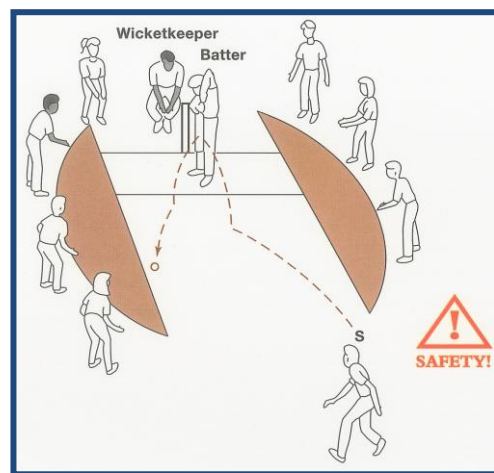
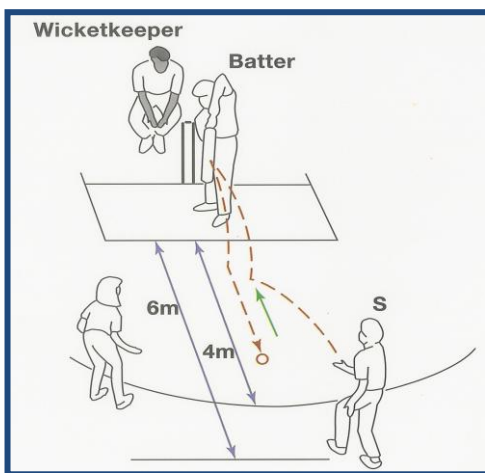
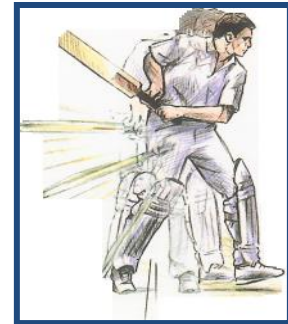


Coaches Comments:

Front Foot Defensive

A defensive stroke, played to a ball which would hit the stumps

- Head and front foot move towards line of ball
- Eyes remain fixed on ball and head remains steady and level
- Body weight transferred into bent front knee
- Bat brought down vertically next to front leg
- Contact made 'underneath the eyes'
- Grip on bottom hand relaxed to block ball
- Group Practice – Blocking the Ball
- (Teach Cricket Page 37-38)

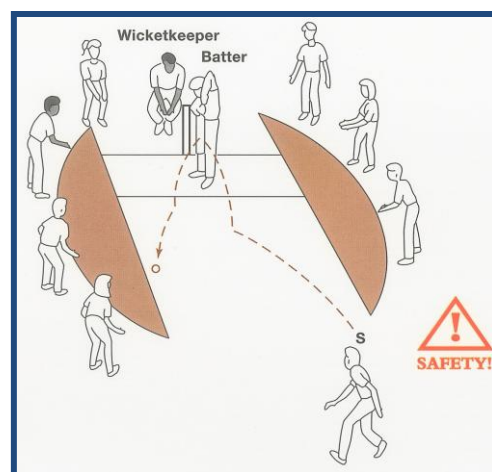
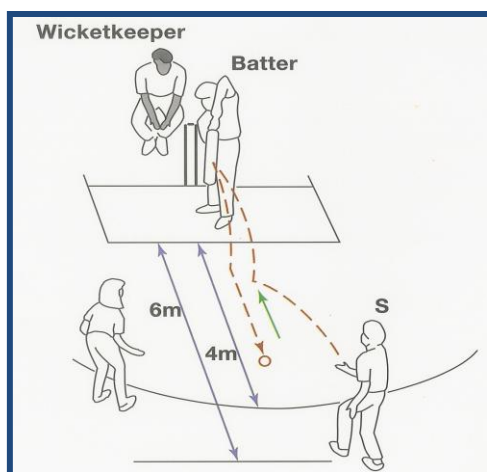
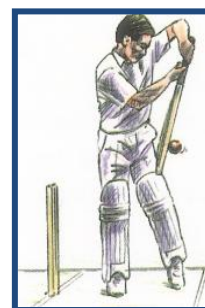
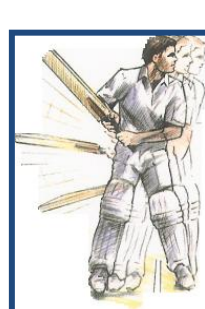


Coaches Comments:

Back Foot Defensive

A defensive shot, played to a ball of good length or slightly shorter, that would hit the stumps or pass over the top of them.

- Head, shoulder and back foot move towards line of ball
- Head remains steady and level
- Back foot stabilizes, parallel to the crease
- Head to remain in-front of back leg
- Bat brought down in a straight line
- Point of contact made 'underneath the eyes
- Grip of bottom hand is relaxed with full face of the bat presented

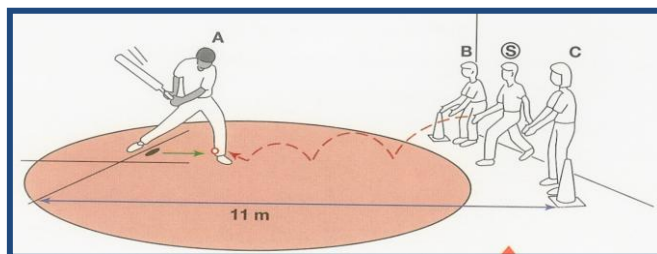
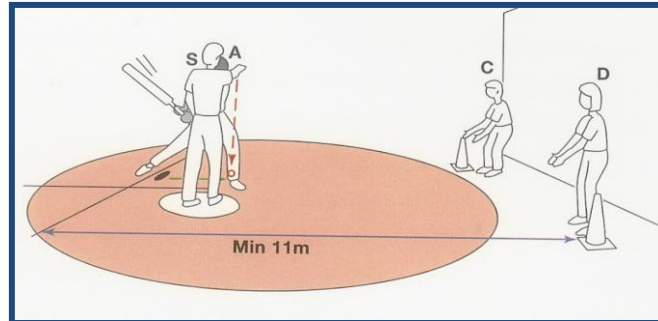
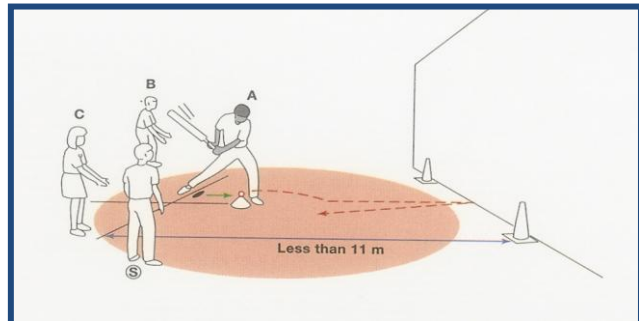
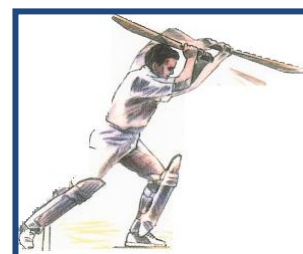
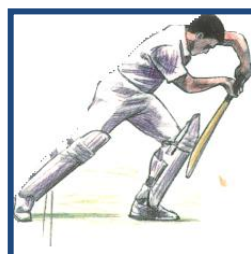
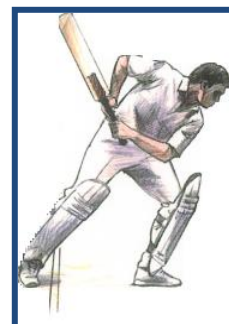


Coaches Comments:

Front-Foot Drive

An attacking stroke played to a full length delivery

- Head and front foot move towards line of ball
- Eyes remain fixed on ball and head remains steady and level
- Body weight transferred into bent front knee
- Bat swung through vertically to strike the ball
- Bat accelerates through point of contact and stays 'on line' with ball as long as possible
- Group practice – Leaning Forward to Strike the Ball (Teach Cricket Page 39-40)

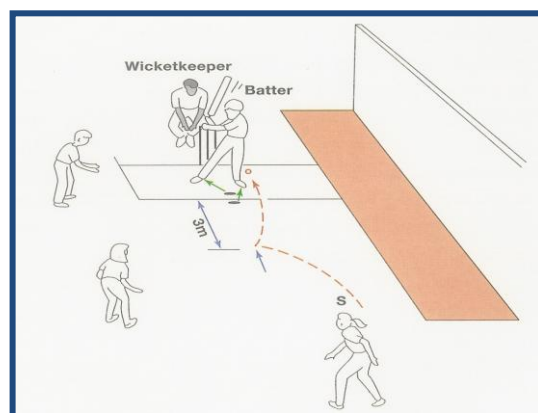
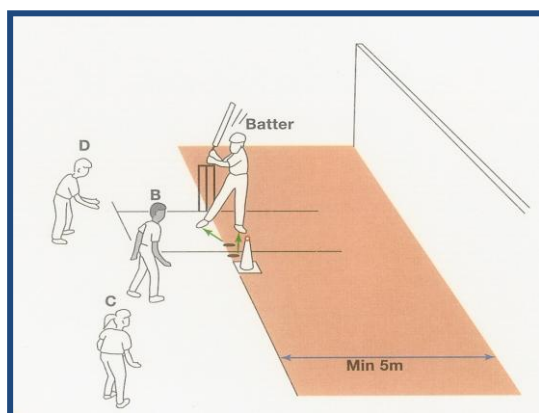
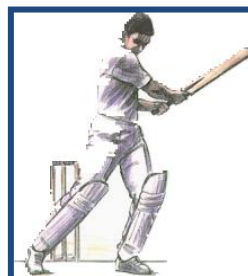
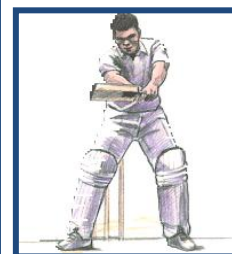
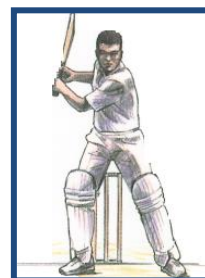
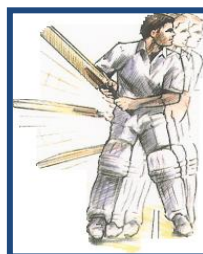


Coaches Comments:

The Pull Shot

Cross batted attacking shot played to a short delivery which is passing over or outside the leg stump

- Head, shoulders and back foot move back and across as backswing commences
- Eyes remain fixed on ball and head remains steady and level
- Front foot moves back and to leg side. Head remains forward
- Shoulders rotate, accelerating bat across body toward point of contact in front of the body
- Eyes remain fixed on ball and bat continues on a full natural flow
- Group practice – Stepping Back to Strike the Ball
- (Teach Cricket Page 41-42)

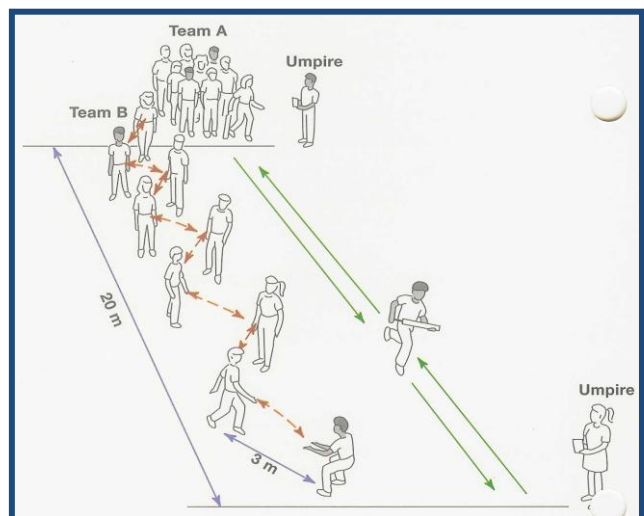
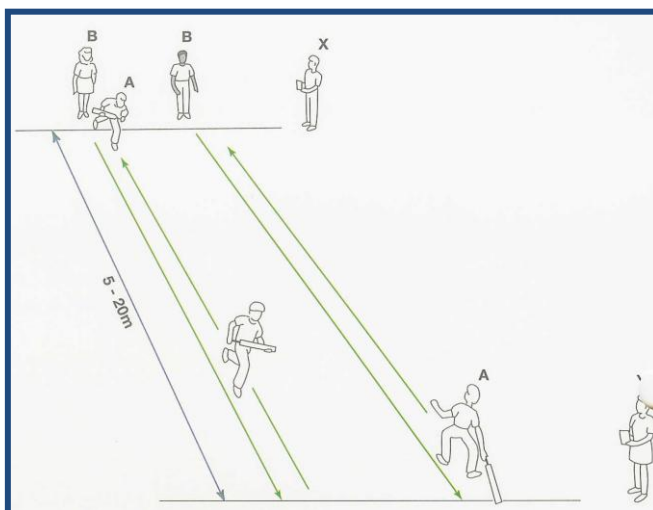


Coaches Comments:

Running Between the Wickets

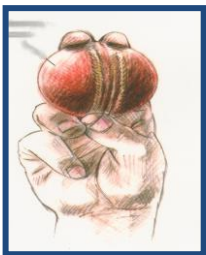
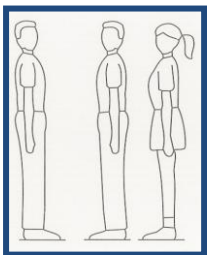
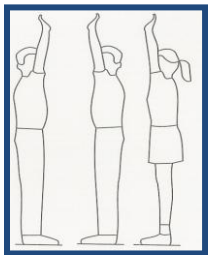
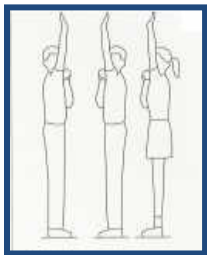
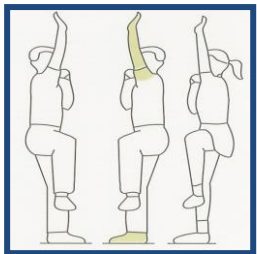
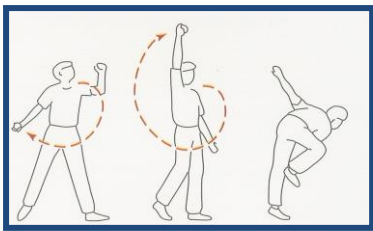
Good running between the wickets depends on:

- Good calling: 'Yes', 'No', or 'Wait'
- Striker calls when ball in-front of wicket
- Non-striker calls when ball behind the wicket
- Carry bat in both hands
- Run in straight line – shortest route
- 'Ground the Bat'. Bat to be touched or 'slid' beyond the popping crease as a run is scored
- Non-striker to move down the pitch as ball is released and keep bat in hand nearest the bowler



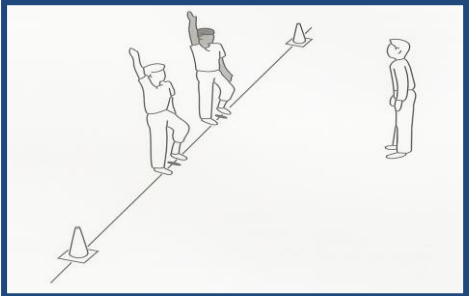
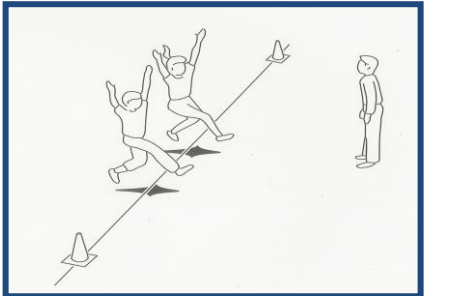
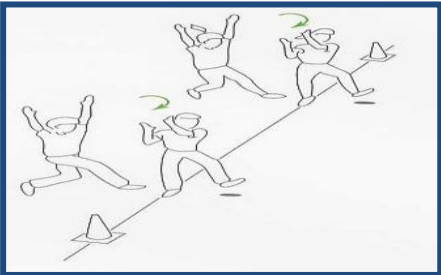
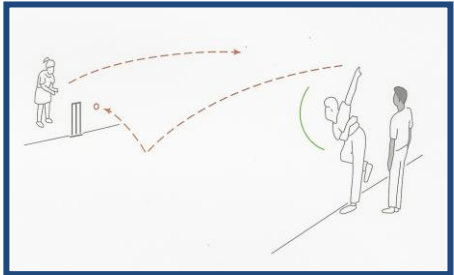
Coaches Comments:

Basic Grip and Bowling from the Coil

<p>Seam vertical, side of thumb on seam underneath the ball</p> 	<p>Foot Position At right angles to intended line of delivery</p> 
<p>Non-Bowling Arm Raised, with hands and eyes looking outside it</p> 	<p>Bowling Hand Close to chin</p> 
<p>Ready Position Front leg raised slightly</p> 	<p>Bowling arm pushed forward and down Non bowling arm pulls down through target area Full swing of arm and shoulders</p> 

Coaches Comments:

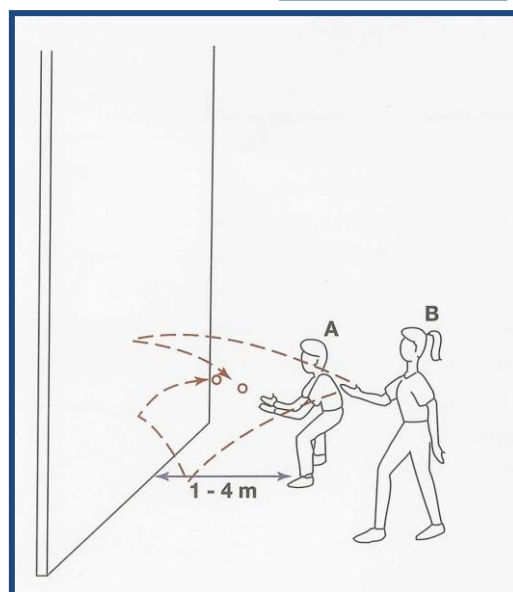
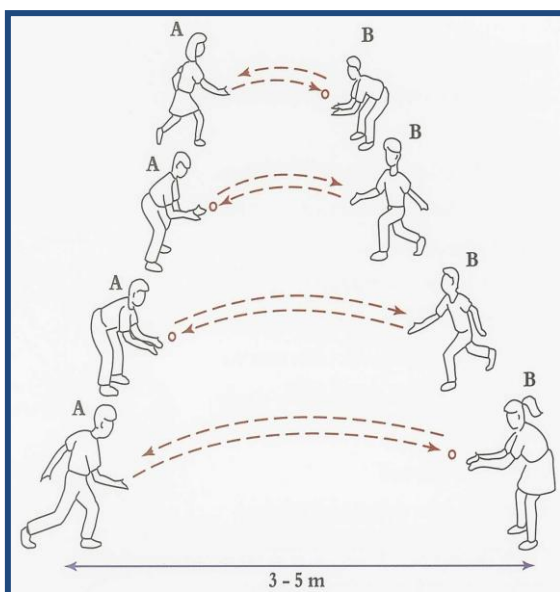
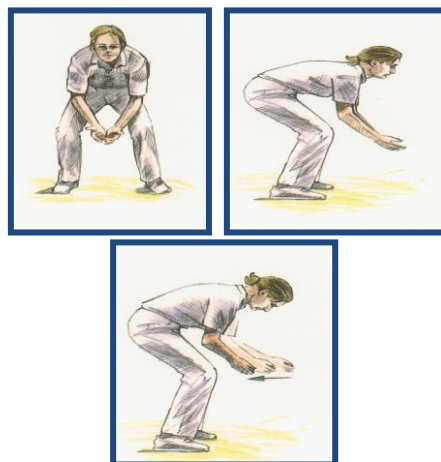
The Bound

<p>Take Off and Landing Foot Group face the front and raise bowling arm Stamp opposite foot to bowling arm. Foot that is stamped is 'take off' foot</p>	<p>High Jump Group run towards the line and 'bound' over the line, 'taking off' on the correct foot and land on the other. Arms thrown in air. Repeat</p>
	
<p>High Jump and Turn Group turn through 90° in mid air to land in a 'side on' position. Landing foot to land parallel to the jump line. Right-arm bowlers turn to right; left-arm bowlers to left</p>	<p>Bound and Bowl As High Jump and Turn but group to complete a bowling action, initially without ball. Progress to bowling at a target</p>
	

Coaches Comments:

Catching Close to the Wicket

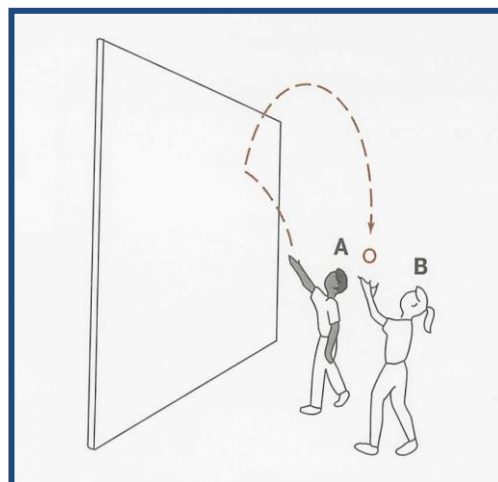
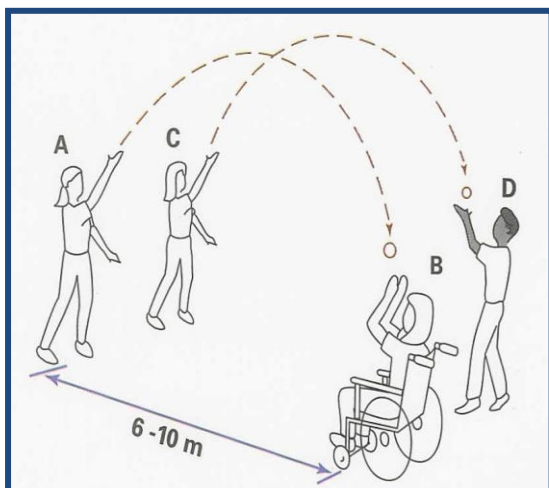
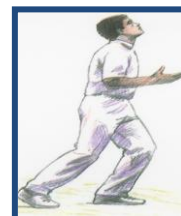
- Stance – Feet to be shoulder width apart. Knees flexed
- Hands together. Finger pointing down
- Head up, eyes level
- Watch ball into hands
- 'Give' with the ball as you receive it



Coaches Comments:

Catching in the Deep

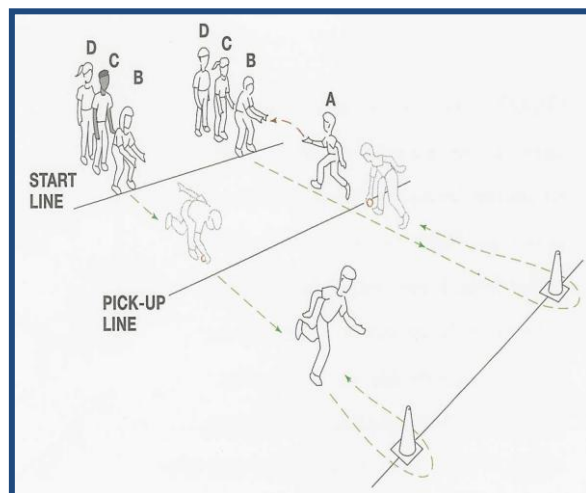
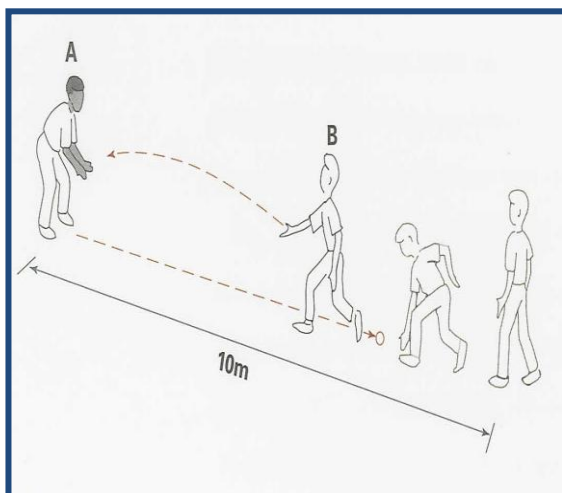
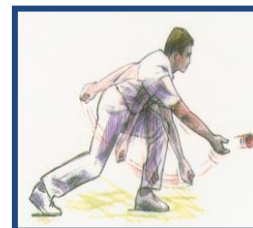
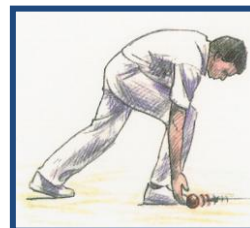
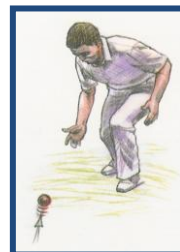
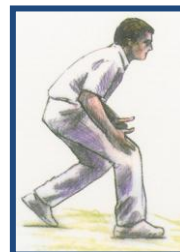
- Assess flight of ball and move quickly to position underneath the ball
- Prepare hands which should be at or above eye level
- Spread fingers, hands relaxed
- Catch to be taken at or just below eye level
- Hands close round the ball and 'give' to chest



Coaches Comments:

One-Handed Pick Up and Underarm Throw

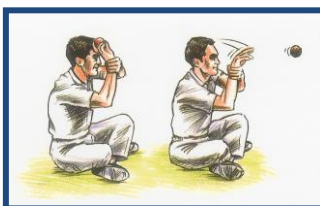
- Assess line of ball early. Move onto a line slightly to the non-throwing side of the ball
- Pick up ball outside of throwing foot, fingers pointing down
- Watch ball into hand
- Maintain low body position. Commence downswing
- Low body position. Throwing hand, arm and body to follow through in direction of target






Coaches Comments:

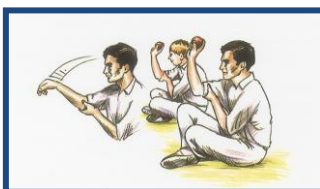
Introduction to Overarm Throw



Stage 1 – Wrist Flick



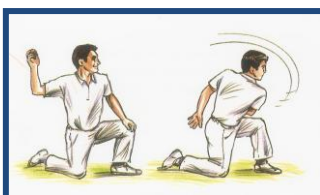
-  In pairs, position individuals in a cross-legged, seating position, facing their partner (no more than 3 metres apart)
-  Throwing hand to be supported by the non-throwing hand
-  Ball to be bounced towards partner using a 'flick' of the wrist and fingers




Stage 2 – Elbow Flick



-  From seated position (5 metres apart), the throwing arm to be supported just above the elbow by the non-throwing hand
-  Ball to be bounced towards partner using the 'flick' of the elbow, wrist and fingers

Stage 3 – Upper Body Rotation

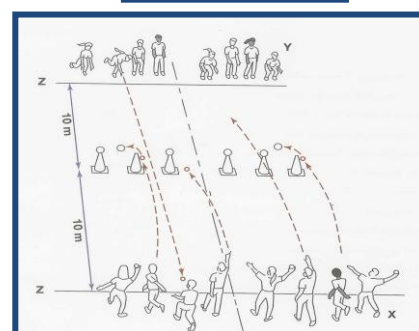
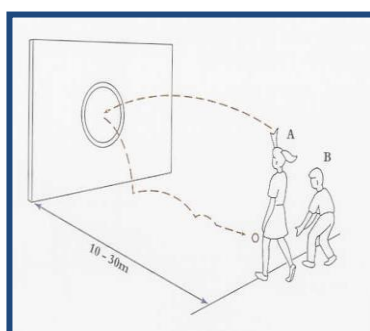
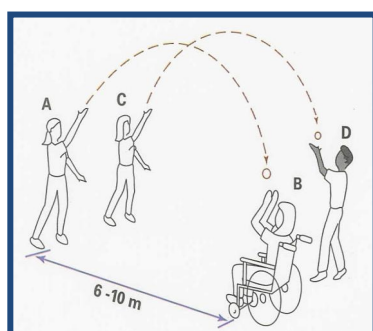
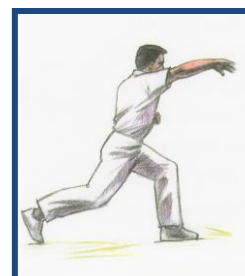
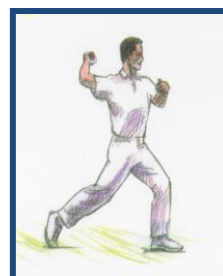
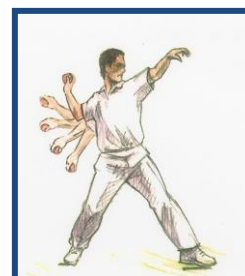
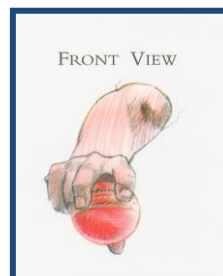


-  Knelling on back (throwing) knee, ball to be thrown towards the partner (10 metres away)
-  Elbow to remain at or above shoulder level at crease
-  On completion of follow-through the throwing shoulder should point towards the target

Coaches Comments:

Overarm Throwing

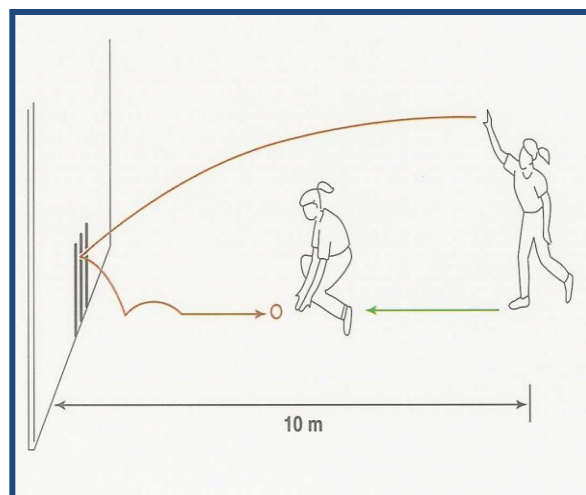
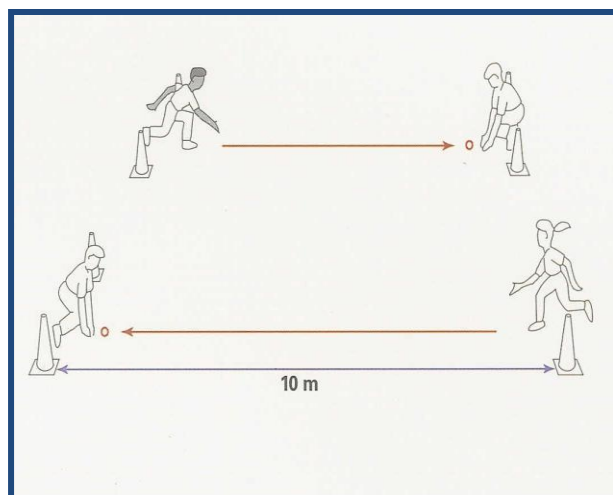
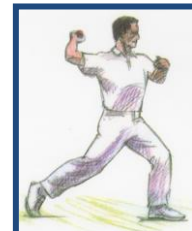
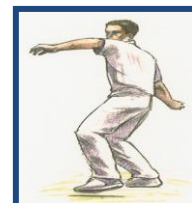
- Hold ball across seam. Thumb placed underneath
- Look at target. Back foot to be positioned 90° to intended direction of throw
- Front arm aligned with target
- Hips to rotate. Elbow to remain at or above shoulder level at release
- Ball to be released with bent front leg
- Upper body to complete half turn
- Eyes to remain on target
- Non-throwing arm drives through and follows through across the body



Coaches Comments:

The Long Barrier

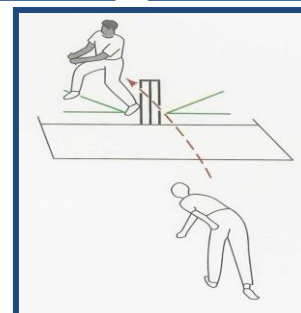
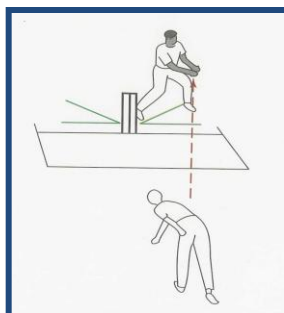
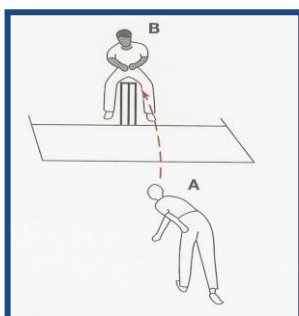
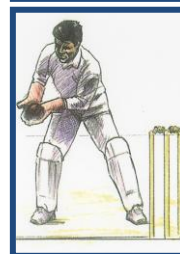
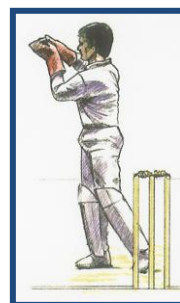
- Assess line of ball and move quickly into line
- Move body into low position, ready to receive the ball
- Long barrier established at 90° to path of ball
- Kneel on non-throwing knee with throwing foot at 90° to path of ball
- Ball picked up below eyes. Fingers pointed down, hands together
- Drive body up and establish throwing position



Coaches Comments:

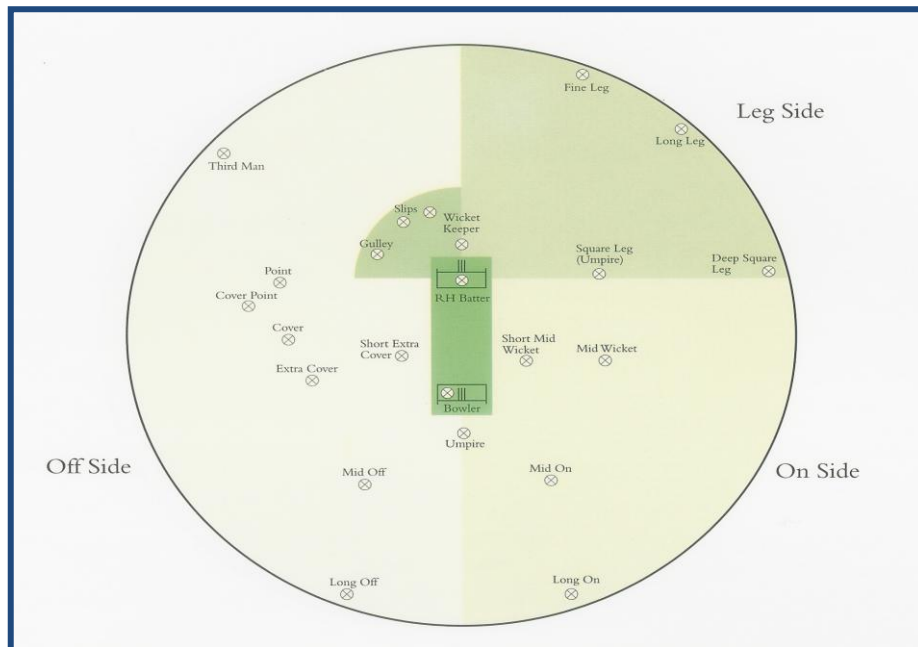
Wicket Keeping

- The Stance – Crouched slightly to the offside of batter
- No part of wk or equipment to be in front of the stumps
- Weight on balls of the feet, hands relaxed
- Taking the Ball – Head/Body behind the ball
- Body rises with bounce of the ball
- Watch ball into hands. Fingers point down (standard take)
- If ball bounces high, head and body twist so that ball is taken one side of the body
- Off Side and Leg Side Take – Feet and body move across to allow head to move into line of ball
- Hands kept low
- Rise with bounce of ball and hands 'give'



Coaches Comments:

Fielding Positions

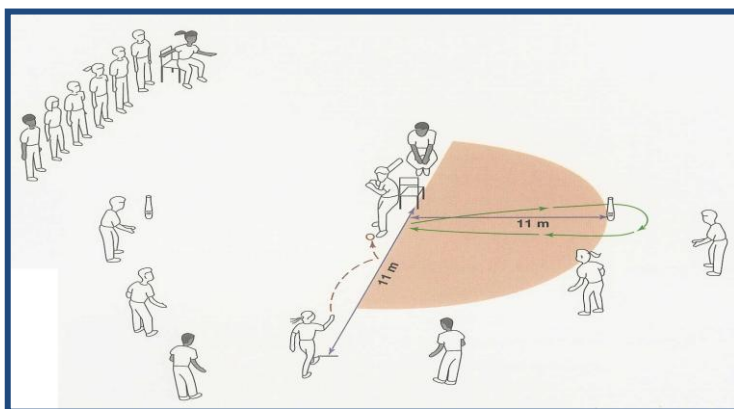


ICC Europe Fielding Restrictions

- No young player in the Under 15 age group or younger shall be allowed to field closer than 8 yards (7.3 metres) from the middle stump, except behind the wicket on the off side, until the batsman has played at the ball.
- For players in the Under 13 age group and below the distance is 11 yards (10 metres)
- These minimum distances apply even if the player is wearing a helmet
- Should a young player in these age groups come within the restricted distance the umpire must stop the game immediately and instruct the fielder to move back
- Any young player in the Under 16 to Under 18 age groups, who has not reached the age of 18, must wear a helmet and, for boys, an abdominal protector (box) when fielding within 6 yards (5.5 metres) of the bat, except behind the wicket on the off side.
- Any wicket-keeper under the age of 18 (on the day of the match) must wear a helmet when standing up to the stumps. This applies for all speeds of bowling
- Non-compliance with this Directive will result in the umpires immediately stopping the game and instructing the wicket-keeper to put on a helmet, or stand back from the stumps

Coaches Comments:

Non-Stop Cricket



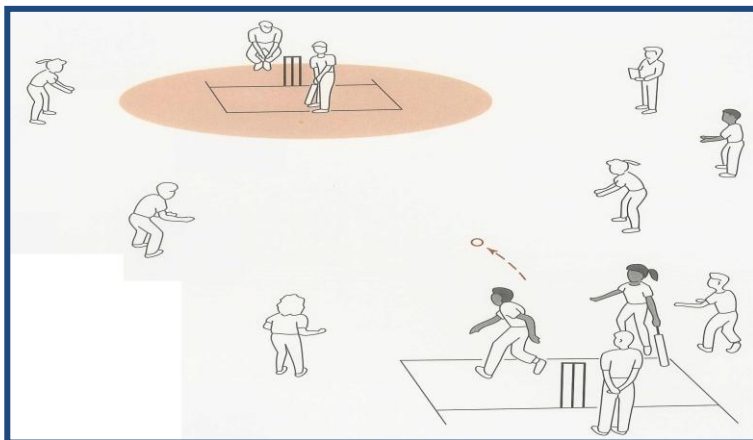
- 2 teams made up of equal numbers. Each team to have one innings
- Organise as shown in diagram
- Incoming batsmen to remain seated until previous batsmen is 'out'
- Ball to be bowled underhand
- Ball can be delivered whether batsmen is ready or not
- Batter can be given 'out', bowled, caught or hit wicket
- 1 run will be awarded when batsmen runs around the marker
- The batsmen must run every time he hits the ball
- A ball which bounces more than once before reaching the wicket shall be called a dead ball
- The batter cannot be dismissed from a dead ball
- The team with the most runs wins

Equipment:

- 1 set of stumps
- 1 bat
- 1 tennis ball
- 2 marker cones

Coaches Comments:

Pairs Cricket



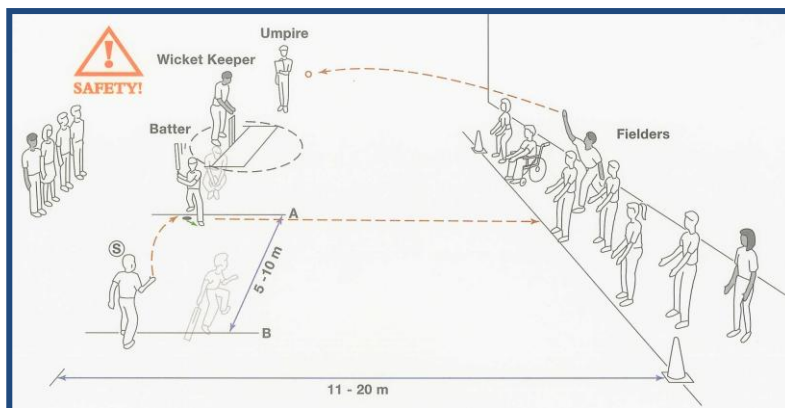
- Game played in pairs
- Ball to be delivered overarm or underarm depending on ability of players
- Six balls delivered per bowler
- Ball to be bowled from one end
- Runs to be scored when batters cross and make their ground from popping crease to popping crease
- Batters can be given out bowled, caught, hit wicket and run out
- Each pair start with 10 runs but lose 5 runs for each dismissal
- The pair with most runs wins

Equipment:

- 1 set of stumps
- 2 bats
- 1 ball
- 2 set of stumps

Coaches Comments:

The Lord's Game



- 2 teams made up of equal numbers
- Ball to be bowled underhand
- Each member of team given 5 attempts to strike ball between cones
- Fielders positioned between cones and must remain behind line until ball is struck
- Fielder to gather ball and return to wicket keeper
- 1 run to be scored if ball passes between cones. 1 run to be scored if ball is travelling between cones when intercepted
- 3 runs scored if ball passes between cones and batter runs from line A to B before wicket keeper catches the ball and breaks the wicket
- 4 runs scored if ball hits boundary wall
- Batters can be given out caught or run out
- The team with most runs wins

Equipment:

- 2 sets of stumps
- 1 bat
- 1 ball
- 2 marker cones

Coaches Comments: