

# BLACKTOWN CITY & DISTRICT CRICKET ASSOCIATION



## JUNIORS CRICKET COACHING GUIDE FOR COACHES PARENTS AND PLAYERS



What a Junior needs to know at each age level

What skills to coach

How to coach those skills

Training schedules for each age group

Field Maps, Captaincy and Bowling Guides

<http://www.fijikids.org/> assisting with getting Fiji kids into school

<http://www.fightingchance.org.au/home.html> assisting young adults with a disability to gain employment.

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## IPHONE & IPOD CRICKET CAPTAIN'S FIELDING ASSISTANT

# 62 Cricket Fields and Fielding Position Lists

**Now every player can be Captain and every Coach an expert**

Just take your assistant to the game

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Be the first in your team to know how to set a field for:

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Just select your age group and type of bowler and let your assistant do the work.

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Sponsoring <http://www.fijikids.org/> to assist with getting Fiji kids to school.



## INTRODUCTION

Every bookshop has titles about current test players or past legends. Some books discuss how the game should be played and how to play the game, but no-one has provided parents and junior coaches with the information they need to teach different age groups in junior's cricket, and in what order cricket skills should be taught. What is relevant to an U13s player may not be relevant to a younger age group. Most importantly, no manual has told you how to coach cricket so your boys are learning a skill whilst enjoying the game. Until now....

This manual lays out the basic skills a boy should know or understand at each age level. Nearly all coaches know how to play cricket. What they usually do not know, is what does a boy needs to learn (or is capable of mastering) at each age level. There are certain skills a boy should acquire at each age level, and there are some skills that can wait until the boy is old enough to physically master and understand the risks of the skill.

Volunteer coaches are time poor, and often turn up at training and then decide what to teach. Coaching courses usually tell you how to plan and structure your training session but quite frankly who has the time? This guide resolves the planning problem by giving you the outline for each age group for each week of the season.

The "How To" section of the guideline structures the important points into a short format to trigger the memory for what's important to coach. It is hoped that this guide could interest novices (including mothers) to become involved as coaches.

For clubs, issues include assisting coaches cost effectively, how to get them all focused in the same direction and how to reward boys so that boys enjoy their cricketing experience and return next year are resolved.

\*\*For clarity I have used the term "boys" throughout this document, however, "boys and girls" can be substituted, as cricket is played by both.\*\*

## COACHING GUIDELINES

Presented below, in easy to understand language is a set of skills boys should cover each year. The aim of this Guideline is to lift the skill level of all boys to a minimum standard. New coaches may start at later age groups u10, u11 or u12 and don't know where the boys are up to in their cricketing education. Alternatively, many coaches feel they have to teach the boys everything about cricket, which is not physically possible over one or even three seasons with 12-15 boys in the team.

The annual skill guidelines are a staged program which will allow coaches to leave certain skills to future coaches. It will tell you at what stage a boy or girl is at in their cricketing education and what you still need to focus on at the start of the season.

Training between 1-1.5 hours weekly only gives the coach time to cover a few facets of the game. The benchmarks and weekly training schedules are based on what a coach can reasonably achieve during the season. The benchmarks listed in this guideline complement the "**Club Way**" of playing cricket described later while at all times upholding the philosophy of Junior Cricket in Australia

1. Upholding the **SPIRIT OF THE GAME** and Code of Conduct.
2. Placing skill development and fun ahead of any personal desire to win,

The Guideline also has a series of suggestions to assist coaches with training. The methods and techniques listed come from a variety of association coaches. They list methods that they have found helpful and successful to assist boys in enjoying and succeeding at cricket and to achieve **cricketing clubs'** ultimate goal that the boy continues to play the game. **This guide** asks coaches to teach boys and girls two key aspects of, **bowling and batting** to all ages.

- 1) How to swing the ball
- 2) How to play the back foot square drive.

The first objective is to get all boys and girls doing something with the ball. If the boy or girl is a natural leg or off spinner encourage him in that area, but if a boy is just trundling in and rolling their arm over fast, medium pace, or slow then all coaches should focus the boy on **swinging the ball**.

The second objective is to get all boys and girls to develop a **straight bat** approach to the game. Boys and girls will naturally try to hook, pull or cut the ball with a crossed bat but the focus should be on teaching them the value of their wicket by playing straight. Focus on teaching defence, driving the ball and learning to loft the ball straight over the in-field. For short balls the pull shot on the front and back foot has been added. Discourage other cross bat shots as they are unlikely to be controlled shots and therefore boys risk losing their wicket. To enhance scoring on the off-side where balls are regularly missed, teach boys to play the **back foot square drive**.

# CRICKET THE “CLUB WAY”

## “Cricket is a skills based game”

As a coach, your ultimate aim is to have the players return to cricket each year. To achieve your aim two things must happen. The player must enjoy their cricketing experience and to do this they need to be armed with enough skills and knowledge to succeed at the game.

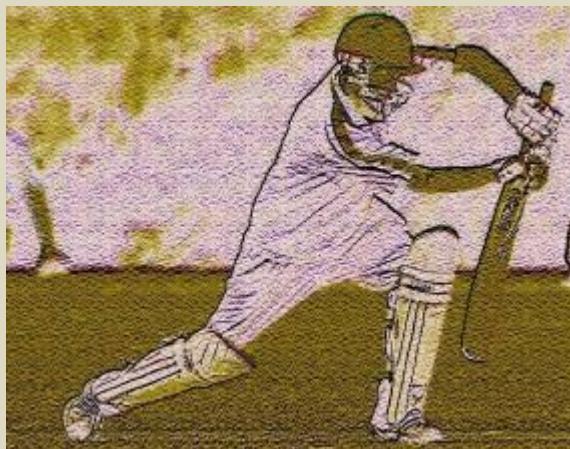
You should also encourage learning the skills of cricket in a manner that endorses the “**Club Way**” of playing cricket.

### The “Club Way”

- 1. Value your wicket.**
- 2. Bowl at the top of off stump.**
- 3. Be cool in the field.**
- 4. Read the game.**

#### VALUE YOUR WICKET

The “Club Way” is to come to the crease, take guard and know where your off-stump is. Know what balls to play and what to leave. Play straight until your eye is in. Play in the V from mid-off to mid-on. Concentrate on each ball.



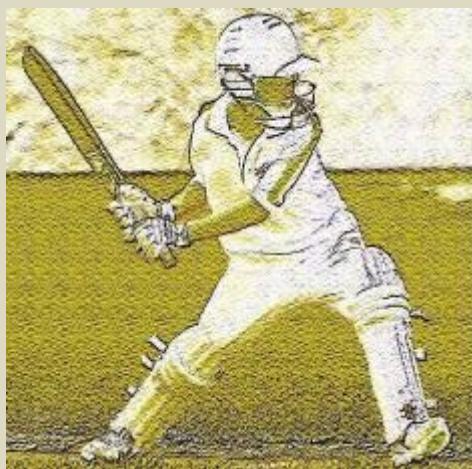
Keep cross bat shots in the closet until you are settled. Come fully forward or back and across to kill the ball (soft hands) when defending and hit it when attacking, keeping your head as still as possible, bending your knees and watching the ball right onto the bat. Lead the bat with your elbow not your hands.

Back up, run hard, and slide the bat. Be faultless, and pressure the other side to change their game. Understand the gaps in the field and look for singles, rotate the strike and, adjust your game to good bowlers if necessary to keep the scoring moving.

Be aware of your partner’s abilities at running between wickets, and, playing fast bowlers or spinners. Be aware of your own abilities and what shots you can or cannot play. Respect each ball but not the bowler. Don’t give your wicket away, ever.

How, do we implement this for boys? We start with playing forward or backward defence.

The key element is for the batsman to keep his head as still as possible, bend his knees and watch the ball from the bowler's hand right onto the bat and follow it until it's decelerated or passed the fieldsmen. This is crucial for timing and execution.



We build the straight drive and the lofted drive, to overcome field placement in a circle around the bat, and keep the score moving. We add a pull shot from the front and back foot to handle short balls but ban the hook shot as it cannot be controlled.

We teach boys how to run, how to back up, how to slide the bat, how to look for the gaps, how to work the ball into the gap through training drills. We let them know they can leave balls they cannot control, high or wide, and defend double bounce balls so they don't get yorked.

We teach boys to work for their runs. We tool them with skills to play successfully and discourage playing ways that may have worked when they were nine years of age but fail when they are fourteen. We get them to play the game not watch the game and value their wicket and over time we produce a batsman that knows how to build an innings, build a partnership and frustrate the opposition.

### BOWL AT THE TOP OF OFF STUMP

Bowlers win matches. They need to be backed up by fielders but generally falling wickets is the key to success. Dictating when bowling makes batsmen adjust their game. To make them change their game you need to build pressure on the batsman.

Building pressure is the key to getting wickets and this is most often done by stopping him scoring. The most successful bowlers at stopping the batsman score aim for the ball to hit the top of off stump.

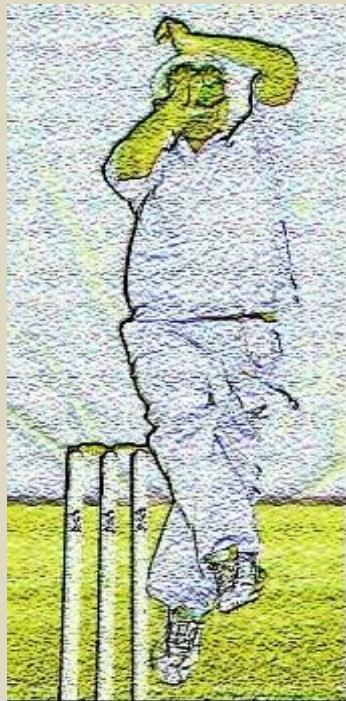
The batsmen can either defend or take a risk by adjusting his game. The cut-shot becomes hitting the ball on to the stumps, or towards gully, and point. The pull-shot leads to hitting the ball on to the stumps or a skied ball.



The drive becomes hitting on the rise and the ball is in the air for a catch. Being consistently bombarded with a good ball rising at the off stump cuts runs down, allows fields to be set and stops the batsman dead in his tracks from scoring.

To teach boys to succeed at taking wickets first you have to teach them to try and not take wickets. Don't try to blast the batsmen out and don't overreach. Build pressure by stopping them scoring. Aim at the top of off stump.

If you want wickets build pressure on the batsman. The bowler needs to build a run up, look through the window, get side on, keep his head steady and watch the spot on the pitch (or base of wicket) where he wants to bowl.



Don't drop the knee, keep your left arm high and follow through. All the mechanics of bowling must be close to perfect every ball. Practice, practice, and more practice is the key. Three or four dot balls will usually spark a change in the game and the mind of the batsmen.

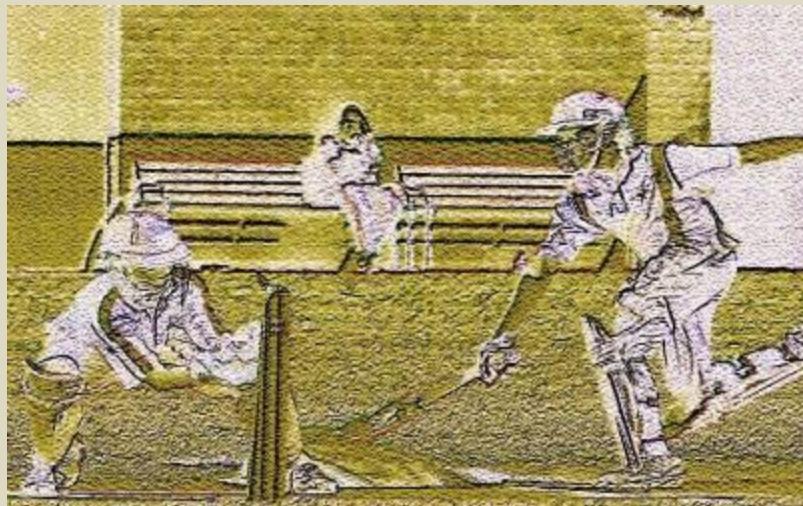
Bowlers get wickets when they dictate to a batsman. The easiest way for this to happen with a large group is for all to understand to get their bowling actions right and aim to hit the top of off stump every ball.



## *BE COOL IN THE FIELD*

In the field you succeed if you stay cool. Watch the Australians and South Africans and you will see that every fieldsman is smiling.

They enjoy their work in the field. They walk in every ball, are on the move watching the batsmen's feet to anticipate the next shot, they dance between balls, talk between balls, back up every throw, get down to the ball, throw their bodies around like they are made of plasticine and always have soft hands spread for catching.



They are never too deep so that a single is not also a run out chance or drift in from the boundary so that catches go over their heads. They attack the ball and always throw hard and fast to the keeper but know when to be cool and hold the ball if there's no chance of a run out or no-one backing up to stop overthrows occurring.

Boys and girls can be taught how to catch with soft hands and spread fingers, how to throw like a baseball player, how to get down to the ball on one knee, and how to back up constantly, but they need to practice, practice and practice.

Coaches can only go so far with fielding at training when eleven boys want to have a bat. If you find fielding is simply so bad it's costing the game set up one or more whole training sessions for fielding but be prepared with enough fun drills to keep them all involved and interested while fixing the problem.

It's no good having four dot balls and a catch if they are consistently dropped. Boys who drop easy catches don't enjoy their cricket experience. Fielding needs boys' willing to put their bodies behind the ball knowing they are safe because they have practiced using techniques shown at training.

Boys need to know fielding is cool and there's no better feeling in the game than at that critical moment changing the course of the game through a top class catch or run out. Match simulation with reward is the most likely method to succeed in lifting the fielding standard to an adequate level and getting the boys to enjoy fielding.

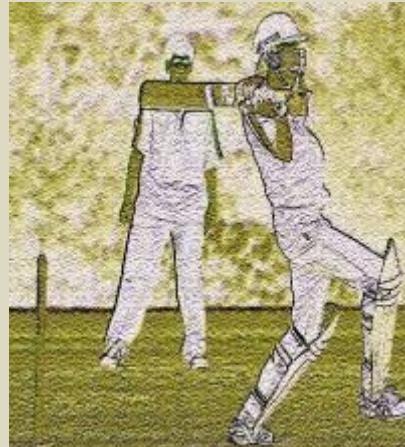
## READ THE GAME

Reading the game comes with experience, however there are key aspects of a game that can be influenced by the coach and boys.

Every game has critical moments; a catch, a run out, a slow, or an accelerated period of batting. Boys and coaches can learn to recognise these points and influence the game by changing it.

The loss of two wickets calls for consolidation by two players batting. They need to work the ball into the gaps, rotate the strike and stop another wicket falling.

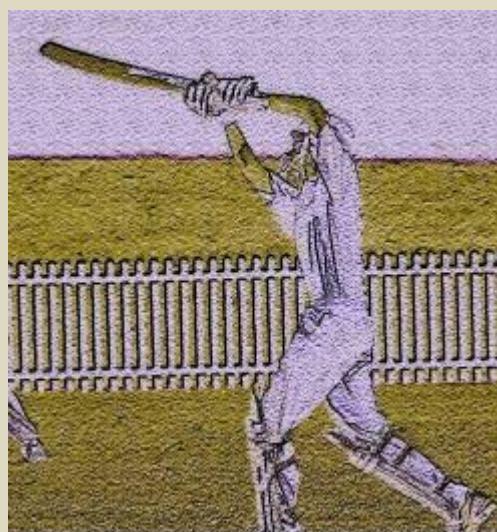
Good bowlers can sense a critical moment when they have bowled three or four dot balls by out-thinking the batsmen for the next ball. A slower ball bowled after dropping the mid-off back quietly, or a wider ball of off-stump to tempt the batsmen often gets a wicket on the fourth or fifth ball.



Fielders can affect the game by being aware of a dominant or passive batsmen and moving in the field accordingly to allow the passive players to face slowing the run rate, and forcing the dominant player to change his game.

Situations in cricket arise weekly. A five minute talk at the end of training discussing a few critical moments from each game will accelerate the boys and girls learning process. Reading a game is an art but they can learn this skill by playing the game, **not watching it.**

All boys and girls need to contribute to every game. Specialise weaker players as a pinch hitter, keeper, captain, wicket buyer, slip's expert or boundary specialist. Ensure that on top of the normal rotation all team-members are involved so that when the time comes they act as a team.



**The team that wants to win more usually does.**

# ANNUAL BENCHMARKS FOR COACHING

## U9 BENCHMARKS

1. Running between Wickets. Yes/no/wait.
2. Throwing the ball.
3. How to run
4. How to build a run up.
5. Grip and Stance
6. Forward Defense. Commitment to being fully forward.
  - a. Bend the knees
  - b. High Elbow
  - c. Head still and over the ball.
  - d. Move feet
7. Getting to the ball to hit it.
  - a. Bend the knees
  - b. High Elbow
  - c. Head still and over the ball.
  - d. Move feet
8. Soft verses hard hands in defense.
9. Hitting the ball in the gap.
10. Holding the ball.
11. The Pull shot. Front and Back Foot.
12. Backing Up, running hard and sliding the bat.
13. Straight verses cross bat shots.
14. Underarm returns from 5m.
15. Left arm up looking through the window.
16. Correct foot when bowling.
17. No standing and bowling.
18. Cupped hands when catching.
19. Straight Drive.
  - a. Bend the knees
  - b. High Elbow
  - c. Head still and over the ball.
  - d. Move feet
20. Coming down the wicket to drive.
21. Lofting the ball straight.
22. Bowling at the top of off stump.
23. Follow through.
24. Bowling at a target.
25. Defensive verses attacking batting.
26. Block and kill the ball or hit it.
27. Game Strategy:
  - Bowling to your field.
  - Maiden Over.
  - Tossing. To bat or bowl.
  - Defensive Fielding. Stopping fours.
  - Overthrows and how to stop them.
  - Batting with a partner.
  - Stopping Run-outs.
28. Blocking second bounce balls.
29. Building partnerships.

**Club Coaching:** Out-swing (In-swing for some boys determined by coach based on hips at delivery), Back Foot Square Drive.

**Tip:** 50% of boys in u9 get out run out or half hitting a block for a catch rather than killing the ball or hitting it hard. 75% of catches are dropped.



## U10 BENCHMARKS

1. Catching should be done every training session.
2. Reinforce u9 skills.
3. Taking Guard.
4. Play the game; don't watch it, especially when running between wickets.
5. Back and across when playing on the back foot.
6. Backward defense.
  - a. Bend the knees
  - b. High Elbow
  - c. Head still
  - d. Move feet
7. Running singles.
8. Working the ball into the gap.
9. Straight Drive.-Front Foot.
  - a. Bend the front knee and straighten on impact
  - b. High Elbow
  - c. Head still
  - d. Move front foot
10. Cricket ballet Part 1-coming down the wicket.
11. Lofted straight drive.
12. Backing up in the field.
13. Using the crease and pitch when batting.  
(Warning on stumpings).
14. Using the crease when bowling.
15. Running in straight when bowling.
16. Stopping the ball on one knee.
17. One bounce throws.
18. Underarm throws from less than 5 metre's.
19. Ball Grip bowling and throwing.
20. What to watch when bowling, window, follow through, side on, head up.
21. Catch above head to left or right, soft hands, steady eyes.
22. Calling for catches.
23. Backing up, running hard and sliding the bat.
24. Taking singles. (It's not tip and run).
25. Looking for 2 runs.
26. Sundries. The cost of them.
27. Bowling at the top of off stump.
28. Spin bowling introduction.
29. Game Strategy:
  - Dot Balls.
  - Starving the batsmen.
  - Batting First.
  - Batting Second.
  - Catches win matches.
  - Rotating the strike.
  - Pressure the batsman in the field.

Club Coaching: Out-swing, (In-swing for some boys determined by coach based on hips at delivery), Back Foot Square Drive.

Tip: 50% of boys in u10 get out run out or half hitting a block for a catch rather than killing the ball or hitting it hard. 50% of catches are dropped. Many boys get run out watching catches that get dropped.



## U11 BENCHMARKS

1. Reinforce u10 skills.
2. Play the game, don't watch it.
3. Catching in the Outfield.
4. Drive Off/On.
  - a. Bend the knees
  - b. High Elbow
  - c. Head still
  - d. Move feet
5. Cover Drive.
  - a. Bend the knees
  - b. High Elbow
  - c. Head still
  - d. Move feet
6. Bowling at the top of off stump.
7. Cricket ballet 2 -back and across.
8. Back foot grounded sideways when fully forward.
9. No half way house- fully forward or back and across.
10. Soft hands when defending.
11. Bowling outside off stump when defense is attack.
12. Hitting the ball in the gap – leg side.
13. Coming down the wicket-lofted straight shots.
14. Yorker.
15. Sundries:
  - Cost of wides.
  - Cost of short pitched balls.
16. Ability to set a field, field positions introduction.
17. Run outs and how to stop them happening.
18. Which hand to hold the bat when running?
19. Playing the game - don't watch it (catches and run outs).
20. Strategy-pressure team batting second.
21. Leg spin, Off-spin. (Arm ball, Googly,)
22. How the ball spins when hit for fielding. Hook and Pull verses Cut Shot.
23. Player's role in the team.
24. How a team works from opening bats to a spinner buying a wicket.
25. Game Strategy:
  - Defence can be attack when fielding.
  - Attacking and Defensive Bowling.
  - Batting first or second. Half way Mark.
  - Protecting spinners.
  - Looking for the gap to hit.
  - Sundries.
  - Captaincy introduction.
26. Blocking second bounce Yorkers.
27. Don't hook spinners.

Club Coaching: Out-swing (In-swing for some boys determined by coach based on hips at delivery), Back Foot Square Drive.

Tip: 30% of boys in u11 get out run out or half hitting a block for a catch rather than killing the ball or hitting it hard. 30% of catches are dropped. 30% of boys get bowled because they don't play fully forward or fully back and across.



## U12 BENCHMARKS

1. Outfield Catching.
2. Reinforce u11 skills.
3. Cut Shot.
4. Cricket ballet – back and across, back foot grounded sideways when coming forward, coming down the wicket.
5. Leg Glance. Front and Back Foot.
  - a. Bend the knees
  - b. High Elbow
  - c. Head still
  - d. Move feet
6. Slower Ball.
7. Back-Foot Drive, Off, On and Straight Drive. The cradle.
  - a. High on toes
  - b. High Elbow
  - c. Head still
  - d. Move feet
8. Leg-Off Cutter.
9. Square drive. Front and Back Foot.
  - a. Bend the knees/High on toes
  - b. High Elbow
  - c. Head still
  - d. Move feet
10. In - Out - Reverse Swing.
11. Sweep, Reverse sweep.
12. Hook Shot. When to play.
13. High Catch 25m+.
14. Slips catches.
15. Game Strategy, walking in, watching the batsman's feet, game tempo, starving the batsman and buying a wicket.
16. How to win close matches.
17. Fielding to spinners.
18. Stop and Throw- Front foot, Back foot, Turn and Throw.
19. Variation in your over. Six different balls per over.
20. Use of the crease when bowling.
21. Flight and setting your field for your bowling.
22. Playing spin.
  - a. Fully Forward or Back and Across
  - b. Bend Knees/High on toes
  - c. High Elbow
  - d. Head still
  - e. Move feet
23. Upsetting the batsmen when bowling, upsetting the bowler when batting.
24. Learning a shot you can't play from a team member.
25. Game Strategy:
  - Setting a field for your bowling.
  - Buying a wicket.
  - Chasing a total and run outs.
  - Batting through the overs.
  - Watch the batsmen-which shots are his strength and weakness.
  - Seeing off a top class bowler.
  - Attacking a weaker bowler.

Club Coaching: Out-swing (In-swing for some boys determined by coach based on hips at delivery), Back Foot Square Drive.

Tip: 20% of boys in u12 get out run out or half hitting a block for a catch rather than killing the ball or hitting it hard. 20% of catches are dropped. 30% of boys get bowled because they don't play fully forward or fully back and across.



## U13/14 BENCHMARKS

1. Outfield catching.
2. Field Positioning Long and Short Format
3. Reinforce u12 skills.
4. Batting and Bowling on Turf.
5. Fully Forward or Back and Across
  - i. Sticky Wicket.
  - ii. Second Day wicket.
  - iii. Wet wicket.
  - iv. Pace of the wicket.
6. Taking quick singles.
7. Rotating the strike and building partnerships.
8. Captaincy. Attacking Fields. Defensive Fields.
9. Your role in the team.
10. Bowling to a Field. Length is priority No1.
11. Building an innings. Playing in the V.
12. Hook shot-risk reward when batting.
13. Bowling on a dead wicket.
14. Recap batting and bowling shots.
15. Driving on the Up.
16. Following through when driving.
17. Lofted Shots.
18. Slips catching.
19. Self analysis bowling and batting.
  - a. Running in straight, left arm high and straight, head straight, body straight, jump straight, pull down straight, follow through straight.
  - b. Fully forward or back and across, elbow high, head balanced, looking over the ball, watching the ball onto and off the bat.
20. Mental side of cricket.
  - a. Switching on and off
  - b. Relishing the challenge
  - c. Know your boundaries
  - d. Preparation
  - e. Visualization
21. Bowling variation.
  - Slower Ball. Split fingers, palm, finger behind
  - Crease variation. Close or wide of the stump, Around the wicket
  - Flight. Drift, Over-spin, Arm angle
  - Bouncer. Direction and Height
22. Fielding to spinners and playing spin bowlers. Coming down the wicket, playing them off the wicket, fully forward or fully back. Defending when deceived.
23. Upsetting the batsmen when bowling,
24. Upsetting the bowler when batting.
25. Holding up an end bowling or batting.
26. Sweeping outside off stump, sweeping outside leg stump.
27. Square on drive-cow corner.
28. Game Strategy:
  - Setting a field for your bowling.
  - Buying a wicket.
  - Chasing a total and pressure.
  - Batting through the overs.
  - Watch the batsmen-which shots are his strength and weakness.
  - Seeing off a top class bowler and attacking a weaker bowler.
  - Building pressure in the field.

Club Coaching: Out-swing, Back Foot Square Drive.



## U14/15 BENCHMARKS

1. Reinforce u13/14 skills.
2. Practice Routines-creating your own.
3. Outfield Catching and Slips Catching.
4. Turf Pitches and adjustments to make this year.
5. Your role in the team.
6. Training Routine.
7. Playing spin bowlers.
8. Hitting the seam-wrist position.
9. Reverse Swing.
10. Reading the bowler's hand.
11. Reading the batsmen feet in the field.
12. Bowling and setting a field to a batsman's strength/weakness.
13. Relationship bowler and fielder.
14. Attacking fielding-the slide and throw.
15. Opening the stance to left hand bowlers.
16. Getting to 50, getting to 100.
17. Setting your field. Length is priority No1.
18. Bowling to your field.
19. Slips-how deep, how spread.
20. Slips angle for around the wicket
21. Learning a batting/bowling skill from another player.
22. Batting like Bradman
  - Control a fast moving ball
  - Hit leg side shots into the ground
- Grip rotated to leg
- Back-lift to 3<sup>rd</sup> slip
- Bat in front not behind toe.
23. Great versus good-less movement when batting and head still.
24. Dictating the game.
25. Facing Very Fast Bowlers.
26. Ducking and evasion
27. Defending on the leg side
28. Leaving the ball
29. Reducing your back-lift in windy conditions
30. Getting that extra 10kmh when bowling fast-left arm pull and right hand cocked on release
31. Run Outs and how to create them. Anticipation.
32. Game Strategy.
  - Attacking.
  - Defending.
  - Run Chase.
  - Partnerships.
  - Bowling in pairs.

Club Coaching: Out-swing (In-swing for some boys determined by coach based on hips at delivery), Back Foot Square Drive.



## U16/17 BENCHMARKS

1. Recap u14/15.
2. Practice Routines-creating your own
3. Outfield Catching/Slips Catching.
4. Turning to catch the high ball
5. Your role in the team.
6. The Gilchrist square on drive.
7. A good length-depends on the wicket.
8. Bowling on different wickets. Fast, Dry, Wet, Second Day wickets.
9. The Tendulkar cut lob over slips.
10. Pulling off the hip.
11. Bowling accuracy-it's all in the head.
12. The bouncer when to use, when and how to duck.
13. Practice Practice Practice which balls to leave.
14. Reading the bowler's hand.
15. Taking 5 wickets.
16. Getting to 100.
17. Playing spin bowlers- The doosra.
18. Watching the ball ONTO and OFF the bat.
19. Decision making or instinct through practice.
20. Getting to 10
21. Training Preparation and Routine.
22. Building pressure on the opposition.
23. Watching the spin in the air or out of the hand
24. Bowling to a low score
25. Batting to a low score
26. Bowling to a great batsmen
27. Bowling to tailenders
28. Defence being attack and when attack is defence.
29. Bowling or Batting into form. Length is Priority No1.
30. Weakness in my game- working with a teammate.
31. Fixing technical problems –checking.
32. Game strategy
  - Watching the Captain.
  - To bat or bowl.
  - Spinners when to use.
  - Close games and how to win.
  - Taking a risk for a reward.

Club Coaching: Out-swing (In-swing for some boys determined by coach based on hips at delivery), Back Foot Square Drive.



## DEVELOPMENT –CRITICAL FACTORS

**U9-U12** the focus is skills development and in U13-16 the focus switches to strategically deciding what skills to use and when-in other words, DECISION MAKING.

**U9.** Most of a coaches time should be spent on ensuring each boy has a bowling action. For a boy to return to u10 it is critical that he wants to take the ball and bowl. Most associations rules ensure all boys get 2 overs minimum and a boy that is embarrassed to bowl will leave the game. The run-up, delivery-stride and, follow through need to be constantly checked in the first year.

No boy should be standing and bowling and no boy should feel embarrassed to bowl as the field can be set to protect the boy from boundaries. Twenty percent of a coach's time should be spent on catching and stopping the ball with a long barrier (one knee down).

Catching should focus on catching a ball flat or above their head to the side at a distance of 10 metres (the minimum allowance to the bat). The other 10% of time can be spent on showing boys a stance and how to defend or drive the ball (cross bat pulls and sweeps will occur naturally) and showing boys how to put on and run in pads.

**U10.** Bowling is again priority number one. A boy who goes through to u11 without a proper action will be a hamstring on his team. Most games are won or lost by 10 runs. It is imperative all boys have an action, can bowl fast enough for the ball not to just sit up and be hit and for the boy to take at least a few wickets in the season to enjoy the game.

Wicketkeepers are also important in u10. While all boys should keep in U9 the number should slowly reduce to 4 by end of season. Byes can win or lose games and it is important to teach the fundamentals of keeping in u10-staying down, coming up with the ball and using the pads when required to stop the ball.

Batting should involve re-enforcing, defence, stopping second bounce balls, hitting the ball or defending –no middle ground- where a boy is caught at short mid-on or mid-off, the pull shot off the front and back foot, the back foot square drive and learning to drive off the front foot. Fielding focuses on catching from 10-20 metres and long barriers (knee down) when stopping the ball.

**U11.** Bowling and batting become equally important. Bowling is taught in regard of containment –bowling at the top of off stump or outside and how three dot balls usually leads to a wicket on the fourth. Batting involves decision making-the ball to defend and the ball to hit.

Boys need to learn hitting straight over the top and looking to take a single off defence and to hit a bad ball for four. The drives are taught off front and back foot, the pull shot reinforced-especially off the front foot against spinners on astro-turf (no hooking spinners) and lofting the ball needs to be practiced on centre wicket practice sessions.

Fielding should begin with 20 metre catches and triangle drills-underarm throw at the stumps, pick-up and throw at stumps, stop the ball and throw to the keeper who underarms the ball along the ground to the boy who underarms throws at the stumps again and rotates.

**U12.** Eleven Captains on the field should be taught and critical moments in each game discussed. Batting involves learning to hook, cut, and glance and looking for two. Outfield catching is the priority for fielding and bowling involves learning variation in an over - slower ball, bowling close or wide to the stumps for angle, flight and planning an over.

**U13** Getting to 50 and getting 5 wickets should be discussed. Playing each ball on its merits and bowling to a field and a plan. Fielding involves learning how to catch in slips, fielding to spinners and taking high balls in the outfield. Triangle drills involving catching, throwing at the stumps (under and over-arm) and picking up on the run (crow-hop) should be taught-attacking fielding.

**U14** Coaching has moved from physical skills to mental skills. Coaching involves moving net training from having a bat to simulating an innings or practicing 1-2 shots. Bowling involves bowling an over in the nets to a plan. Game strategy such as two day games are discussed and playing as a team, batting in pairs, bowling in pairs, summing up the stage of the game and critical factors to winning.

**U15** Getting to 100 should be discussed. Net practice should be run by the boys with the coach free to discuss any issues a boy has with his game. Coaches should assist in weak areas and be more specific in correcting technical faults or giving alternatives to correcting- ie: a boy who constantly gets out cutting may have to either give it up until he is 50 or learn to play the back foot square drive. Boys should be taught to know their own strengths and weakness and adjust their game to match.

**U16** Boys should be moving to Turf wickets. It is now critical to commit to fully forward or back and across when batting. Bowling line and length becomes paramount and the wicket becomes the vehicle for movement. The earlier they get to play on a sticky wet, second day and green top the better. The game transforms into learning how to adjust for different wickets. Time at the crease and patience and accuracy when bowling are critical. Fielding becomes attacking on better fields and slips and close in catching becomes critical to success.

## BOWLING AND HIGH RISK INJURIES

Coaches need to check every boy to see if they are in a high risk category for long term lower back injuries due to their bowling action. If you are unsure get someone who knows how at the club to check or send them off to a higher level coaching clinic or organization. By 15-17 the damage can already be done.

What to look for?

- Rotation of Shoulders should be in the vicinity of less than 30 degrees between back foot landing and release of the ball.
- Ball should be released vertically and the head should not fall away creating lateral flexion.

So ask the questions.

- At back foot landing are the shoulders side on YES/NO
- At release is he side on? YES/NO
- From landing to delivery what is the rotation of the shoulders? Less than or more than 30 degrees?
- Is he bent over at release causing lateral flexion?

Causes and Fixes

- Ball out in front just before release rather than down by his right side hip?
- Is he looking inside or outside the window at back foot landing?
- Does he need to pull his right shoulder back in mid air jump before back foot lands?
- Spine at 45 degrees at release rather than upright or straight causing crunching on left side?
- Back knee not holding on backfoot landing causing bending (lateral flexion) and damage to spine.

## DUCKS, LBW'S AND RUN-OUTS

Boys don't cope with ducks, LBW's and run-outs. Parents and Coaches also get upset by the event. One way to get rid of the problem would be to get rid of them to u11. Committees are never likely to agree on this due to the mixed nature of player parents from the very serious cricketer to the parent whose boy simply wants to be with his mates.

The way to get rid of the three events is to coach boys methods to avoid such pitfalls.

- Ducks. A duck can be avoided by committing to move fully forward or fully back and across as soon as you come in. The boy should learn to push the ball to the off or leg side and get off the mark. The boy at the other end should be backing up to assist in getting the new batsmen off the mark. Boys should also play in the V between mid-off and mid-on to get off the mark and be patient and wait for the over-pitched or short ball. Getting from zero to one needs full commitment from all boys. Clubs average 1.5 ducks per boy registered. Knowing where your stumps are and, committing to being fully forward or back from ball one will reduce the occurrence of ducks.
- LBW's. Always know where your stumps are and where the ball pitches and get bat to ball. Boy's who get out LBW in Junior's have usually not moved fully forward or fully back and across. They have been stuck to the crease. Explain to boy's that the best and only way to avoid LBW is to move their feet and get bat to ball.
- Run Outs. Have a policy of no panic running. Panic running often occurs when a catch is hit or when the ball is hit hard straight to a fieldsmen and when the keeper misses it. In all three circumstances running should be banned as it causes more harm than good and for every five or six singles there is an upset boy, parent, and coach who has been run-out.

Boys should focus on running when the ball is hit into a gap and hitting fours. Focus on abolishing the three problem areas above of panic calling and getting boys to be clear and loud on YES/NO/WAIT. This should alleviate run-outs for all but the direct throw hit which is a simply a case of good fielding and not half as upsetting as being run-out on a dropped catch , by the backstop or simply because a boy hit the ball hard and ran.

Run-outs will occur in the last 3-5 overs of any Twenty/20 or Thirty/30 game. What needs cutting out of cricket is the top 5 batsmen getting run-out because a boy has been pushed to run, panicked and run or been hassled to get running.

## 50's, 100's AND 5 WICKETS.

By u13 boys need to understand how to take their game to the next level. They need to begin to understand building an innings from getting off the mark to ten runs, to fifty and beyond. Bowlers need to understand how to move from taking 1-2 wickets to 4 and 5 wickets. Getting to fifty is the major breakthrough in batting for boys to understand that they should never simply give up their wicket.

Hitting in the air is risky and to get to 50 normally requires a boy to put away certain risky shots in earlier years (hitting over the bowler, over cover, taking on the boundary fieldsman) to playing straight or in the V between mid off and on to twenty and then building a partnership to forty and then finally reaching fifty by waiting for the ball to hit. Higher scores are the result of patience and not trying to hit the good ball for four as they would have in u10-u12.

Because retirement usually occurs at 50 getting to 100 is tricky. It usually requires the team to be nine down. A boy who comes back after retiring has to work the ball to get his eye back in to sixty. He then needs to keep control of the strike by ball counting and finally in the last over's of a limited over game will need to unleash to move from seventy to a hundred in three or four over's. It is no small feat and usually only 1-2 boys in a club will achieve 100. The better batsmen however usually get one chance a season to achieve 100 and it helps to be prepared and to believe it is possible.

Junior cricket usually limits bowlers to five over's one day games and eight over's two day games. To achieve 5 wickets a boy must bowl to his field. It is critical from u12 on that boys know what field they want and remember to set it prior to running in. Many Junior teams field too close to the bat and often balls fall just over a fieldsman's head so getting the right positioning is crucial to achieving success when bowling. While u9-u12 is usually about containment of batsmen u13-u17 is usually about bowling sides out and attacking cricket. The boy who has a core ball and can land it where he wants in relation to his field setting and then use his variation ball to obtain a wicket will succeed.

The big problem in the u13-17 is not bowling to a plan and a field, trying too much variation and bowling too short. The bowlers who get 5 wickets are the ones who persist on a fuller length, place their field correctly and don't try too much variation – don't let the batsmen off the hook with a stray ball that goes for four. Moving from 1-2 wickets to 5 is not easy but boys who continually practice the above skills will eventually come up against a team having an off day and it is then that they will move from taking two to five wickets.

## FIELDING AND TEAM TRIBALISM

The team that wants to win more usually does in Junior cricket. How do you bottle keenness?

Creating team tribalism in Junior cricket is difficult. A star team will have players away at Representative Cricket for 40% of games. Movements from Public Junior Schools to Private schools will be disruptive to the team and parent's rostering a boy off in crucial rather non crucial games will cause the team to be at less than full strength against the top team. On top of this, rotating batsmen can cause a team to fail dismally on occasions as well as that one game per season where all boys lack a sense of winning and the team collapses against a team it should beat easily.

A young team for the age group is always keener to beat the older boys. Often Year 5 will beat Year 6 when they compete in club cricket and the reason is that they want to win more than the other boys. The easiest way to create a sense of belonging to a team is to give the boys ownership of their game in the field. An off and on side captain and fielding drills at training, where they compete creates a minimum standard that all expect within the team. Teams that talk to each other encouragingly try harder. Boys who know their role (save fours, save singles) try harder.

Boys will not be keen every week but once they learn to win an expectation of winning can help create team tribalism and confidence in all facets of the game.

## ROTATION

Rotation, rotation, rotation is the be all and end all of major issues for parents in Junior cricket once the team is selected.

Some clubs do rotate players, some clubs don't, some teams do rotate playing positions some teams don't.

There is no answer to this one, only guidelines.

1. A match requires enough runs on both sides to get through the time allotted.
2. To get to the time allotted usually requires at least 1-3 stars in a team to play a major role.
3. Bowling is usually not an issue for rotation as Junior rules usually dictate that either 10 must bowl or all but one must bowl two overs.
4. The rotation issue then becomes a question of how much batting time did my son get today?
5. Junior cricket has compulsory retirements but these are usually so high that only 3-4 boys would bat if retirement was obtained by all batsmen. 20/20 format usually enables 8 minimum to bat under the 5 over retirement rule.
6. The rules should assist in alleviating the burden of rotation from the coach.
7. Clever coaches will know how good the team they are playing is and when to rotate boys during the season.

8. Lazy coaches will simply rotate 1 through to 11 forcing weaker boys to open or bat where they are unlikely to succeed.
9. The best laid plans for rotation often fail due to the boy failing.
10. The best way to fix rotation issues is to get the rules changed. If an association has the retirement over rate equal to 8 batsmen having to bat then the rotation issue in most instances will go away.
11. Games are often unfair because one team has rotated and the other has not.
12. There is a major conflict between rotation and the senior level of the club desire for boys to learn to stay at the crease.
13. The best games are those where a weaker player shines and moves up to a more senior role in the team.
14. Rained out games will always cause problems for rotation for the rest of the season.
15. The best answer for rotation is to ensure the rules enforce it:
  - a. (Overs per innings /10) times 2.5 = retirement allowed.
  - b. Overs per innings = number of runs for compulsory retirement.
  - c. 10 wickets fallen = an innings with unlimited number of batsmen.

## PROFESSIONAL COACHING

Professional coaching is becoming more regular. Clubs hire professionals to take special coaching sessions (fast bowling) coach the coaches, or turn up to team training. Parents are time poor but all want their child to excel so many also place the burden of enhancing skills onto the professional coach at camps in the holidays.

Professional coaches can assist in technique and getting the basics right but for kids to enjoy their sport certain milestones must be achieved such as their first four or six, their first wicket and catch, their first 30, 50, or 5 wickets, their first win of the season, and their first championship. All of these milestones occur in the game itself and not in the nets.

The best coaching a boy can get is playing the game and if your boy plays in a club see if there's a 20/20 competition in the holidays he could join or even get him to play Winter Cricket which has been a huge success. More than coaching the boy needs an arena where there is no pressure to perform and he can pass some of the milestones he is yet to achieve to move onto the next level.

The main task for a professional coach is to check the players bowling action. Too many boys find out too late that their action is MIXED—that it is part side on and part front on leading to damage of the spine. A professional coach should be used by all junior clubs to ensure boys actions are either front on – front and back foot toes facing the batsmen at delivery or side on with the back foot parallel to the popping crease and front foot angled.

## THE GOOD BAD AND THE UGLY

Coaches are the only person at the game that can tell if they have succeeded or failed. When a 10 year old boy plays the cut shot after the coach has taught it at the weekly training or an u13 pushes the ball to leg for a single having been shown how to execute at training they get a huge feeling of satisfaction. The best moments are when a boy performs way above expectations –a boy who retires on 30 having his highest score prior to that 8 runs or a boy gets his first wicket for the season when he averages 3-4 no-balls per over.

There are great moments in Junior Cricket but there are also those that test the resolve of any coach. Parents often discuss rotation not realizing the first duty of a coach is to ensure there is a worthy game played and the game isn't over in half the allotted time. There is also the fact that many boys fail when given their opportunity to perform causing the coach to wonder how rotation can ever work.

There is game day and the ritual of umpire errors that can ruin the fact that there was a contest. There are many rules in Junior cricket forcing umpires or scorers to intervene usually at the detriment of the contest. Even having to bowl all bowlers against a very weak team can be to the detriment of the game as it is an opportunity for a coach to bowl weaker bowlers more than two overs. There are the teams that play teams that rotate but they then choose to bat their best 1-6 ruining the game for all. There are also teams that follow the rules, all must bowl 2 overs, but then every week the extra overs are bowled by the best two boys.

Anything that gives one team an advantage over another whether it's introduced by coaches, parents, managers or boys is not in the Spirit of the Game and is therefore cheating—it's that simple.

The only advantage a team should ever have over another is by winning the toss and being able to choose to bat or bowl first, any other known advantage prior to a game or during it should be removed by the coach.

## TURF WICKETS

Many batsmen that have succeeded up to u14 on astro-turf fail once they reach u15-u16 and play on turf. Many Test players seem to fail on fast pitches such as the WACA. The reason for both is simple but not obvious. Turf pitches mean that if you forget the basics just once your risk getting out. The first major problem is many batsmen play the shot with their arms and hands leading the shot leaving the bat sometimes at an angle for the ball to get through or hit the pad and be out LBW.

All front and back foot defensive and driving shots the elbow NOT the hands and arm should lead. This slight difference in batting technique will show up on any decent turf wicket. A high leading elbow ensures the bat is straight and meets the ball head on. If the ball deviates so does the elbow to ensure a straight bat while using the hands and arms exacerbates the problem of an angled bat and therefore a larger gap for the ball to get through. Seven English and Australian batsmen in the third and fourth test of the Ashes in 2010 got out by leading with their arms rather than their elbows.

The second area where most batsmen fail is they move back but NOT across on turf pitches. Again the result is an angled bat that allows balls to be edged to the keeper-gully area. In that same test 5 batsmen got out this way. Back foot shots always require the batsmen to move back AND across so that the bat meets the ball face on. If the ball meets the bat face on the risk of an edge is almost diminished. If the ball is outside the line of the movement the bat is simply withdrawn and the ball is allowed to pass rather than following it towards point.

The three secrets of batting are therefore – keep your head still, lead with your elbow, and move fully forward or fully back and across. If you master each of these three things you are well on the way to becoming an accomplished player.

The final lesson for players should be to learn what balls to play and what to leave. Players today due to the short format of the game play at too many balls and often get out attempting a shot when the ball should have been left to pass by the stumps. All players should spend at least one net session practicing leaving almost every ball to see how many hit the stumps. Mastering the art of leaving the ball usually determines those that succeed at the higher level to those who end up just playing park or club cricket.

## FAST BOWLING PAIRS

No-one knows why some fast bowling pairs are unbelievably successful while others are not.

The table below may give some guide as to how to improve the chances of pairing bowlers together.

Each bowler has been categorized into mainly seam or mainly swing and whether or not the bowler bowls on average just short of a good length or whether the bowler bowls just full of a good length ball on average. The outcome is that pairing a seam bowler who bowls consistently just short of a good length with a swing bowler who bowls fuller than a good length will probably get results.

The reason for the below pairs success and those like Brett Lee and Glen McGrath is that one is continually making the batsman come forward while the other is continually making the batsman play back. Eventually the batsman is more likely to play back when he should come forward and vice versa and therefore the risk of losing his wicket is increased.

Other explanation's that may assist is that one of the pair was express pace and one was usually shorter relative to the other. The consistent combination though seems to be that the batsmen is tricked into playing the wrong shot and this is likely to be due to the footwork being incorrect due to the nature of the two bowlers one tempting him forward and the other pushing him back as well as all of the below bowlers rarely bowling a loose deliver. The pressure of accurate bowling, not scoring coming forward constantly then constantly back until that one ball turns the batsmen around or fools him for length and creates the opportunity of a wicket.

Fast-bowling pairs in terms of averages				Name Order 1	Name Order 2	Name Order 1	Name Order 2
	Tests	Wickets	Average				
Ambrose & Bishop	23	201	18.87	seam	swing	short	full
Garner & Marshall	23	231	20.09	seam	swing	short	full
Pollock & Donald	43	364	21.42	seam	swing	short	full
Ambrose & Walsh	49	421	21.73	seam	swing	short	full
Akram & Waqar	53	497	21.92	seam	swing	short	full
McGrath & Fleming	16	133	23.05	seam	swing	short	full
McGrath & Gillespie	45	376	23.15	seam	swing	short	full
Miller & Lindwall	33	243	24.22	seam	swing	short	full
Lillee & Thomson	16	148	26.71	seam	swing	short	full

## SPINNERS

Junior spinners need to be managed carefully. The first issue with a slow bowler is protecting him from 10-20 runs an over by having a deep backward square leg, a deep mid wicket or cow corner and deep wide mid on. Once the boy is protected by the field placements he can gain confidence at bowling spin without embarrassment.

Spinners need to flight the ball above the eye level of the batsmen to get the batsman's head moving. They then need to practice accuracy to gain confidence at bowling. Finally they need to practice turning their wrist. Once these have been mastered the boy can confidently move onto finger spinning, flight and crease variation and then ball variation. The bowler needs to recognize that new balls (wrong on, top spinner) are only used in games once mastered in the nets. The reward for all the practice is that spinners in junior cricket get many more wickets than fast bowlers once players are old enough to take catches.

Some players need to learn to reduce their turn on astro-turf wickets as many pitches mean the ball turns too far to leg or off and therefore a good ball turns into a bad ball. The best way to teach variation is with the use of a two-tone coloured ball.

Spinners come in different types and often succeed or fail based on their captain.

Spinners come in a huge array of difference which is what makes it an art.

1. Ability to turn the ball a lot. The match winner who can get any batsmen out.
2. An accurate spin bowler who can keep one end pinned down and stop the scoring rate ticking over while wickets fall at the other end due to the pressure to score.
3. Spinners who have an aggressive captain and go after wickets and spinners who have a captain who is scared to use them.
4. Spinners who have a captain that sets a field for catches and wickets and gets the boy to flight the ball and captains who set the field incorrectly to contain runs.
5. Spinners who have a captain who know when it's their day and captains who wouldn't know what type of wicket is conducive to the spinners bowling style.
6. Spinners who smile when hit to the boundary and spinners that freeze up and try and contain the batsmen to continue bowling.

A Captain's management of a spinner and a spinner's thick skin are crucial for success.

## U16/17 NOTES

It's time to cut out many common mistakes.

A boy wanting to take his game to the next level needs to be mentored in game situations. The sooner he learns how to cope with different situations the quicker he moves from a run of the mill player to a top class player.

Situations.

### A. The bad ball

Spinners often pick up wickets with bad balls. Fast bowlers often pick up wickets with high full tosses. Practice playing "safe aggressive" shots when the spinners bowl you loose deliveries in the nets. The main mistake a batsman makes in this situation is lifting the head or taking your eye off the ball. Playing safe aggressive cricket against spinners puts more pressure on spin bowlers and in turn you may just get more loose bowling.

### B. Watch the bowlers shoulder and then the hand

When facing a fast bowler you should watch the shoulder as he runs in. Once in his delivery stride watch the hand. In this manner the head will remain steady. This is crucial as each movement of the head requires the eyes to refocus and the less time spent focusing on the bowler the more time a batsman has to watch the ball and see it earlier. Many batsmen watch a spin bowler's hand to read the spin of the ball. Others watch the ball in flight and try to pick the rotation of the ball. It's not that important which method is used only that you must remember to keep the head steady in all methods.

### C. Confidence at playing spin bowling

Confidence at playing spin bowling comes with practice. Footwork is crucial. Fully forward or fully back and across and learning to dance down the wicket. Respect each ball but not the bowler as all bowlers bowl bad balls. Know what your opponent is trying to do. Is he trying to entice you down the wicket, beat you with flight or turn the ball past you. Is he simply trying to tie up an end and therefore leave it to the bowler at the other end to get you out. Your first hint at what he is trying to do is the field placement. Your second hint is the state of the game.

Is he a spinner who has a dangerous ball, a doosra, topspinner, a second wrong un that hardly turns, and can he control the amount of turn he extracts from the pitch. The sweep is mandatory for all batsmen who want to play spin well as is the ability to come down the wicket even if it's just to defend. Most batsmen get caught because they have not got their foot close enough to the ball but also many batsmen get out because they read the amount of turn incorrectly.

Most spinner bowl at least one if not two bad balls an over so quick footwork is crucial to maximizing scoring shots of those ball.

#### D. Muscle Memory

When we practice shots, muscles become familiar with those movements over time. When a cricket coach teaches us a new technique, at first we may find it hard to do. An example might be a spinner learning a Wrong 'Un, a batsman learning to play an on drive without falling over to the offside or a pace bowler learning a new slower ball. If we spend a few weeks rehearsing these new techniques, the different movements required will begin to feel more natural to you and you begin to show signs of improvement. After an extensive amount of practice you then improve your ability to perform these movements without a great deal of thought. They start to become more and more like a natural instinct.

The key is to ensure you are actually practicing the correct techniques when doing muscles memory training and drill work. Another way of describing muscle memory is training through repetition. That is why many batsmen use a bowling machine to learn or perfect a new shot.

#### E. Watch out for the ball after

I used to warn batsman of the impending danger after playing a great shot or hitting a four or six. If we were to be honest with each other how many times do you think you have been dismissed after hitting a great shot? I know personally this happened to me many times and I see it happening in high level cricket all the time. Some cricketers have the tendency to get caught up in the moment and might then not be as switched on as they need to be for the next delivery. Sometimes the adrenaline goes a little berserk after a big shot and we fail to enter back into the ZONE for the next ball. Players looking to compile big scores need to be aware of these situations and have a little plan to avoid a possible careless dismissal.

#### F. Increase your catching ability

The best way to improve your catching skills is to practise. Practising your catching allows you to improve all the aspects that will help you hold onto more catches for the season and potentially make you the difference between a win or a loss - catches win matches ! Make sure you are using the right techniques such as soft hands, not pointing your fingers at the ball and make sure you watch the ball all the way into your hands. Actual hard work is the key here (like most things in life).

#### G. Timing is the key

What is the benefit of timing the ball as opposed to smashing or slogging the ball. Essentially timing the ball is hitting the ball off the middle of the bat and obtaining maximum rebound off the sweet-spot with minimum effort. These types of shots are often referred to as "classical". So what is the main benefit of timing the ball - control - and this aspect of batting is very important. Control is what allows a batsman to stay at the crease for hours on end building big scores. If you are throwing the bat at the ball more than likely you don't really know exactly where it's going. More often than not you will hit the ball too early therefore getting under the ball and hitting up in the air.

#### H. Bending the Knee when playing the Drive

There are many benefits to bending the knee when driving. I often see players losing balance and one of the main reasons is that they were not transferring their weight forward by bending their front knee whilst driving. When we judge a full ball as drivable we all know that we need to step to the pitch of the ball but we also need to support this step by bending our knee into the shot. This helps us to lean forward, get over the ball, bring your head close into the line of the ball, transfer our weight forward and get over the ball. If you can play your drives with a "one step and balance" approach, it sounds like you are on your way to attaining better timing and control with your attacking drives.

#### I. Backlift against pace and high winds

Comes a time when we come up against bowlers whom we find too quick. How can we get some kind of advantage? The answer can be a simple movement before the bowler even releases the ball. Some batsman don't lift up their bat until they make their first movement after the ball is released. This might be too late. You should first lift your bat towards the top of the off stumps before the bowler shapes to release the ball. This will give you a head start on the bowler and little more time to concentrate on the ball. The reason why we lift towards to the off stump is that this gives us our best chance of playing with a straight bat. Best rehearsing this in front of a mirror so you can see for yourself where your bat is going.

#### J. Make the first few deliveries count

Most batsman take a little while to get settled in and if bowlers don't strike early, batting gets easier and easier. What a bowler must concentrate on is making his first 5 or 6 deliveries to a new batsman count. If the batsman gets to leave the ball he is getting his eye in without the risk of playing a shot. Make sure you remind yourself at the top of your mark to try

to bowl at middle and off, it will be your best chance of getting the new batsman out for a duck. Remember not to waste your few deliveries to a new and nervous batsman.

#### K. Shining the Ball

In order to obtain more swing for longer periods the bowler needs to not only shine the ball but to shine the ball with the correct techniques and with more vigor than just simply wiping the ball a few times. Do not use too much moisture; this will just help to rub the shine off the ball. Use a little moisture and more "Elbow Grease" meaning more rubbing. After the first few overs one side of the ball will become a better option to shine than the other. Concentrate on one side as this will help promote swing (with the correct bowling actions and techniques). Make sure the rest of the team is aware of this especially your bowling partner at the other end so you are all working together. Train your mid on or mid off to help you out with your efforts.

#### L. Gaps and Running Between Wickets

When you first arrive at the crease take care in observing the field placements. It's a good idea to actually focus on the gaps rather than the fielders. This will give you a greater chance of finding the gaps. Also take note on the areas where you might be able to pickup quick or easy singles and ensure this is communicated to your batting partner so that he is ready.

#### M. Batting in the nets and getting caught

Batsmen get out caught 70% of the time. The obvious answer is that if you want to stay in hit the ball along the ground. The not so obvious answer is that you need to practice hitting the ball only along the ground to teach your muscles to move in this way on game day. You may have a tendency to use your bottom hand or hit the ball early. The first problem needs to be fixed in the nets, the second in your head. Let the ball come to you, don't chase it and the ball will go along the ground. To keep the ball along the ground you need to practice getting your foot to the ball and being disciplined in the nets. Once you have mastered not hitting the ball up in the nets your muscles will mimic this on Saturday and you won't get out caught in front of the wicket. If you are often getting caught in slips it is usually because you are going back but not across so that the bat faces the ball front on.

#### N. A String of Outs The Same Way

Often batsmen have a bad run and get out in similar fashion each time. From 2009-2012 the second highest test run scorer-Ricky Ponting continually got out playing forward around his pad or going back and been turned around front-on to a leg cutting ball and caught in slips. Both outs had the same cause.

His right elbow was away from his body.

For some reason no-one seems to have told him and he hasn't seemed to be able to fix it or work it out. The actual cause I would guess was that he was playing more golf than usual and his elbow had learnt a new memory (muscle memory) and the only solution would have been to give up golf-so maybe he decided to try and fix by remembering each time before he went out to bat not to do it. Unfortunately it only takes one ball where he forgets and the day is over.

When you get a string of outs practice in front of a mirror and check every basic movement-you will find something has changed and then work out the cause- tennis, an injury, golf, and squash are often related to changes in muscle memory.



# WICKET-KEEPING

Because wicket-keeping is an individual skill rather than a team skill it is suggested that in U9 a simple rotation policy is used until all have had a go. Protect a very weak keeper with a good backstop to stop boys commenting on the field. In u10 ask who wants to keep and give each a go and then focus on the 3-4 players who show promise. In U11 and U12 ask but drill down to 3-4 keepers in the main and in U13 move down to 2 with 1 spare in case of sickness, rostered off etc. Coaches need to spend time explaining the 11 benchmarks listed below to all players so that they all know the keeper's role.

Coaches should mandate on a rostered basis one team member to train the keeper weekly at training using drills mentioned in this document for a minimum of 20 minutes. The wicket-keeper can also go into the nets (fully equipped) and will also get practice at all fielding training for the team. Remember most games are won or lost in Junior's by 10-15 runs on average so a saving of 10 runs by having a good keeper puts your team in front from the outset. A backstop is often needed for fast bowlers. For spinners, a very fine short fine leg is needed for those catches when a batsman is trying to hook the ball on high bouncing astro-turf wickets.

## WICKET-KEEPING BENCHMARKS

- 1. Catching technique**
- 2. Footwork and balance (agility)**
- 3. Diving**
- 4. Staying Down**
- 5. Expect every ball to come to you.**
- 6. Taking throws from the outfield**
- 7. Fast bowling (stance, catching height)**
- 8. Spin bowling (stance, footwork, stumpings and bowler's variations)**
- 9. Placing the field (angles)**
- 10. Identifying a batsman's weakness**
- 11. Reading the game**
- 12. Leadership on the field**
- 13. Team energy**
- 14. Stumping-be within striking distance**

## ON FIELD TRAINING

For all age groups each third training session should be an on-field oriented game. **Because of numbers**, training games could use a variation of **diamond cricket** - 4 bases and batsmen, 2 bowlers, and a soft ball due to the time constraint of putting on gear. Each week should focus on one to two aspects of the game for a few minutes for each player. The game should be based on learning a skill and not just based on playing cricket.

Hitting the ball in the gap.	Taking singles. Running hard, sliding the bat.
Hitting over the top of the in-field straight. All fielders 10M from bat.	Pitching the ball up, on or outside off stump. Looking to hit the top of off stump.
Testing newly learnt shots. Back Foot Square Drive. One shot only allowed. Play the lofted off drive from any ball.	Testing newly learnt balls. Out-swing. Practice coming down the wicket to fast and spin bowlers.
Defensive or attacking fielding.	Testing newly learnt fielding techniques. Crow Hop, Long Barrier.

## THREE WEEK TRAINING EXAMPLE

### Week 1

Catching, warm-up, talk, 10 minutes.

Skills to be learnt today -15 minutes.

Skill practice or nets 55 minutes.

Field placements for Saturday. Left/right hander 5 minutes.

Saturdays game 5 minutes. Past and Future.

### Week 2

Catching, warm-up, talk, 10 minutes.

Skills to be learnt and practice 10 minutes.

Nets practice 50 minutes.

Catching and stopping the ball 10 minutes.

Field placements for Saturday. Left /right hander 5 minutes.

Saturdays game 5 minutes. Past and Future.

### Week 3

Catching, warm-up, talk, 10 minutes.

Fielding 15 minutes.

Skill Based Game centre-field 55 minutes.

Field placements for Saturday, left/right hander 5 minutes.

Saturdays game 5 minutes. Past and Future.

# BENCHMARK TRAINING SCHEDULES

## BENCHMARK TRAINING SCHEDULE U9/10/11

Training Week	U9	U10	U11
1	Game: Diamond cricket Hitting the ball in the gap, taking singles, running hard-not just because you hit it hard. Bowling at the top of off stump.	Game: Diamond Cricket Hitting the ball in the gap, taking singles, rotating the strike. Bowling at the top of off stump.	Game: Diamond cricket-Hitting the ball in the gap, bat in correct hand for running, batting- knees bent, soft hands, taking singles.
2	Nets: Catching -Cupped hands when catching, Economy Rate-Maiden Over, Running between wickets1, Run Outs, Stopping 4's, The toss.	Nets: Reinforce U9 skills, Catching-calling for catches; catches win matches, Economy Rate, Run Outs: Taking singles. It's not tip and run. Stopping 4's, Rule Changes.	Nets: Reinforce u10 skills, Catching , Economy Rate, Stopping 4's, Run outs and how to stop them happening, Which hand to hold the bat when running, play the game don't watch it. Show them how to switch in field for right and left hander and what to do at the end of the over.
3	Running between Wickets 2. Yes/no/wait. Backing Up, Sliding the bat, Throwing the ball. Running, Building a run up 1. No standing and bowling.	Back and Across when batting. High on toes, head still, high elbow. Stopping the ball on one knee. Ball Grip. Sundries and Wicket-keeping Benchmarks. Rotating the strike. Fielding on the boundary not near it.	Drive Off/On/Cover-knees bent, head still, high elbow, move feet, Ball pitched up when bowling, look to hit top of off stump. Wicket- Keeping Benchmarks. Walking in with the bowler. Fielding on the boundary not near it. Follow through when bowling.
4	Game: Hitting the ball in the gap, taking singles, running hard-not just because you hit it hard. Pitching the ball up not short. Wicket-keeping benchmarks.	Game: Hitting the ball in the gap to the on-side, taking singles, rotating the strike. Hitting the ball over the bowlers head with a straight bat. Bowling outside off stump.	Game: Hitting the ball in the gap only on one side of the wicket, bat in correct hand for running, batting- knees bent, soft hands, taking singles. Bowling outside off stump to curb the run rate.
5	Forward Defence. Commitment to being fully forward. Knees bent, Head still, Elbow High, Getting to the ball to hit it- Move feet. Building a run up 2. Correct foot when bowling, Left arm up.	Backward Defence. High on toes, head still, high elbow. Underarm throws from less than 7 metres. What to watch when bowling, window, follow through, side on, head up, Catching.	Cricket ballet 2 -back and across, back foot grounded sideways when fully forward. No half way house- fully forward or back and across. Knees Bent, Head still, Elbow High, Catching
6	Back and across, Straight verses Cross Bat shots, Pull shot Back and Front foot .Move Feet. Left arm up looking through the window near your ear.	Straight Drive.-Front Foot. Cricket ballet Part 1-coming down the wicket, move feet. Lofted straight drive, Using the crease/pitch when batting. Using the crease when bowling.	Ball outside off stump when bowling. How the ball spins when hit for fielding-Hook and Pull verses Cut Shot. Rotating the strike, Back Foot Square Drive
7	Game: Hitting over the top, Move feet, Pitching the ball up.	Game: Hitting over the top, Pitching the ball up. Defensive	Game: Hitting over the top, Pitching the ball up. Swinging the

	Defensive Fielding. Stopping fours, Catching. Defence verses attack-soft hands defence,	Fielding. Stopping fours. Working singles.	ball, Defensive Fielding. Stopping fours. Working singles.
8	Bowling to hit top of off stump, Straight Drive, Knees bent, head still, elbow high, Hitting a lofted straight drive-move feet, Underarm returns. Overthrows	Bowling to hit top of off stump, Catch above head to left or right, soft hands, steady eyes, Running between wickets.	Yorker, Sundries, Cost of Wides, cost of short pitched balls, Leg spin, Off-spin. (Arm ball, Googly,).
9	Batting with a partner. Building partnerships. Stopping Run-outs, Backing up, Rotating the strike	Why you are winning or losing. Critical moments. Partnership batting/bowling. Spin bowling introduction.	Ability to set a field, field positions. Sweep Shot, Controlled risk taking shots.
10	Game: one shot only to be played and change shot, Coming down the wicket. Lofted straight drive-move feet.	Game: one shot only to be played and change shot, Coming down the wicket-move feet. Backing Up, Looking for 2.	Game: one shot only to be played and change shot, Coming down the wicket. Backing Up, Looking for 2.(set field back 20M )
11	Game Strategy: Bowling to a field, Hayden Fully Forward and Bradman, Fully Back and across	Game Strategy: dot balls, starving the batsmen, building pressure, batting first, batting second.	Strategy-pressure team batting second. Captaincy.
12	Back Foot Square Drive, Out-swing (In-swing -coach discretion) .Spirit of the Game, Catching.	Out-swing (In-swing -coach discretion) using the crease, Spirit of the Game.  Back foot square drive, Drill - move your Feet	Role in the team, Out-swing. (In-swing -coach discretion) setting your field, bowling to the field, Spirit of the Game
13	Game: Hitting singles on the on side-back and across. Bowling outside off stump to stop the run flow.	Game – hitting 4's straight bat, 10 runs to win 4 overs to go or 10 runs with 1 over to go. Bowlers to stop the win.	Back Foot square Drive.  Cut Shot/risk reward, Drill move your feet. Facing fast bowling and adjusting. Angling the bat for a single.
14	Out-swing (In-swing -coach determines which boys), Drill - move your feet to wide balls.	Introduction to Leg Spin, Off Spin. Variation in the crease, variation in flight, variation in the amount of turn.	Game – hitting 4's straight bat, 10 runs to win 4 overs to go or 10 runs with 1 over to go. Bowlers to stop the win.
15	Game – hitting 4's straight bat, 10 runs to win 4 overs to go or 1 over to go.	How does the ball spin off the bat-Hook shot, Cut Shot and fielding Back Foot Square Drive	Back Foot Square Drive. Cut Shot, Late Cut. Out-swing (In-swing -coach determines which boys), bowling to your field.

## BENCHMARK TRAINING SCHEDULE U12/13/14

Training Week	U12	U13/14
1	Game: Diamond Cricket: Hitting the ball in the gap, taking singles. Bowling at the top of off stump. Re-in force fielding on the boundary not near it or stopping singles. Playing in the V early in the season and coming fully forward or back and across.	Game: Diamond Cricket: Hitting the ball in the gap, taking singles. Bowling at the top of off stump. Re-in force fielding on the boundary not near it or stopping singles.
2	Reinforce U11 skills ,Outfield Catching-High Catch 25m+, Economy Rate, Run Outs, Stopping 4's,Fielding to spinners, Setting a field for fast and slow bowlers before bowling. Setting your field before bowling. How many batsmen got out by not moving their feet?	Reinforce u12 skills, Outfield Catching, Economy Rate, Run Outs, Stopping 4's. Wicket-keeping Benchmarks and others training the keeper. Correct use of net practice. Show them how to come fully forward or back and across and play in the V first game. Setting your field before bowling.
3	Cut Shot. Wicket-keeping Benchmarks, Slips catches, Slower Ball. Don't hook spinners as you can't control it. Wait for the ball to reach you when facing spinners. Footwork to spin bowling.	Batting and Bowling on Turf. Fully forward or Back. Sticky Wicket, Second day wicket. Fielding triangle-underarm throw station, throw at the wicket station and return to keeper station. Batting in the nets –back and across only to get them to move feet.
4	Game: Hitting the ball to one side of the field-off then on, taking singles. Playing off the back foot only. Bowling outside off stump to stop the run rate. Field set 6 off/3 on.	Game: Hitting the ball to one side of the field-off then on, taking singles. Playing off the back foot only. Bowling outside off stump to stop the run rate. Field set 7 off /2 on.
5	Cricket ballet – back and across, back foot grounded sideways when coming forward, coming down the wicket. Fielding –Attacking.	Learning the pace of a wicket. Taking singles. Rotating the strike. Back foot square drive.
6	Back-Foot Drive. Leg Glance, Leg-Off Cutter. Stop and Throw- Front foot, Back foot, Turn and Throw.	Captaincy. Attacking Fields. Defensive Fields. Your role in the team. How to have 11 Captains.
7	Square drive Front foot-knees bent, head still, move feet. In – Out Swing/ Reverse Swing. Following through when driving the ball. Check your action. Batting through an innings.	Bowling to a Field. Building an innings. Bowling on a dead wicket. Playing spin. 2, Holding up an end when bowling or batting.
8	Game: Hitting over the top, Pitching the ball up. Defensive Fielding. Stopping fours. Playing Spin, Working singles. Try Reverse swing.	Game: Hitting over the top, Pitching the ball up. Defensive Fielding. Stopping fours. Playing Spin, Working singles.
9	Variation in overs, 6 different balls per over. Use the crease when bowling, use flight and set your field for your bowling.	Hook Shot, Recap Batting shots. Recap Bowling. Lofted shots. Adjusting for an accurate bowler.
10	Game Strategy, walking in, watching the batsman's feet, game tempo, starving the batsman and buying a wicket. Your role in team.	Slips catching. Self analysis bowling and batting. Mental side of cricket. Facing spin bowlers. Facing a swinging ball. Square On Drive-cow corner.
11	Game: one shot only to be played and change shot, Coming down the wicket. Backing Up, Looking for 2. Reverse Sweep. Bowl swing.	Game: one shot only to be played and change shot, Coming down the wicket. Backing Up, Looking for 2. Lofted Shots

12	How to win close matches. Playing Spin 2. Learning a shot you can't play from a team member. How to have 11 Captains.	Bowling variation. Slower Ball, Crease variation, Bouncer. Sweep shot –outside off stump, outside leg stump.
13	Upsetting the batsmen when bowling, upsetting the bowler when batting. Umpiring Leadership and Captaincy	Fielding to spinners. Playing. Upsetting the batsmen when bowling, upsetting the bowler when batting.
14	Out-swing (In-swing -coach discretion) early, late swing. Spirit of the Game.	Out-swing , Reverse Swing.(In-swing -coach determines boys), Spirit of the Game
15	Game Strategy: setting a field, buying wickets, chasing totals, see off a bowler, watch the ball onto the bat.	Game Strategy: setting a field, buying wickets, chasing totals, see off a bowler,



## BENCHMARK TRAINING SCHEDULE U14/15/16/17

Week	U14/15	U16/17
1	Game: Hitting the ball in the gap, taking singles, reading the batsman's feet. Try setting a 7 off /2 on field and bowling to it.	Game: Hitting the ball in the gap-controlling the speed of the ball when hit, taking singles and testing new shots-wide on drive. How to keep the run rate down. Bowling to a set field 7 off /2 on.
2	Reinforce U13/14 skills, Outfield Catching-High Catch 35m+; Fielding to spinners, rotate weekly 1 boy trains the keeper. Turf pitches- adjustments to make this year in technique batting /bowling. Practice Routines-creating your own	Reinforce u14/15 skills, Practice Routines-creating your own. Outfield Catching. Rotate weekly 1 boy trains the keeper. New Shots: Tendulkar slip cut lob, Gilchrist square on-drive, Hayden's pulling off the hip.
3	Slips catches, Hitting the seam-wrist position, Slower Ball. Reading the bowler's hand. Reverse Swing. How to keep run rate down.	Turf pitches and adjusting your game.  Batting and Bowling on Turf. Fully forward or Back. Sticky Wicket. Wicket. 2nd day wicket.
4	Game: Hitting the ball in the gap on the on side only, taking singles, reading the batsman's feet when fielding. Try Reverse Swing.	Game: Hitting the ball for 2 to retain the strike. Testing new shots- sweep outside off stump. How to buy a wicket-speed variation when bowling-setting your field.
5	Attacking fielding, slide and throw, hitting the stumps. Opening the stance to left hand bowlers.	Learning the pace of a wicket. Reading the bowlers hand, getting to 100 or taking 5 wickets.
6	Setting your bowling field. Slips –how deep and spread. Variation in an over, - 6 different balls.	Captaincy. Attacking Fields. Defensive Fields. The doosra –bowling and picking a doosra if keeping. (see video's at end)
7	Batting through an innings. Learn a batting shot from another player.	Holding up an end when bowling or batting.  Watching the ball ONTO and OFF the bat.  Playing spin bowlers. Picking turn from the hand or off the pitch.
8	Game: Hitting over the top, Dictating a game-defending in the field. Defence is attack.	Game: Decision making or instinct through practice. Bowler and Captain working in tandem. Defence is attack and attack defence.
9	Variation in overs. Facing very fast bowling. Batting to spinners, Back Foot Square Drive.	Training preparation and Routine. Your role in team. 11 Captains.
10	Game Strategy, walking in, watching the batsman's feet, game tempo. Attack is defence.	Self analysis bowling and batting. Batting/Bowling into form. Mental side of cricket. Weakness's in my game-working with a team-mate. Fixing technical problems.
11	Game: one shot only to be played and change shot – back foot square drive. Run outs-how to create them. Anticipation in the field.	Game: Game strategy. Watching the Captain. To bat or bowl. Spinners when to use. Building pressure on opposition-Attack is defence. Back Foot Square Drive.
12	How to win close matches. Attacking/Defending, Run Chase, Partnerships, Bowling in pairs.	Close games and how to win.
13	Leadership and Captaincy, Swing bowling, Cut Shot.	Taking risks for a reward. Swing Bowling, Cut Shot.
14	Game Strategy, Spirit of the Game, Umpires.	Spirit of the Game

## “THE CLUB WAY” MEDALLION

To complement the skills the boys’ will learn at training Clubs may introduce a four year course u9 to u12 that qualifies a boy for a Medallion. The boys learn 80 critical skills over 4 years (20 skills per year) with each skill weighted by points for importance. Each year the boys could be presented with a certificate of achievement for that level ie Level 1 to 4. To obtain a **Medallion** boys may need 400 points and may need to pass a multiple choice set of questions about the game.

A club could give a blanket pass to all boys or ask coaches to pass boys who attended and were attentive at training. Other useful certificates to create include batting partnerships, economy rate, weekly best fielding and spirit off cricket for a boy that displays what is great about the game.

### The “Club Way” Medallion

	Skill	Club” Certificate	Points	Coach Signoff	Skill	Points	Coach Signoff
U9	1	Catch a ball 10M	7	Level 1	11	Pull shot -Front and Back Foot	3
	2	Call Yes/No/Wait	3		12	Back foot square drive	7
	3	Get down on one knee and stop a 4	5		13	Throwing over-arm	3
	4	Built a run up	3		14	Left arm up-near ear.	8
	5	Hits the ball into the gap	3		15	Look through the window	3
	6	Carries bat in correct hand	3		16	Advance down the wicket	3
	7	Forward Defence, soft hands, knees bent, high elbow	7		17	Toss	3
	8	Straight Drive	4		18	Pitch the ball up	10
	9	Hit straight over the top of the infield	10		19	Catch a ball overhead 5M	5
	10	Underarm return	3		20	Backs up batting/fielding	7
U10	1	Catching a ball 15M	3	Level 2	11	Looks for 2 when running	3
	2	Calling for catches	3		12	Runs with bat in correct hand	3
	3	Aware of economy rate	4		13	Can bowl a dot ball	7
	4	Get down on either knee to stop 4’s	10		14	Can bowl outside off stump	7
	5	Hit the ball in the gap	5		15	Head up when bowling	3
	6	Rotate the strike	3		16	Back and across defence, drives.	10
	7	Underarm throw 7m	3		17	Ball Grip	2
	8	Straight Drive -Lofted	10		18	Understands cost of sundries	5
	9	Catch above head right/left	4		19	Understands starving a batsmen	8
	10	Understand win/loss	4		20	Watches the pitch when bowling	3

<b>U11</b>	1	Catching a ball 25M	7	Level 3	11	Understands Leg Spin, wrong un.	3
	2	Off and On Drive, Knee bent	3		12	Understands role of each player.	3
	3	Cover Drive, knee bent	3		13	Knows Field Positions.	10
	4	Back foot sideways for forward defence	7		14	Can set a basic field	5
	5	Defensive Fielding	5		15	Captains Role	5
	6	Yorker	3		16	Playing the game not watching	3
	7	Understand the cost of wides, short pitched balls.	10		17	Backing up in the field	7
	8	Off spin	3		18	Taking singles	7
	9	Arm ball	3		19	Fully forward or back in defence with knees bent and high elbow.	7
	10	Slips Catch	3		20	Anticipates the way the ball spins when fielding-hook shot, cut.	3
<b>U12</b>	1	Spirit of the game, Rules of Cricket	15	Level 4	11	In swing/Reverse swing	3
	2	Catching a ball 35M	5		12	Stop and Throw Front foot	3
	3	Understands fielding to spinners	7		13	Crow hop	2
	4	Back Foot Drive.	5		14	Knows how to play spin	7
	5	Leg Glance	3		15	Variation in over-6 different balls.	7
	6	Off-Leg Cutter	3		16	Can use flight and crease when bowling	5
	7	Turn and Throw	3		17	Walking In	3
	8	Attacking Fielding	3		18	Watching batsmen when fielding	3
	9	Square Drive-front and back foot.	3		19	Game Tempo- how to slow.	3
	10	Out-swing.	15		20	Upsetting a batsmen/bowler	2



# CRICKET THE “CLUB WAY” QUESTIONNAIRE.

- 1) Which of these is not something a leg-spinner would deliver?
- Googly
  - Flipper
  - Chinaman
  - Rabbit
- 2) Wasim Akram comes in and bowls to a tail end batsman, the ball comes zooming in at the batsman's toe breaking it. What kind of delivery did Akram bowl?
- Doosra
  - Yorker
  - Donkey-drop
  - Beamer
- 3) Left-hand spinner comes in and bowls to a right-hand batsman. The ball spins back in sharply and traps the batsman in front, out leg before! What is this form of bowling known as?
- Chinaman
  - Bouncer
  - Flipper
  - In-swinger
- 4) Off-spinner comes in and bowls at the batsman's off-stump. The batsman steps forward to push it to mid on, but he is surprised when the ball spins the other way, the wicket keeper whips the bail off, out stumped! What is this delivery known as?
- Arm ball
  - Doosra
  - Googly
  - Slider
- 5) Brett Lee comes racing in and bowls a delivery that pitches in the middle of the pitch and rears up at head height hitting the batsman on his helmet. What is this kind of delivery known as?
- Half-volley
  - Beamer
  - Bouncer
  - Leg cutter
- 6) Leg spinner Shane Warne bowls a delivery that bowls on the off stump, the right handed batsman expects it to spin towards off and moves towards leg to make place to cut it, but the ball spins back in viciously and shatters the stumps. What is this type of delivery called?
- Googly
  - Chinaman
  - Doosra
  - Arm ball
- 7) McGrath comes in to bowl to a right hand batsman, he bowls one outside the off stump, the batsman leaves the ball, but the ball suddenly moves back inside and knocks out the middle stump! Which kind of a delivery did McGrath bowl?
- Out swinger
  - In swinger
  - Top spinner
  - Off cutter
- 8) What is (statistically) the most common mode of dismissal for a batsman in cricket?
- Hit ball twice
  - Caught
  - Struck out
  - Googled
- 9) How many overs is a twenty/20 match of?
- 15 overs
  - 20 overs
  - 40 overs
  - 100 overs
- 10) What was Sir Donald's test average?
- 95.38
  - 99.94
  - 90.76
  - 100
- 11) A ball short and wide outside the off stump should be
- Pulled
  - Back foot square driven
  - Back defence
  - Swept
- 12) A ball short outside the off stump should be
- Glanced
  - Cut
  - Hooked
  - Driven
- 13) Playing in the V means
- Playing between point and mid-off
  - Playing between gully and mid on
  - Playing between mid off and mid on
  - Playing between square and fine leg.
- 14) A long barrier is
- Your knee down to the ground for fielding
  - A slide with your whole body protecting the boundary
  - The longest part of the ground to the boundary
- d) Your left knee down as you pick up the ball
- 15) The most important aspect of the game is
- The umpires
  - Winning
  - The spirit of the game
  - Meeting new friends
- 16) Forward Defense requires
- Bend the knees
  - High Elbow
  - Head still and over the ball.
  - All of the above
- 17) To rotate the strike you need to
- Hit the ball hard
  - Run hard
  - Hit the ball into the gap
  - Hit the ball to the fielder on the boundary
- 18) Bowling well requires
- Pitching the ball up
  - Pitching the ball outside off stump
  - Pitching the ball so it hits the top of off stump
  - Bowling Yorkers
- 19) Bowling well requires
- Flight and variation
  - Bowling a good leg cutter
  - Swinging the ball
  - Spinning the ball
- 20) Defence is attack when
- You have scored a lot of runs
  - You wish to win
  - You are protecting a small total
  - You are starving the batsmen
- 21) A batsmen is forced into a rash shot when
- You bowl a full toss
  - You bowl a long hop
  - You starve the batsmen
  - You bowl down leg side
- 22) A forward defence should
- Have your back toe grounded
  - Have your back-foot grounded sideways
  - Have you bat ready to be put back in your crease
  - Have your front toe grounded
- 23) The bat when running
- Should be held high
  - Should be in the hand opposite the side of the pitch the ball is
  - Should be slid
  - Should be used to help you run

24) A pull or hook shot for a right hand batsman , the ball will spin	c) Players names d) Who to bowl	43) You can upset a batsman when bowling by
a) Left to right from the fielders perspective b) Right to left from the fielders perspective c) Wont spin d) Be hard to stop	34) Captains need to know	a) Bowling wides b) Bowling to your field c) Bowling a slower ball d) Bowling a bouncer
25) A cut shot for a right hand batsman , the ball will spin	a) When to attack and when to defend b) When a spinner will bowl a fast ball c) Players names d) The batting order	44) You can upset a batsmen when bowling by
a) Left to right from the fielders perspective b) Right to left from the fielders perspective c) Wont spin d) Be hard to stop	35) Outfield catches should be taken	a) Bowling continuously at the top of off stump b) Bowling a faster ball c) Bowling a slower ball d) Bowling a bouncer
26) A sweep shot for a right hand batsman , the ball will spin	a) In the stomach b) Above the eyes c) Above eye level and to the left or right of the head d) With caution	45) When batting you can upset the bowler by
a) Left to right from the fielders perspective b) Right to left from the fielders perspective c) Wont spin d) Be hard to stop	36) Outfield catches should be taken	a) Being given not out LBW b) Rotating the strike c) Hitting across the line d) Blocking every delivery
27) The opening batsmen's role is to	a) With soft hands and wide fingers pointed up b) Cupped hands so it doesn't hurt c) Close to the ground d) With hard hands and above the head	46) On a sticky wicket you should
a) Hit the opening bowler for four b) See off the new ball c) Look for singles d) Look for two's to protect the other opener	37) The cut shot is	a) Only play forward b) Only play back c) Play only cross bat shots d) Play fully forward or fully back and across
28) The captain and the umpire	a) Played off the back foot b) Played of the front foot c) Played of either front or back foot d) Played in the air above gully	47) Building partnerships
a) Are members of the same club b) Control the spirit of the game c) Can call a batsmen back d) Can call the game	38) The hook shot should be played to	a) Helps the bowling team b) Slows the run rate c) Allows you to get a high score d) Demoralizes the opposition
29) The captain can ask an umpire	a) Spinners b) Short balls c) Fast bowlers d) Short and very wide balls	48) When bowling to a set field
a) If they are members of the same club b) Can control the spirit of the game c) To withdraw an appeal and call a batsmen back d) To toss the coin	39) Buying a wicket means	a) Use Flight b) Use variation c) Length is vital d) Bowling outside off is crucial
30) When attacking a bowler has	a) Paying cash b) Setting a deep field so spinners toss the ball up c) Getting a weaker batsmen on strike by giving away a single d) Bowling your worst bowler	49) You can only hold up an end
a) One slip b) Two slips c) Three slips d) Three slips and a gully	40) Fielders should watch the batsmen's feet to	a) Batting b) Bowling c) Batting and Bowling d) Neither
31) When defending a bowler has	a) See if he is a good bat b) Find weakness's in his shots c) Be focused on the next ball d) Anticipate where the ball is going to go	50) Tail-enders should
a) One slip b) Two slips c) Three slips d) Three slips and a gully	41) In close matches you should	a) Never get to 50 b) Try to hit sixes c) Value their wicket d) Defend
32) Spinners	a) Bring on your fastest bowler b) Bring on a spinner c) Bring on the bowler who can bowl accurately to a set field d) Bring on the bowler who can buy a wicket	51) The NOW method means
a) Should bowl outside off stump b) Bowl tightly c) Have protection in the placement of the field d) Turn the ball	42) When fielding to spinners	a) Getting a wicket NOW b) Shouting NOW when running c) Switching on when the bowler starts his run up d) Hitting a four NOW
33) Captains need to know	a) Walk in faster b) Watch the bowler c) Support them to keep a player on strike d) Expect a catch	52) Building an innings requires
a) To call heads or tails b) The tempo of the game		a) Bricks and Mortar b) Hitting fours c) Hitting singles d) Starting again at certain milestones
		53) Bowling on a dead wicket you should
		a) Bowl short b) Slow down your bowling

- c) Bring on spin bowlers  
d) Bowl at the top of off stump or wider
- 54) Lofted straight shots
  - a) Are bad
  - b) Are good
  - c) Can be used to great effect
  - d) Get you caught
- 55) Many people state cricket is 20% skills and 80%
  - a) Toughness
  - b) Mental
  - c) Keeping your head down
  - d) Bowling accurately
- 56) After being hit for 4 a thinking bowler would
  - a) Bowl a bouncer
  - b) Bowl a wide delivery
  - c) Bowl a faster ball
  - d) Bowl a slower ball
- 57) A bowler comes on to bowl who is left handed. A batsmen should
  - a) Bat out of his crease
  - b) Turn slightly to face the bowler head on
  - c) Look to hit the bowler straight
  - d) Not glance because the keeper will catch him
- 58) If you advance down the wicket and find yourself short of the ball you should
  - a) Try and hit it for six
  - b) Defend and wait for another ball
  - c) Hit it for a single
  - d) Run back to the stumps
- 59) A bouncer
  - a) Should never be bowled on purpose
  - b) Will always be hit for four
  - c) Be aimed to hit the batsmen
  - d) Be used to test the batsmen out.
- 60) When batting No 11 you should
  - a) Value your wicket
  - b) Try and hit 6
  - c) Rotate the strike
  - d) Hit a single
- 61) Sweeping outside off stump
  - a) Is dangerous
  - b) Can be used to great effect because you can't be out LBW
  - c) Will result in a catch straight up to the keeper
  - d) Will result in 4
- 62) The square drive to cow corner
  - a) Is dangerous
  - b) Will result in 4
  - c) Is hit with a straight bat
  - d) Will result in a catch
- 63) Fielders build pressure by
  - a) Walking in fast
  - b) Fielding close to the bat
  - c) Not making mistakes
  - d) Throwing aggressively
- 64) An attacking field can have a man fielding at cow corner
  - a) True
  - b) False
  - c) Never
  - d) Maybe
- 65) An attacking field can have 2-3 men on the boundary
  - a) True
  - b) False
  - c) Never
  - d) Maybe
- 66) A defensive field can have 3 slips.
  - a) True
  - b) False
  - c) Occasionally
  - d) Maybe
- 67) A defensive field can have a gully, leg slip and point.
  - a) True
  - b) False
  - c) Never
  - d) Maybe
- 68) Players should develop their own routines for practice
  - a) True
  - b) False
  - c) Never
  - d) Maybe
- 69) Players should get into the habit of reading a spinners hand
  - a) True
  - b) False
  - c) Never
  - d) Maybe
- 70) Once you get to 50 you should hit out
  - a) True
  - b) False
  - c) Never
  - d) Maybe
- 71) You should watch the ball onto and off the bat when batting
  - a) True
  - b) False
  - c) Never
  - d) Maybe
- 72) Wicket keepers should work on
  - a) Identifying a batsman's weakness
  - b) Reading the game
  - c) Team energy
  - d) All of the above
- 73) Many batsmen get out by
  - a) Playing a straight drive
  - b) Playing a hook shot
  - c) Not coming fully forward or back
  - d) Losing sight of the ball
- 74) Many batsmen get out because
  - a) They don't bend their knees
  - b) Their head is moving
  - c) Their left elbow is low for a right hand bat
  - d) All of the above
- 75) When you come out to bat you should
  - a) Look at the bowler
  - b) Look at the fielders
  - c) Talk to the other batsman
  - d) Look at the gaps in the field
- 76) If you hit the ball hard you should
  - a) Run
  - b) Call No
  - c) See if you hit it in the gap before calling
  - d) Watch it go for 4
- 77) If the ball is hit to the on-side by a right hand bat and you are not facing you should have your bat in the \_\_\_\_\_ when running
  - a) Left hand
  - b) Right hand
  - c) Both hands
  - d) Drop it and run
- 78) Prior to knowing the speed and bounce of a wicket you should
  - a) Hit singles
  - b) Play in the V
  - c) Defend
  - d) Attack
- 79) When you walk into bat you should
  - a) Make sure you don't get out
  - b) Play in the V
  - c) Know the standing of the game
  - d) Meet the other batsman
- 80) The loss of 2 wickets calls for
  - a) Heavy hitting
  - b) Quick running
  - c) Consolidation
  - d) Blocking
- 81) If a batsmen is dominating fielders can assist the bowler by
  - a) Dropping a catch
  - b) Letting the weaker batsmen off strike
  - c) Letting the dominant bat get off strike
  - d) Walking in fast
- 82) Should all players think as a captain on the field
  - a) Yes
  - b) No
  - c) Sometimes
  - d) Rarely
- 83) Should a player question his captain once he has made a decision
  - a) Yes
  - b) No

<p>c) Maybe d) If he is right</p>	<p>92) One of the biggest problems with bowling is</p>	<p>b) Your own captain and team c) The role of the umpires and traditional values d) All of the above</p>
<p>84) A common bowling fault includes</p> <ul style="list-style-type: none"> <li>a) Lifting the knee on delivery</li> <li>b) Lifting the head on delivery</li> <li>c) Following through</li> <li>d) Not running in toward the batsmen.</li> </ul>	<p>a) Being cold b) Not having had a practice c) Not planning an over d) Following through too far.</p>	<p>99) It is against the Spirit of the Game:</p>
<p>85) A common bowling fault includes</p> <ul style="list-style-type: none"> <li>a) Dropping the knee on delivery</li> <li>b) Lifting the head on delivery</li> <li>c) Following through</li> <li>d) Running in toward the batsmen</li> </ul>	<p>a) Being cold b) Not having had a practice c) Not bowling to the field you have set d) Bowling a doosra.</p>	<p>a) To dispute an umpire's decision by word, action or gesture b) To direct abusive language towards an opponent or umpire c) To indulge in d) All of the above</p>
<p>86) A common bowling fault includes</p> <ul style="list-style-type: none"> <li>a) Lifting the knee on delivery</li> <li>b) Dropping the head on delivery</li> <li>c) Following through</li> <li>d) Running in toward the batsmen</li> </ul>	<p>94) At practice you should</p> <ul style="list-style-type: none"> <li>a) Build your innings in the net, play straight, trying to time the ball towards mid-off and mid-on.</li> <li>b) Practice letting balls go to learn where you're off stump is.</li> <li>c) Don't go for the big shots straight away, play tight and time the poorer ball into the gaps.</li> <li>d) All of the above</li> </ul>	<p>100) Who is known as Little Master?</p>
<p>87) A common bowling fault includes</p> <ul style="list-style-type: none"> <li>a) Lifting the knee on delivery</li> <li>b) Lifting the head on delivery</li> <li>c) Not following through</li> <li>d) Running in toward the batsmen</li> </ul>	<p>95) Wicketkeepers</p> <ul style="list-style-type: none"> <li>a) Role is vital, not only as a keeper, but as the player getting the best view of the game. You should be able to help captains and bowlers.</li> <li>b) Do a net session behind the stumps every practice.</li> <li>c) Do a session with the quick's and, or spinners away from the nets over a measured pitch every practice.</li> <li>d) All of the above</li> </ul>	<p>a) Sunil Gavaskar b) S.R.Tendulkar c) Bradman d) Ricky Ponting</p>
<p>88) A common bowling fault includes</p> <ul style="list-style-type: none"> <li>a) Spinner not throwing the ball up above eye level</li> <li>b) Spinner not rotating the shoulder for spin</li> <li>c) No consistency in speed of body running at delivery and arm action</li> <li>d) All of the above</li> </ul>	<p>96) The Code of Conduct states</p> <ul style="list-style-type: none"> <li>a) I will always play by the rules and the Spirit of the Game.</li> <li>b) I will never argue with an Official. If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition.</li> <li>c) I will control my temper. I understand that verbal abuse of officials, sledging other players, and deliberately distracting or provoking an opponent is not acceptable.</li> <li>d) All of the above</li> </ul>	
<p>89) A common bowling fault includes</p> <ul style="list-style-type: none"> <li>a) Dropping the right arm on delivery-round arm.</li> <li>b) Not drying the ball before bowling.</li> <li>c) Rushing deliveries from different start-up points.</li> <li>d) All of the above</li> </ul>	<p>97) The umpires are authorised to intervene in cases of:</p> <ul style="list-style-type: none"> <li>a) Time wasting</li> <li>b) Dangerous or unfair bowling</li> <li>c) Any other action that they consider to be unfair</li> <li>d) All of the above</li> </ul>	
<p>90) A common bowling fault includes</p> <ul style="list-style-type: none"> <li>a) Bowling at the stumps rather than outside off to strong leg-side players.</li> <li>b) Reaching highest acceleration point in run up before delivery stride.</li> <li>c) Running in at an angle</li> <li>d) All of the above</li> </ul>	<p>98) The Spirit of the Game involves RESPECT for:</p>	
<p>91) A common bowling fault includes</p> <ul style="list-style-type: none"> <li>a) Falling away at delivery because you are too front-on.</li> <li>b) Inconsistency caused by varying front arm each delivery</li> <li>c) No swing, right arm at delivery point not behind ear, (out-swing) or not in front of ear, (in-swing)</li> <li>d) All of the above</li> </ul>	<p>a) Your opponents</p>	

## ANSWER SHEET

1	d	31	a	61	b	91	d
2	b	32	c	62	c	92	c
3	a	33	b	63	c	93	c
4	b	34	a	64	a	94	d
5	c	35	c	65	a	95	d
6	a	36	a	66	b	96	d
7	d	37	c	67	b	97	d
8	b	38	b	68	a	98	d
9	c	39	b	69	a	99	d
10	b	40	d	70	c	100	b
11	b	41	c	71	a		
12	b	42	c	72	d		
13	c	43	b	73	c		
14	a	44	a	74	d		
15	c	45	b	75	d		
16	d	46	d	76	c		
17	c	47	d	77	a		
18	c	48	c	78	b		
19	a	49	c	79	c		
20	d	50	c	80	c		
21	c	51	c	81	c		
22	b	52	d	82	a		
23	b	53	d	83	b		
24	a	54	c	84	d		
25	b	55	b	85	a		
26	a	56	d	86	b		
27	b	57	b	87	c		
28	b	58	b	88	d		
29	c	59	d	89	d		
30	d	60	a	90	d		

## COMMON SKILL FAULTS

BATTING FAULTS	BOWLING FAULTS	FIELDING FAULTS
1. Half way house –not fully forward or fully back and across.	1. Dropping the left knee on delivery	1. Fielding with one hand rather than two.
2. Not bending knees.	2. Dropping the head at delivery.	2. Boy doesn't get behind the ball to form a long barrier to stop it.
3. Head moving	3. No follow through.	3. Taking their eye off the ball when there is a run out.
4. Left elbow low. Using the hands rather than the elbow to lead the bat. This simple fault cost Australia the 2010/11 Ashes series.	4. Not running in towards the batsman.	4. Throwing over-arm rather than underarm from 5-10 metres.
5. Bat behind pad when defending rather than in front.	5. Spinner not throwing ball up above eye line.	5. Throwing at the stumps rather than someone behind the stumps.
6. Back-lift to fine leg.	6. Spinner not rotating the shoulder for spin.	6. Hardening the hands for catches. (Keep them soft).
7. Looking at the fielders and hitting to them rather than the gaps.	7. No consistency in speed of body running at delivery and arm action.	7. Not feeling comfortable catching a high ball due to lack of practice.
8. Hitting the ball hard and running.	8. Dropping the right arm on delivery-round arm.	8. Taking high catches over their face rather than over their shoulder.
9. Not looking for 2.	9. Not drying the ball before bowling.	9. Not being at game half an hour before to practice fielding.
10. Not backing up.	10. Rushing deliveries from different start-up points.	10. Creeping in is a major problem in the u13-15 age group. Boys often field 5M too close to the bat only to see the miss-hit fall just over their head.
11. Lifting the head with the back-lift.	11. Bowling at the stumps rather than outside off to strong leg-side players.	11. Ensure boys stay back far enough to just stop the single but to come in rather than run back for catches.
12. Watching the shot not playing the game.	12. Reaching highest acceleration point in run up before delivery stride.	12. Ensure boys understand the difference 20/20 to the normal game – 2 stopping singles and the rest stopping fours as they have a tendency to be too aggressive and close to the bat.
13. Not playing in the V until settled.	13. Running in at an angle.	
14. Playing a shot that you shouldn't prior to knowing speed and the bounce of a wicket.	14. Falling away at delivery because you are too front-on.	
15. Batsmen rarely get out on the first ball of an over because they are concentrating. Use the NOW method each ball to	15. Inconsistency is often caused by varying front arm each delivery.	

prepare and don't get out on the 3rd or 4th delivery.		
16. If you are getting out on the 3 <sup>rd</sup> or 4 <sup>th</sup> ball of an over it is usually the 2-3 balls before that got you out. Recognise the danger of the balls before and adjust your game.	16. No swing, right arm at delivery point not behind ear, (out-swing) or not in front of ear, (in-swing).	
17. Stepping to leg and defending on the off. Because boys hit all balls that are short pitched to u12 they often get into a bad habit of stepping to leg from u13 when the bowler gets a bit fast for them. Get them to stand behind a batsman in the nets doing this to watch as they often don't realize what they are doing. They need to step back and ACROSS to be able to defend on the leg side or evade the quicker bowler when the ball is short to not get hit.	17. Left arm not near right ear.	
18. Batting in very windy conditions and not adjusting their back-lift by shortening it and punching the ball rather than hitting the ball.	18. Not doing a self check.	
19. Collapsing your back knee when driving causes you to lose power and potentially sky the ball for a catch.	20. Not planning an over and having a strategy.	
21. If you open your shoulder when on or straight driving be aware not to straighten your lead arm as this will cause the bat to meet the ball on an angle. Keep your elbow bent and leading to the ball. In this manner the full face of the ball will meet the bat.	22. Not bowling to the field you have set.	
23. Forget the ball before, it is irrelevant. Play each ball on its merits.	24. Not warming up to bowl	

## CAPTAINCY

Players to U12 simply can't cope with the wishes of 10 other players and 20 plus parents. The Coach assumes the mantle of Captain. The level of interference or management of the game is up to each individual coach.

Guidelines for Captaincy include:

1. U9 and U10 simply rotate the Captaincy as each kid gets a buzz about being the Captain.
2. U11, U12 have a core of 3-5 potential leaders as Captain as the other boys will listen on the field.
3. Try to get all involved in knowing fielding positions.
4. Try to let all understand the role of Captain when fielding.
5. Give a sheet to the Captain with suggested field placements found later in this document as a starting point to minimise disruption by the Coach on the field.
6. If a good cricketer is disruptive to the Team the responsibility of being Captain often helps focus him and keeps him interested.
7. Slowly try to let them understand strategy, bowling to a field, watching the batsmen's feet to anticipate in the field, strategic field placement through examples of events on match day.
8. The less a Coach is involved the better but boys only learn through constant reminders "Stay on the boundary" and drifting in the field and being confused by left hand batsmen are common elements of junior cricket.
9. Batting orders and retirement are best left up to the Coach to u12.
10. Bowling is usually determined by the rules of the game, "*all except 1 bowls 2 overs*". The extra overs could be determined by your Captain but watch to see and step in if it is just friends being given the extra overs.
11. Coaches should strive for having 11 thinking Captains on the field of play that all know their role in the team under a myriad of different situations in a game.
12. Let the boy's know Captaincy is not about them, it is about the team. It is about ensuring all enjoy the game, get a fair go. On the competitive side it is about knowing when to slow down (defend) or accelerate (attack) the opposition.

## BENCHMARKS FOR CAPTAINCY

1. Defensive and Attacking Field Placement.
2. Creating eleven Captains on the field.
3. Captains need to know batting and bowling. The art of bowling is the study of batting.
4. Bowling your bowlers and batting your batsmen in sets or pairs
5. Anxiety manager- eliminates self defeating attitudes and beliefs individually or collectively.
6. Instinctive skills to control or create the critical moments of any game.
7. In Junior cricket ensuring all team members get a go.
8. Skills Required - Leadership, reading the batsman, knowing your bowler, knowledge of fielding positions.

Captaincy Decision Tree					
State of Game	Type of Batsmen	Type of Bowler	Type Age, strategy, state of wicket.	Fielding Positions	Fielding Positions
Toss	Opener	Right Arm Fast	Age u9 and u10 standard	Bowler	Cow-Corner
State of Wicket	Three or Four	Right Arm Leg Spin	Age u9 and u10 defensive	Keeper	Long-on
Start of Play	Middle order	Right Arm Off Spin	Age u9 and u10 attacking	Mid Off	Deep mid-on
End of Game	Tailender	Right Arm Medium	Age u10 ,u11,12 fast	Mid On	Deep mid-off
Attacking- field or batsmen	Left or Right handed	Right Arm Outswing	Age u10,u11,12 slow	Short mid-off	Straight hit
Containment-field or batsmen	Defensive	Right Arm In Swing	Age u11 and u12 standard	Short mid-on	Long-Off
Future wicket development	Attacking	Right Arm Leg Cutter	Age u11 and u12 defensive	Silly mid-off	Short -leg
Weather	Pairs bowling	Right Arm Off Cutter	Age u11 and u12attacking	Silly mid-on	Silly-point
During the game	Other facets	Left Arm Fast	Age u13 and u14 standard	Slip	Deep extra-cover
Orthodox field	Leadership	Left Arm Leg Spin	Age u13 and u14 defensive	1st slip	Cover
Unorthodox field	Lead by example	Left Arm Off Spin	Age u13 and u14 attacking	2nd slip	Extra-cover
Bowling changes	Delegate	Left Arm Medium	Age u13 and u14 fast	3rd slip	Deep cover-polnt
Strategy	Core group	Left Arm Outswing	Age u13 and u14 slow	4th slip	Cover-point
Night Watchman	Vice Captain	Left Arm In Swing	Age u13 and u14 leg spin	5th slip	Point
Chasing-who to bat	Wicketkeeper	Left Arm Leg Cutter	Age u13 and u14 off spin	Back stop	Backward-point
Weather	Bowler	Left Arm Off Cutter	Age u13 and u14 medium	Long Stop	Gully
Batting Order	Spirit of the Game		Wet Astro	Fine Leg	Fly slip
	Player Behaviour		Wet Turf	Leg Slip	Short third-man
	Own performance		Sticky wicket	Short fine leg	Deep backward -point
	Player Issues		Turning Wicket	Leg Gully	Third Man
			Green Top	Deep backward square-leg	Wide long-on
			Seaming Day In Swing	Backward square-leg	Wide long-off
			Seaming Day Out Swing	Square -leg	Sweeper
			Containment -medium pace	Forward Square-leg	Mid-wicket
				Deep mid wicket	

#### What makes a good captain?

1. Cricket success often occurs due to individual performance but it is always reliant on two players at any point in time. A captain needs to know which pairs (bowlers, bowler and fieldsmen, batter and batter) will succeed together
2. Articulate ideas to team and carry out tactical ideas
3. Brings confidence and trust to each individual and makes them part of the team
4. Self belief in success portrayed to the team and a common purpose
5. Knowledge of the game and alternative strategies and field placements
6. Creates a team of leaders and tacticians
7. Brings out the best in the individual through trust

## Practice Sessions for U13–17

BOYS NEED TO TAKE OWNERSHIP AND RESPONSIBILITY OF CREATING QUALITY PRACTICE. THEY NEED TO WORK AS A TEAM, 2 BATSMEN IN THE NETS, 4-6 BOWLERS IN THE NETS AND THE REST DOING DRILLS TOGETHER OR IN PAIRS AND SWAPPING WHEN THE FAST BOWLERS NEED A REST.

THEY NEED TO UNDERSTAND YOU PLAY AS YOU TRAIN.

### BATSMEN

**Build your innings in the net, play straight, trying to time the ball towards mid-off/bowler/mid/on - the V. Don't go for the big shots straight away, play tight and time the poorer ball into the gaps.**

Emphasize total concentration and occupation of the crease.

Practice letting balls go to learn where your off stump is.

Later try out a new shot or method or learn a shot from a team member.

Alternatively, have one decent 'throw down' routine each practice, not all off and cover drives but different shots on both sides of the wicket and off front and back foot.

Drilling a specific shot with a stationary ball off a tee can be useful at times.

### FIELDING FOR BATSMEN

Try to make yourself into an outstanding specialist fieldsman.

Practice will only be enjoyable if you get involved and improve each time-test yourself.

### BOWLERS

#### FAST BOWLERS

Bowl short spells off a full run at full pace in the nets, don't over bowl.

Do some bowling off a short run or walk it through to check technique, upright seam, swing, and slower balls.

Have a good session away from the nets with a full run up on a measured wicket to a wicketkeeper without a batsman and concentrate on rhythm and line.

#### BATTING FOR FAST BOWLERS

Take your batting seriously, no matter what number you are batting. Try and work your way up the order by being

not out.

### FIELDING FOR FAST BOWLERS

As for batsmen, there is no place in modern cricket for poor fieldsmen. Try and develop yourself as a specialist, but also do a lot of out-field practice because you are likely to be there often.

### THE MEDIUM PACERS

Learn to bowl to your field.

You must have total accuracy, but look for variation such as swing, cut, pace, slower balls.

Concentrate on a batsman's weakness by watching his footwork.

### THE SPINNERS

Try to bowl as long as possible in the nets. Whilst you retain total concentration, you cannot bowl too much.

Look for total accuracy, but also look for variation.

Spin the ball, whenever you can with a partner or by yourself to gain strength in your wrist and hand.

### BATTING AND FIELDING

In modern cricket a spinner is a great advantage if he is an all rounder, to balance teams and perhaps include a second spinner.

Become an outstanding fielding specialist

### WICKETKEEPERS

Your role is vital, not only as a keeper, but as team manager on the field. You should be able to help captains and bowlers.

Do a net session behind the stumps every practice.

Do a session with the fast men and/or spinners away from the nets over a measured pitch if you can.

You should be able to pick every bowler and be fully aware of what every bowler is trying to do.

Do a keeping skills routine with a partner every practice

### BATTING FOR WICKETKEEPERS

Wherever you bat, try to get up the order by succeeding when you bat.

IF YOU ARE DOWN THE LIST, BE NOT OUT.

# NOTES FOR COACHES

## ADMINISTRATIVE

1. Share the workload of kits, packing up, and cones with the boys. Give them each a designated job. Give the top scorer a lap of honour to collect cones.
2. Problem children will probably fall into one of two categories:
  - a. The boy who is not very good at cricket and bored.
  - b. The boy who is very good but is disruptive.

Give the first boy a job, keeper in the nets, pinch hitter; boundary or slips specialist and involve him more than others so he's busy. Make the second boy Captain and make a big deal out of it. Make him think about how to win games, field positions and being fair to all. If both fail use the football technique of going for a run around the oval as you are responsible for fourteen children not one.

Obviously in this day and age be careful how you talk to them as even finger pointing upsets some boys and your standard of discipline may be way beyond other parents. If many boys don't enjoy practice due to a disruptive boy it's best to discuss with the boy's parent rather than the boy.

3. Ensure umpires know the no-ball rule for beamers and enforce it. Many boys are still not sure about how much a cricket ball hurts and being hit by a beamer is a sure way to break their confidence and enjoyment of the game.
4. Be clear about the right amount of talking on the field and towards an opposition batsman.
5. Many boys play up an age group from other associations – brothers for ease, better players or boys that wish to play with school friends. It is advisable not to bowl a fast bowler in your team against a boy where there is an obvious height (1ft+) difference that could lead to the spirit of the game being challenged.
6. At the start of every season, read the rules twice. You may have boys in different age groups or play yourself and rules may be different for different age groups. Have a copy in the kit for reference.
7. It is a good idea to let the boys know at training where they are most probably batting and bowling. It takes the apprehension out of the Saturday game and allows them to focus on their job in the team.

and arms correct. Show him in slow motion by running along side of him. "Standing and bowling" boys leave cricket after one year as they never improve as it's not fun.

2. Don't simply use the field for practice all the time as the boy's only get one to two overs weekly whereas they can bowl around ten overs in a 1 hour session in the nets. Accuracy requires practice.
3. Spend time on any boy that chucks but also let his parent know he must fix it. It's unfair for a team to be penalized runs because no-one has spent 1-2 hours with a boy to fix the problem. Umpires should be lenient as it's not the boys fault and in the spirit of the game only no-ball if the boy gets a wicket.
4. Use net practice for accuracy but also for variation. Make them try an off-spinner, leg spinner, swinging a coloured ball, a slower ball and work on variation using the crease.

## FIELDING

1. Ensure boys learn to catch high balls to the side of their face. The ball often goes through their hands and a broken nose is very stressful for all.
2. You can only show them how to catch, you can't make them catch. They need to practice, practice, and practice. Tell their parents if necessary.
3. Have simple rules for fielding such as one knee down and body behind the ball (long barrier) and staying on the boundary not near it. Make fielding rules easy to understand, you're there to stop a single or stop a four. Let them know their job in the team.
4. Attacking fielding will happen with a few boys but the fields you play on for juniors are not good enough to spend a lot of time on it and force boys to attack when it's likely to pop at their face. Run hard at the ball, attack the ball but then get down on one knee to stop with body behind the ball.
5. Ensure keepers have the ball for run outs. Many hit the stumps with their gloves then catch the ball unfairly. Call the batsmen back if you see that happen. It's the only way they will learn what's right and in the spirit of the game.
6. Learn your team weaknesses from Saturday's games. Changing the field for a left and right hand batsmen is always a weakness. Practice field placements before the end of training. It only takes 5 minutes. Focus on a fast and a slow bowler's field only. Let the Captain or bowler change a basic field if they wish.

## BOWLING

1. Don't let a boy just stand and bowl. Make him have a run up and learn to bowl based on his run up. Let him bowl as fast as possible until he gets his feet

## BATTING

1. Be clear about back and across or fully forward when batting, most boys get out doing neither-the half way house.
2. Be clear about defense (blocking and killing the ball) and attacking (hitting it hard) as most boys get out half hitting the ball to mid-on or mid-off.
3. Have a policy of blocking second bounce balls on the stumps as 10% of boys get out bowled by a second bounce Yorker.
4. Explain what a boy should do if he is a No; 2 batsmen who has retired and he comes into bat at the end with a No; 11. Simple explanations such as "hog" the strike and hit 4's not singles will work. Explaining that he should not run on the first 3-4 balls then look for a single are unlikely to work prior to u13/14.
5. When teaching batting shots the best method is to throw tennis balls from 5 metres away. This is difficult as it is time consuming but if you have an assistant try and spend 3-4 minutes on each boy per shot over the year. 30 balls thrown until the boy understands what the shot feels like is worth 100's of conversations on the shot.
6. The hook shot should always be taught with tennis balls so that the boy learns confidence at playing the shot before he ever miss-times the stroke and is hit.
7. The hook shot should not be used on astro-turf wickets against spinners. Astro-turf wickets are too bouncy to control the shot. They hit the ball onto the stumps; sky gloved balls or hit it straight to square leg for a catch.
8. Use Bob Simpson's NOW method. Once the bowler was in his delivery stride he would call NOW every ball to stop concentrating too long beforehand. In this manner he was always focused as the ball was delivered.

## THE GAME

1. Don't let boys watch catches when batting and then get run out. Don't run on catches. Don't watch the game, play it.
2. Have a policy that if a boy is run out from someone else he will bat early next week.
3. Warn boys about hit wicket as it always ends in tears.
4. Warn boys about being stumped as it also ends in

tears.

5. While rotation is part of most clubs guidelines, some boys can't cope with opening so check which boys are happy to open and stick with rotating them. Retire them earlier some weeks to ensure others bat.
6. It can be shown statistically that most boys fail batting out of position. It is better to bat a No3 at No3 and tell him he has fewer overs to bat. Challenge him to get the runs quicker rather than bat him at No 11 where he will most likely fail. The opposite is true of 50% of boys.

A No 11 can work well as a No 1 as a pinch hitter depending on his size. A smaller boy who is a No 11 is likely to fail at No1 but may do well at No 6 when the weaker bowlers are on. Think about how rotation works best based on the boys ability and size in your team not just rotation for rotation sake. Have a weaker batsman ready to bat each week in case they bring on the weaker bowlers.
7. If a team or batsman you are playing is seriously weak please think about whether you should be bowling your fast bowlers against him.
8. Explain the spirit of the game to the boys annually so that they understand if it smells wrong it is wrong. Explain to the Captain that he can withdraw his appeal and ask the umpire to recall a batsmen if he is unfairly dismissed.
9. Monitor games verses overs bowled to ensure you haven't forgotten someone.
10. Monitor the competition table so that you can bat earlier weaker batsmen against weaker teams to help with rotation.
11. Don't simply forget the better players because you are focusing on the weaker. Test them and challenge them with goals such as a new shot, or a new ball.
12. Get boys to identify their job in the team. What does my team need me to do in this situation? Explain to the boys what each member of a team does from opener to No; 11, from opening bowler to trundler to spinner.
13. Show boys what to do if running for an injured batter. Don't assume knowledge
14. Know the rules: One Day or Test Wide, Mankad doesn't exist anymore, beamers –two or three and off, dead ball if ball stops, spirit overrides all, no no-ball for charging batsmen on height, LBW –ball hits on full continues on, slow ball above head is a wide.



## SKILLS GRID - DESCRIPTIVE REQUIREMENTS “HOW TO”

Skill	Demonstrate, Explain and Practice
<p>Stance and Front Foot Shots,</p> 	<ul style="list-style-type: none"> <li>a. Balanced Stance, <b>Head Still</b>, Back lift to slips.</li> <li>b. Front foot leads to the ball and front shoulder aligned to line of ball.</li> <li>c. Check <b>left elbow high</b> and aligned with eye and knee in one line. Bend knee, head still. ( Rock the baby)</li> </ul> 
<p>Pick the line of the ball.</p> 	<ul style="list-style-type: none"> <li>a. Head Still.</li> <li>b. Stable weight balance maintained through swing.</li> <li>c. Top hand does all the work and bottom balances the bat and ensures timing of the ball.</li> </ul>
<p>Contact.</p> 	<ul style="list-style-type: none"> <li>a. Head smells the ball and is on top of the ball.</li> <li>b. <b>Fully forward</b> to the ball with top hand hard and bottom hand soft.</li> <li>c. Watch for boys defending with both hands clenched and lobbing the ball to mid off and mid on.</li> <li>d. Defend or hit the ball no middle ground.</li> </ul>



- e. Eyes watch the ball onto the bat until contact, follow through for driving.
- f. Back foot is perpendicular and inside edge of foot on ground with knee pointing to cover and bent. **Front knee bent.**
- g. Concentration needed for defense as well as attack.

Tools- Batting tees

Visual –Demonstrate. Boys in a circle demonstrate.

Nets-play only front foot drive or defence.



Specialist- lofted shots taught.

Back Foot strokes



- a. Balanced stance, Head position is still, back lift towards slips.
- b. Back foot steps **back and across** towards the line of the ball.
- c. Solid hitting 'base' is maintained through down swing.
- d. Top hand does all the work.
- e. Left elbow high pointed toward the sky.
- f. Soft hands can guide the ball into gap. Head very steady.
- g. Wrists determine if it's in the gap or to a fieldsman.



Fault Corrections



- a. Head position is in line with the ball at the point of impact
- b. Ball is watched until it has made contact with bat.
- c. Make sure they **watch ball onto and off** the bat.
- d. Hitting the ball too hard often leads to ball going in the air.
- e. Missing the ball usually due to head not being steady.



- f. For cut and pull shots, full extension of arms is achieved immediately after impact and wrists are rolled over ball to keep it down.
- g. Back foot square drive means aiming around cover as the ball will deflect off the bat at an angle-bat gives on contact.
- h. Glancing and working ball on leg-side for singles taught at u12.

#### Tools-Batting Tees

Visual-demonstrate. Boys in a circle to demonstrate.

Nets-play only back foot drive or defence.

Specialist- lofted shots over gully and slip taught.-under and over shot.



Running between Wickets.



- a. Boy moves prior to back foot impact of the bowler with strides towards batter's end.
- b. Walk toward the other end of the pitch ready to call YES NO or WAIT if ball is hit behind popping crease.
- c. Batsmen calls YES NO WAIT only if ball hit in front of popping crease...
- d. Bat is held with extended arm and slid into crease.
- e. Bat should be almost **parallel to the ground** and away from the body to the left or right to avoid rear guarding back at the runner.
- f. The arm is extended for the tow with bat parallel to the ground and trunk low
- g. A straight line is maintained while running between creases to ensure that the minimum distance is covered.
- h. Bat is held with extended arm and slid (not dug) into crease.
- i. Bat is held in appropriate hand for turn to visually see the ball-opposite hand to hand closest to the ball.
- j. Hips, knees and trunk are flexed to get low out of turn, to drive and accelerate.

Common mistake is sliding bat after the boy is in his crease. Not running straight and not running with bat out to the side of

his body.

Tools. Bat and Ball

Drills – Relay run with bats and sliding them.

Diamond cricket where batsmen has to beat 4 fielders round bases to avoid being run out

Bowling



- a. The run towards the crease accelerates with a balanced and co-ordinated approach
- b. Coach runs alongside of boy building momentum.
- c. Arms move like an Olympic runner-in tight and high.
- d. Forward momentum is maintained towards target.
- e. Teach them run up then following steps: Right knee up in air, right knee lands and windmill starts with arms. Left foot lands with ball release. Put run up and 3 steps together.
- f. Never let them bowl just standing- it's embarrassing and they never get it-make them charge in.
- g. Follow through allows for controlled deceleration of the body and creates bounce and zip off the pitch.



Fault Corrections



- a. Angle of approach facilitates alignment of hips, shoulders and feet.
- b. Use Cones to make the boy **run in straight**.
- c. Run towards the batsman.
- d. Keep hands in the square – elbows in ribs
- e. At back foot impact, hips and shoulders are aligned at right angles to the alignment of the back foot.
- f. The gather prior to back foot impact is initiated by the controlled 'load-up' of the bowling arm towards target.
- g. **Left arm high** – it should almost touch right ear to check head is still and focused.
- h. **Looking through the window**.
- i. Back foot parallel to crease, and begin windmill action with arms-1 down and 1 up.

	<p>j. Balanced completion of the delivery.</p> <p>Remember to simply state it's a side-on game, especially for bowling. (in-swing exception)</p> <p>Visual - bowling videos from You Tube.</p> <p>Specialist-pulling left arm down fast to gain speed.</p>
<p>Bowling Variations</p> 	<ul style="list-style-type: none"> <li>a. For pace bowling: wrist is positioned behind the ball.</li> <li>b. Left hand should point high to the sky and fingers closed together.</li> <li>c. Right hand should point to third man for out-swing and fine leg for in swing by moving wrist.</li> <li>d. Should be able to fit fingers between grip on balls with fingers/thumb and palm.</li> <li>e. For spin bowling: wrist and finger action effectively imparts spin on the ball.</li> <li>f. Try and get spinners to run in straight until accurate.</li> <li>g. Allow variation in run up if accuracy not a concern.</li> <li>h. Get them to use the width of crease for variation.</li> <li>i. Out-swing left hand behind ear for rotation and in-swing in front of ear,</li> </ul> <p>Tools: Cones lined up to run in straight channel.</p> <p>Target on pitch to look at.</p> <p>Mimic coach running alongside bowling.</p> <p>Nets to be used so that boy doesn't bother about direction until all other mechanics of bowling learned</p>
<p>Catching</p> 	<ul style="list-style-type: none"> <li>a. Head position is directed to the side towards the impact of the ball-very important to avoid injury.</li> <li>b. Hands are positioned towards the ball to facilitate a 'lengthened' catch.</li> <li>c. Open, cupped hands are presented in line with the flight path of ball.</li> <li><b>d. Soft, Soft, Soft, hands are required.</b></li> <li>e. Footwork includes a 'split-step' ready position prior to impact to facilitate movement in a wide range of directions and a solid base. Eyes remain on the ball at all times.</li> <li>f. Hands 'give' along the path of the ball, prior, at and after contact.</li> <li>g. Fingers close to secure the ball above eye level in the</li> </ul>

hands.

- h. The hands finish around the shoulder level or chest level if ball caught in front of the body.

Tools: Use a soft ball 5M then lengthen to maximum level required each age group for boundaries. Repeat once confident at catching and correct hands position with a hard ball. Practice often as boys have trouble focusing in the outfield where the ball is in the air.



#### Fault Corrections



- Get into position early to form a solid base with the feet.
- Attack the ball at the optimum angle.
- The ball is tracked into the hands.
- Normally ball is taken with **fingers spread** and point to sky but some players prefer taking the ball into chest with fingers down.
- Taking the ball below eye level means the player is unlikely to track its last movement into hands.

#### Wicket Keeping



- Balanced and low stance.
- Hands/gloves are positioned forward and towards the ball to facilitate a 'lengthened' catch phase with arms and hands (and even body) giving as they receive the ball.
- Catch successfully in palm of hand.
- Practice left and right side of body as well as coming forward or above head level.
- For wicket-keeping: **efficient footwork** facilitates that eyes and gloves are in a direct line with the ball at contact and two hands used.

#### Specialist Catching Positions

- For catching in the slips and gully: trunk, hips, knees flexed and hands in front of the knees and at knee height. Fingers spread and aimed down to the ground
- Appropriate hand position for the height of the catch is adopted.
- Open, cupped hands are presented in line with the flight path of ball.
- Boy's need to make a judgment based on height of ball for fingers down or up. It is best to gain a preference early for the region mid to high chest level and stick with it
- Head position is still and directed towards the anticipated



point of release of the ball. For 2nd, 3rd slips or gully: this is the anticipated point of deflection.

- f. Hands are soft, soft, and soft to allow give. Always try and use 2 hands if possible.
- g. No crocodile hands and no snatching. Patience with slips catches is the answer as all parts of the body need to flex with the ball.

**Tools.** Use the classic throw down by a player to coach hitting to slips to simulate match play. Use a leg spinner on a pitch for match play experience. Practice soft hands with a tennis ball.

#### Defending

##### Match-play simulation.

Nine wickets down. Boys are told to not get out for 6 balls but need 2 runs to win through defending into gap. Only good balls count.

Ball evasion, beamers and bouncers.

Coach throws down bouncers.

- a. Front and back foot defensive strokes. Grip, stance, back-lift, taking guard. Off side-On side defence.
- b. Covering the line, length, swing or spin by moving fully forward or fully back and across.
- c. Placement of strokes away from fielders
- d. Running between wickets and rotating the strike by working the ball into the gaps.
- e. Evasion-duking, swerving, moving inside or outside getting bat and gloves out of the way.
- f. Letting the ball go, moving the bat, inside or away from the flight path of the ball. Coming down on Yorkers with the bat.

#### Scoring

##### Match-play simulation.

Chasing 150 in 20 overs. What tack do the openers take to achieve 6 runs per over for first 4 overs



a. Balanced Stance and NOW method. State now as bowler approaches to concentrate.

- b. Scoring off full length deliveries.
- c. Looking to score off every ball by working the ball into the gap and hitting straight over the top of the in-field.
- d. Rotating the strike to upset field position.
- e. Front foot stroke, fully forward to drive. Place in the gap.
- f. Altering the length of the ball by advancing down the wicket to hit along the ground or loft over the in-field.

#### Scoring from short length deliveries.

- a. Back foot moves back and across to drive, pull or cut.
- b. Placement in the gap.

Controlling the strike.



- a. Playing with soft hands.
- b. Placement of stroke. Working the ball into the gap. Knowing where the gaps are.
- c. Control of the 'tempo' of strokes to maintain strike i.e., 'hitting 'twos' to maintain the strike, rotating the strike with singles.
- d. Running between the wickets.
- e. Control the speed of the ball is hit to obtain a single or two runs. Backing up.

Clearing the infield.



- a. Point of impact at crease or coming down the wicket.
- b. Head remaining very still and balanced movement.
- c. Cross-over legs, or heal to heal movement. Don't be afraid to back out of shot and defend.
- d. Placement of stroke away from any fieldsman.
- e. Lofting or chipping the ball over the in-field.

Dismissing the batsman.

- a. Making the batsman play.
- b. Control of line and length aiming at the top of off stump.
- c. Control of swing, seam, cut, and, or spin to ensure batsman must play at every ball
- d. Bowling to a field.

Deceiving the batsman

Match-play simulation.

Nine wickets down. Boys are told to not get out for 6 balls but need 2 runs to win through defending into gap.

How will bowlers prevent the batsmen scoring? How many balls do they beat the bat or deceive the batsman in the final over.

Match-play simulation.

Chasing 150 in 20 overs. What tack do the openers take to achieve 6 runs per over for first 4 overs.

How will the bowler get a breakthrough knowing the batsman's plan?

Match-play simulation.

Chasing 150 in 20 overs. What tack do the middle order take to achieve 8 runs per over for 4 overs.

- a. Moving the ball away from the batsman.
- b. Pace bowling –leg cutter or leg spin.
- c. Out swing: conventional and reverse swing.
- d. Left arm orthodox, or right hand doosra.
- e. Pace bowling-off cutter, off-spin, wrong un.
- f. In swing: conventional and reverse swing.
- g. Pace.
- h. Out-swing
- i. Change in pace-quicker or slower ball.
- j. Use of the bouncer.
- k. Degree and direction of swing or cut.
- l. Position on the crease at release, releasing from wide on

How will the spin bowler get a breakthrough knowing the batsman's plan? Batsmen must get 1 four per over.



the crease; bowling behind the crease.

- m. Spin.
- n. How far to spin the ball.
- o. Using the crease for different angles.
- p. Change in pace-slower ball, flight and variation.
- q. Use of the arm ball.
- r. Height of release, angle of bowling arm at release, drop, drift, over-spin, top spinner.
- s. Yorker at base of toes or off stump
- t. Control of movement for swing, seam or cut.
- u. Use of the Arm ball; Over spin; Back spin; 'Flipper'
- v. Position on the bowling crease at the point of release, close to the stumps to bowl a stump-to-stump line; bowling over or around the wicket.



## DRILLS THAT WORK

1. Standing 15 metres apart in 2 lines 5 metres apart and rolling the ball fast underarm to practice getting down on one knee to stop the ball. Both knee sides need to be practiced.
2. Standing 5 metres apart and practicing catching. Then slowly move it out to 10m then 15m then 20m. Ensure they catch it to the side of their head.
3. Triangle drills 3 equal numbers of boys at each point: rolling -pickup, underarm at stump - getting down to stop the ball and throw at the stump- catching, rotate.
4. Throwing tennis balls from 5m to practice a batting shot.(Throw-downs)
5. Tennis Racket (coach) and tennis ball for catching u9 and u10. They learn receiving a fast and high ball while not getting injured. Challenge last man standing or two teams challenge.
6. Having a target on the pitch to bowl at. Ensure boys run in straight to bowl. Use cones for run up channel.
7. Having a 2 coloured ball to check or teach for swing and spin.
8. Playing diamond cricket and using it for shot development especially hitting over the top. Boys do not get a feel for hitting the ball in the air in the nets.
9. Batting tees for u9 and u10 to learn to hit straight when driving.
10. Catching line-ups, king to plebeian where king gets knocked off and one boy ends up eventual winner.
11. Catching squares where 50% are in 1 square and 50% another square and last man standing as boys throw into square underarm over a stump in the middle between the squares.
12. Keeping. Cones 5m apart and keeper must prevent any ball passing. One of the team should do this each training for 5 minutes for the keeper.
13. Moving feet and coming down the wicket. Get boys to do a couple of laps back and forth of oval crossing legs as though they are coming down the wicket 100 time's. Make them advance in nets every ball.
14. Cricket ballet-1. Fully Forward like Hayden, 2. Fully back and across like Bradman, 3. Moving down the wicket like Sobers to hit 6 sixes one over straight hits.
15. Diamond Cricket run outs. The wicket keeper throws the ball to point and the batsman sets off for two runs - to second base and back. The ball must be thrown and caught by all four bases, and returned to the wicket keeper. The batsman must complete his two runs to avoid being run out. Variation includes underarm throws or rolling the ball to be stopped by each base. The width of the bases may need varying to make a close contest.
16. Bowling for u9-u10

*Drill 1*  
8 cones, cricket wiz or soft ball, 1m string, 4 stumps, bat, tennis balls.  
Demonstrate how to run like an olympic sprinter- build run up from slow to fast- gather.  
Warm up -How to Gather- Back Foot Grounded sideways, left knee up exercise, then add left arm up-high (looking through window), then add right arm down- then add right arm over as left arm pulls down.  
Repeat with head instructions- up and looking at where they want to bowl.  
Practice String between two arms-rotate in a cartwheel motion.  
Practice String held 1 foot wide 2 hands in front of body and do a run-up, (5m)

*Drill 2*  
Cones placed from start of run-up to follow through in a 1 metre wide channel.  
Boys run up to bowl and then measure their run up as they walk back (starting point batting tee).  
Boys then walk their run up -Checking all facets, arms in close, left arm high, looking through window, head up , watching where they want to bowl etc)  
Boys jog  
Boys run-slow to fast build up.  
Repeat with channel narrowing to 60 cm walk-jog-run  
Repeat with channel narrowing to 30 cm walk-jog-run

*Drill 3*  
Leave Channel at 30cm and add target to bowl at with tennis ball.  
Target 1. Three stumps then two then one stump to be hit - same bowler if possible has three goes going for 3 then 2 then 1 and after you could have a team bowling relay- how long does team take to knock down all 3.  
Target 2. Four stumps laid out in a square at perfect line and length with batting tee in the middle.  
Leave this for the game.

## FIELDING DRILLS U13-17

1. **Circle Throw.** An even number of players jog in a circle around a stump with a coach in the middle. The coach rolls/hits the ball out to a fielder who picks up and shy's at the stump. The throw is backed up by the opposite fielder and returned to the coach.
2. **Saving 4's.** In a court, teams take turns to throw the ball, bouncing it in the middle section. Players are not allowed in the middle area. The receiving team must stop the ball before it passes the end of the court, the throwing team must make the ball pass the opponents back line.
3. **Back-up & Flick.** The ball is rolled out to the middle of both groups of players. The fielder on the left picks up and returns the ball before running to the back of the other queue. Fielder on right backs up. Add a flick to backup player who returns to the keeper.
4. **Which end to throw.** Two stumps are placed between two teams. The coach rolls the ball out and calls which stump should be aimed at. The fielder picks up and shy's at the stump. The other team back up the throw then attempts to hit the stump as called by the coach.
5. **Mine.** The coach hits high catches in between the two lines. Players have to judge who is best placed to catch the ball and call for it. Once caught the ball is thrown back to the wicketkeeper.
6. **Many Catches.** Player 1 has the job of catching as many high catches as possible. Player 2 starts by throwing or hitting a high catch to player 1 who runs and catches it and rolls it back. Player 3 then throws the ball so player 1 has to run and catch it again etc
7. **Underarm & Shoulder.** The players stand 10m opposite each other with one ball. The player with the ball rolls the ball along the ground so his partner can pick up the ball and underarm it back. Once the ball has been returned it is instantly thrown back over the players head so a catch can be taken over the shoulder.
8. **Low Catches.** Players stand in pairs opposite each other. The ball is thrown underarm to each other at knee level. The pair that completes the most catches in a set time is the winner.
9. **King to Deuce.** The coach hits the ball out randomly to players in the line for close catches. Any fielder who drops the catch moves to the bottom of the 'ladder', everyone else moves up a place.
10. **Triangle Groups.** The wicket-keeper roll's the ball towards the first fielder who runs, picks up and underarm throws the ball back at the stumps. The 2<sup>nd</sup> player backs up and picks up and throws at another stump. The third player runs in and fields the ball and throws to the keeper. The three groups are set up in a triangle 30 metres apart with 2 stumps 15 metres apart in the middle. All players move to the next group after throwing.

## SATURDAY'S GAME KEEP IT SIMPLE

The message on Saturday needs to be simple. Play the “Club Way”.

1. Value your wicket.
2. Bowl at the top of off stump.
3. Be cool in the field.
4. Read the game.

Build pressure on the opposition. Watch the ball onto the bat, make them earn your wicket, get your head to the ball, bend your knees, pitch the ball up, left arm near your ear, get down to stop the ball, make a commitment to move fully forward or fully back, kill the ball (block with soft hands) or hit it. Bowl at the top of off stump. Boys hear very little of your talk .If they remember 2-3 things you've done your job.

### IDEAS FOR FIELDS

U9 rotate the field so kids feel involved. Bowler takes next bowler's position.

U10, 1st bowler floats taking the position of the bowlers each over. In this way you can save time and have your best fielders set on the leg side where batters are usually strongest.

U11/12 you need at least 2 different fields. One field for fast or medium pace bowlers, and another for spinners or slow bowlers. Spin bowlers need protection on the leg boundaries to learn accuracy. Getting hit for 4's stops boys bowling spin. Protect them and catches, run outs and stumpings will come. Have one of your best fieldsmen or Captain on off-side for switch left and right hand batsmen.

Many teams simply have a circle field. While stopping singles it can result in many 4's being hit and the boys getting despondent. The game will dictate the field but remember boy's notice 4's hit off them (not singles).

The major point to watch in the field on Saturday is creep. This occurs in two ways.

1. The Coach or Captain mentions to the field to walk in with the bowler and the boys do. The problem is that don't go back to their original position each ball and suddenly they are 5-10 metres out of position.
2. The second form of creep is age group. When the boys move from u11 to u12 and so on they tend to field in the same position. By u14 cover is 20 metres rather than 30 metres from the bat and nine out of 10 catches fall just over their heads. They completely forget as they get older so do the other team and top edges or mi hits go further than expected. Mid on should be 10-15 metres past the stumps and 10 metres wide of them but usually you will find in u14 mid-on at the stumps and two metres from them.

Don't concern yourself with mistakes in field positioning as boys only learn through mistakes it's more important to get the basics right such as mid wicket being 25 metres from the bat not 10 metres in the 20/20 format or having only two men in and the rest spread. The main concept is for boys to notice who's bowling and where the fieldsmen nearest them is: very often you will see cover and mid off within 3 metres of each other or a boy at backstop for the spinner when he comes on to bowl stay there. It's getting them to think that will get the field right in the end not lots of direction from the sideline.

**IPHONE & IPOD CRICKET CAPTAIN'S FIELDING ASSISTANT**

## **62 Cricket Fields and Fielding Position Lists**

**Now every player can be Captain and every Coach an expert**

**Just take your assistant to the game**

**Specifically for each age group from u9 to u14 and Open**

**Be the first in your team to know how to set a field for:**

Fast, Slow and Medium Pace, Leg and Off Spin, In and Out Swing, Off and Leg Cutters, Attacking and Defensive, Wet and Sticky wickets, Second Day and Fifth Day wickets, Twenty/20 and Containment Field Settings.

Just select your age group and type of bowler and let your assistant do the work.

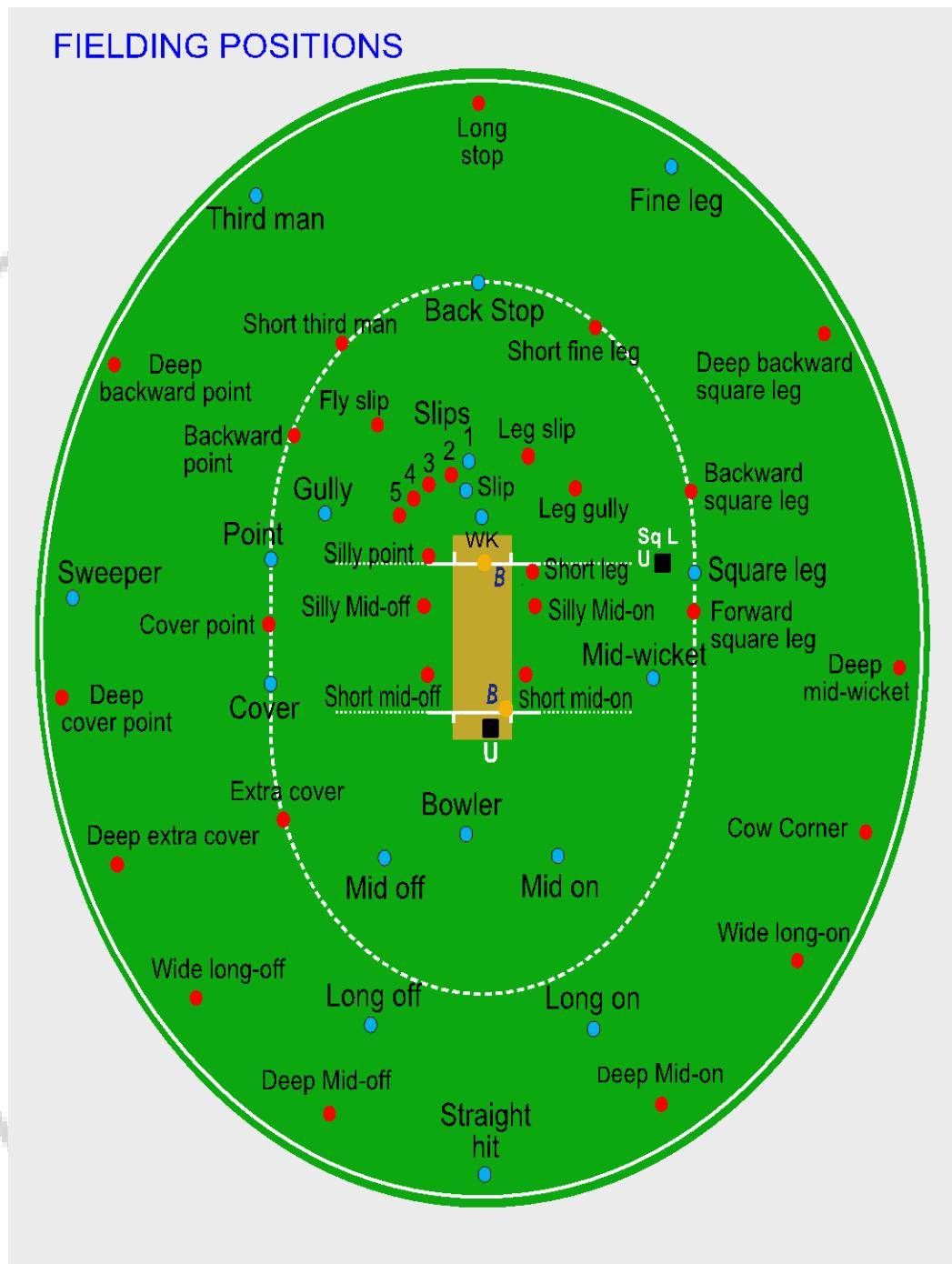
**Go to <http://www.fieldingassistant.com/>**

**Check if the National team have got it right or wrong?**



**Sponsoring <http://www.fijikids.org/> to assist with getting Fiji kids to school.**

## FIELD MAPS AND BOWLING GUIDES



RIGHT ARM FAST



RIGHT ARM IN-SWING

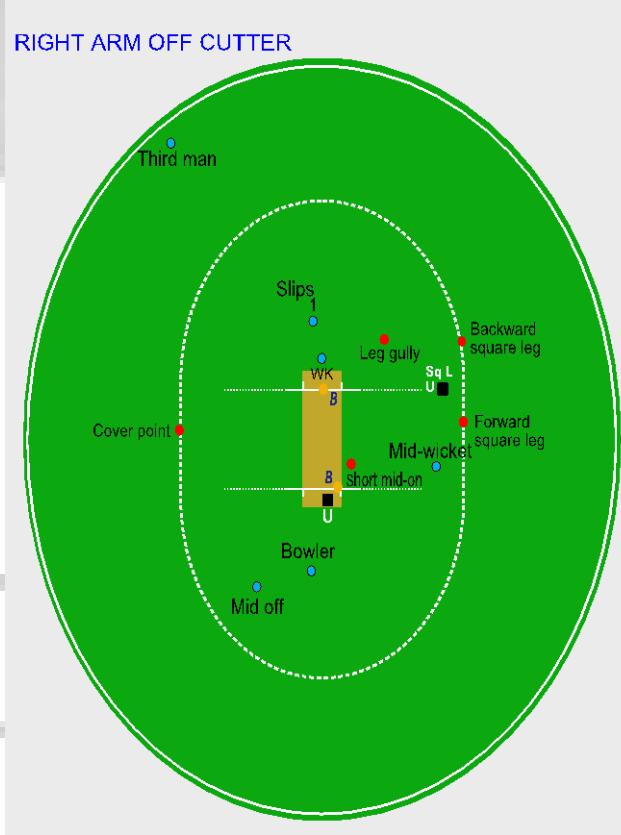
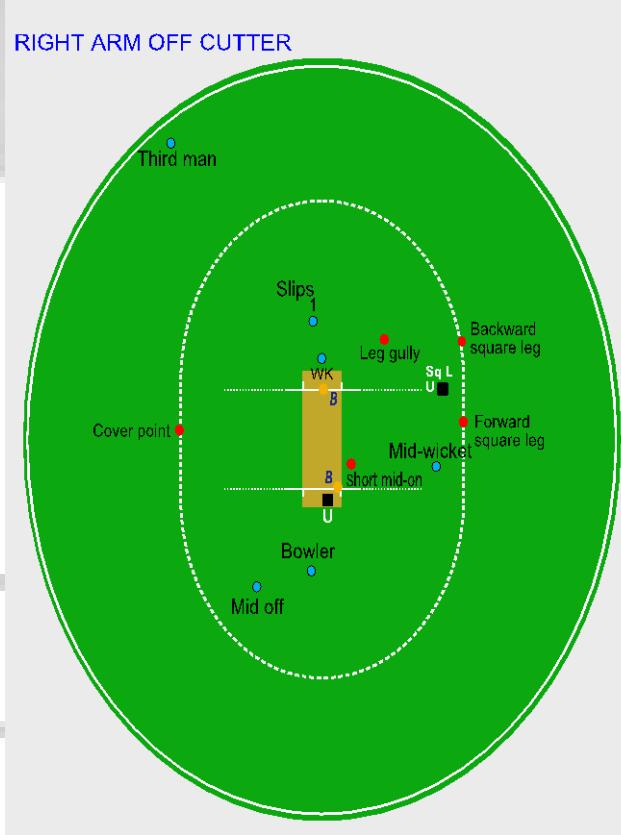
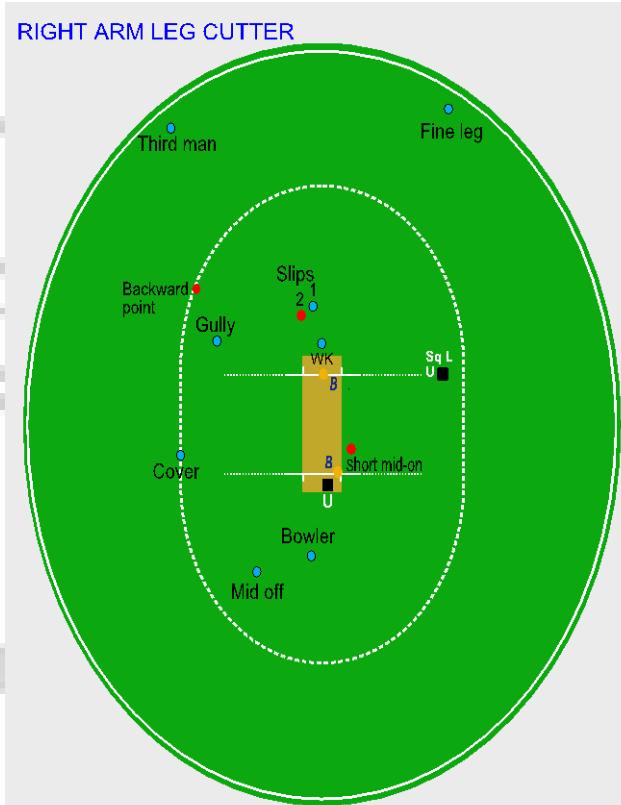
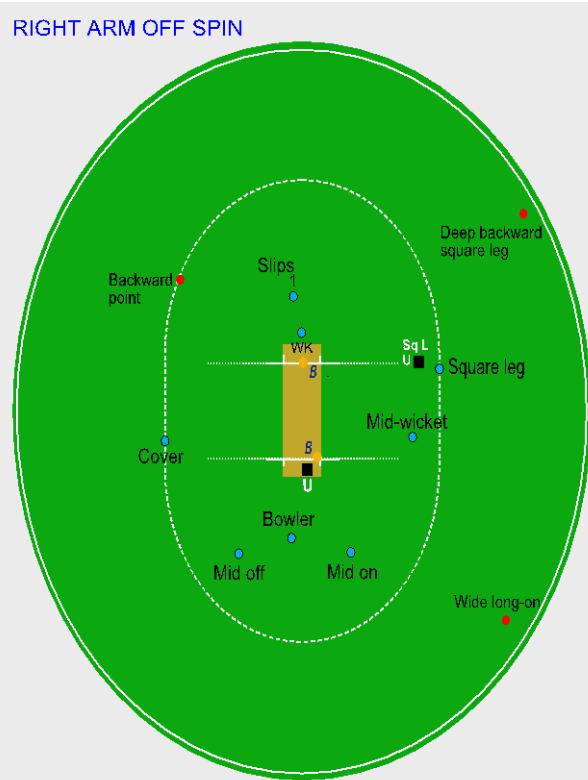


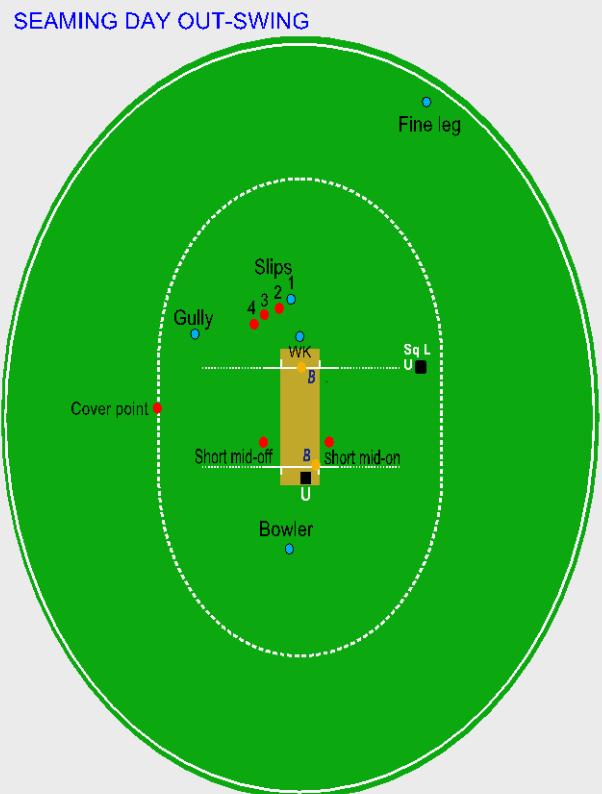
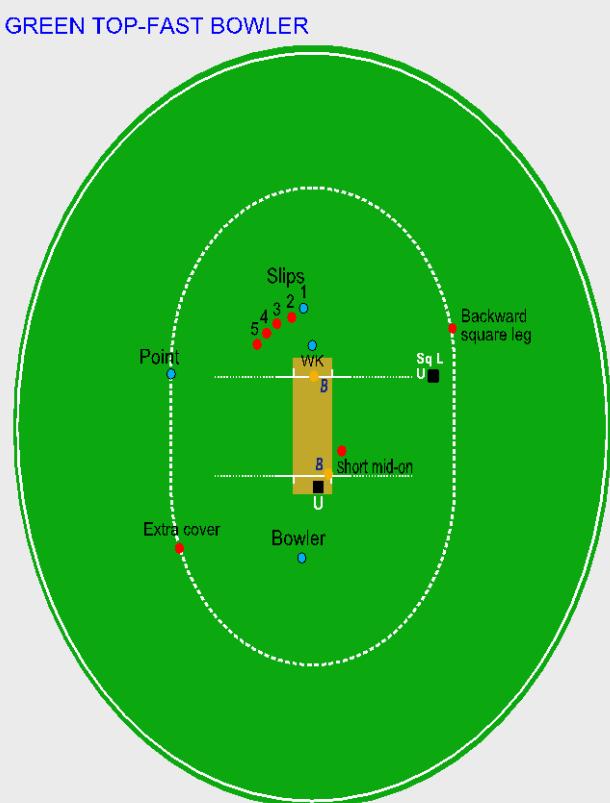
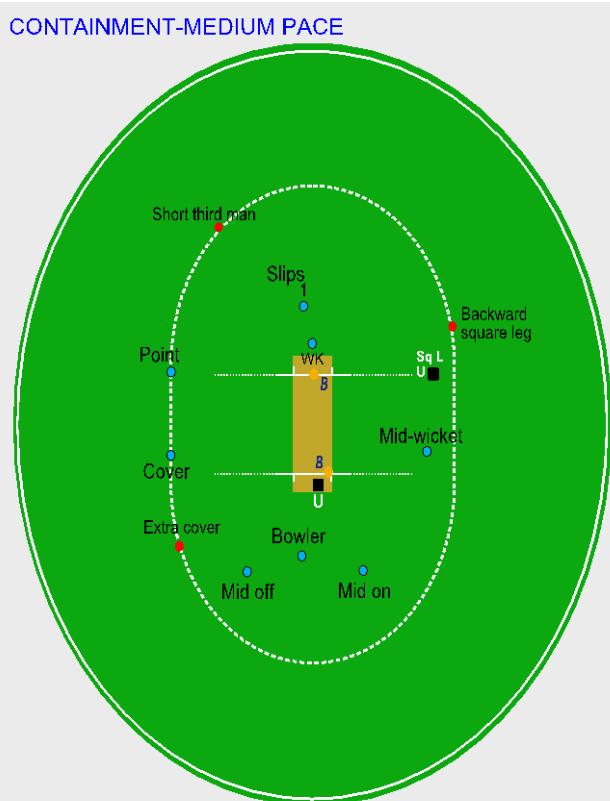
RIGHT ARM OUT-SWING

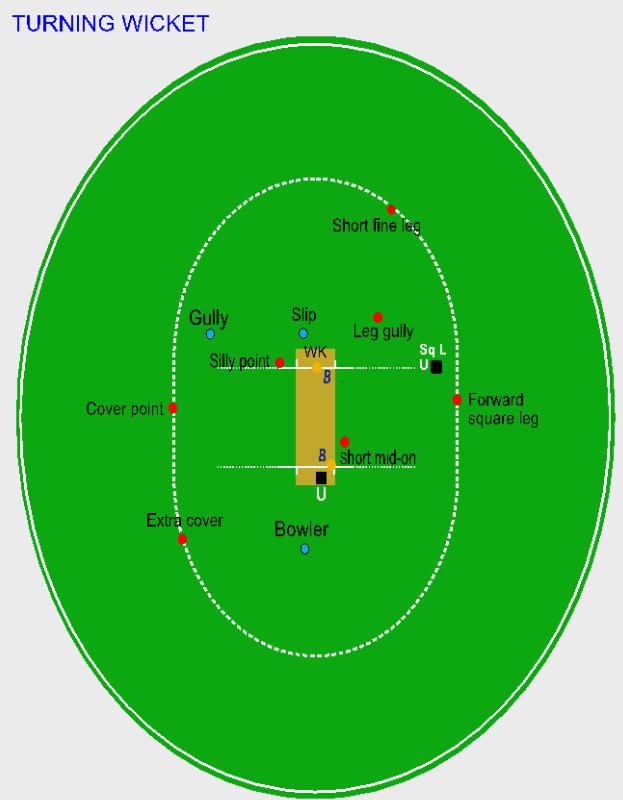
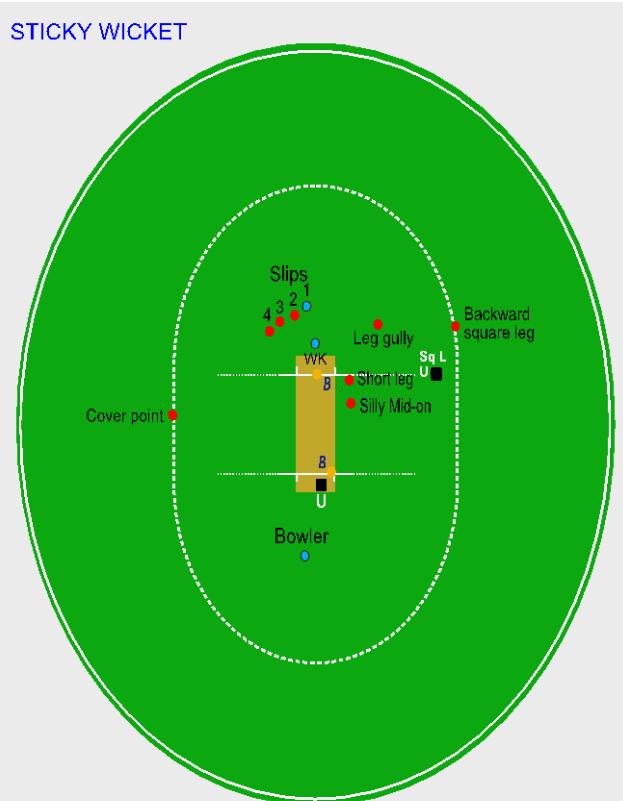


RIGHT ARM MEDIUM

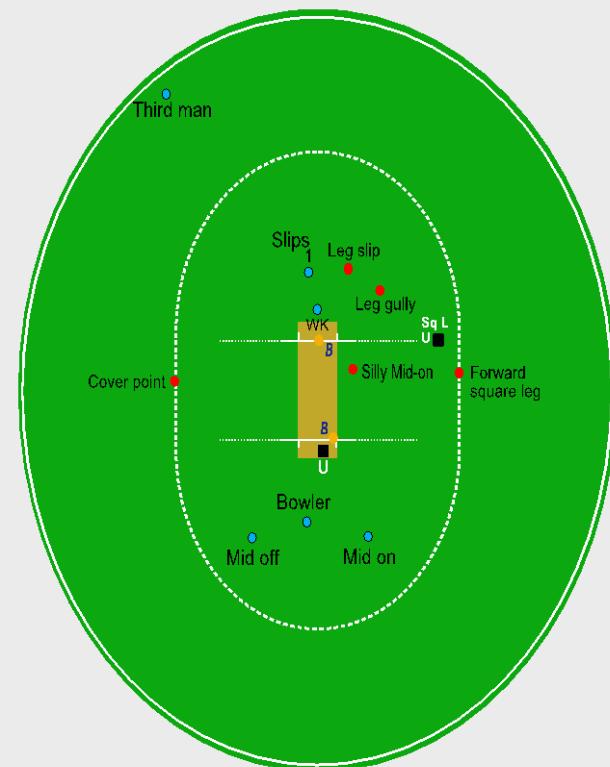




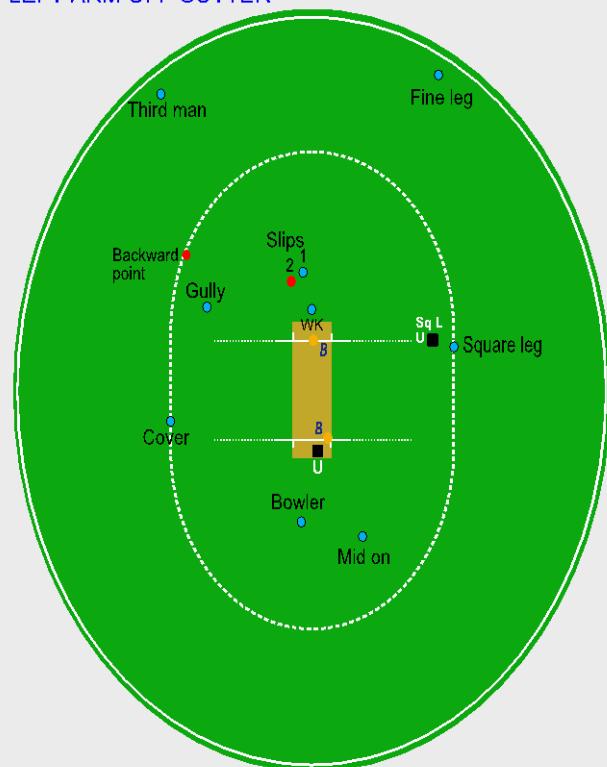




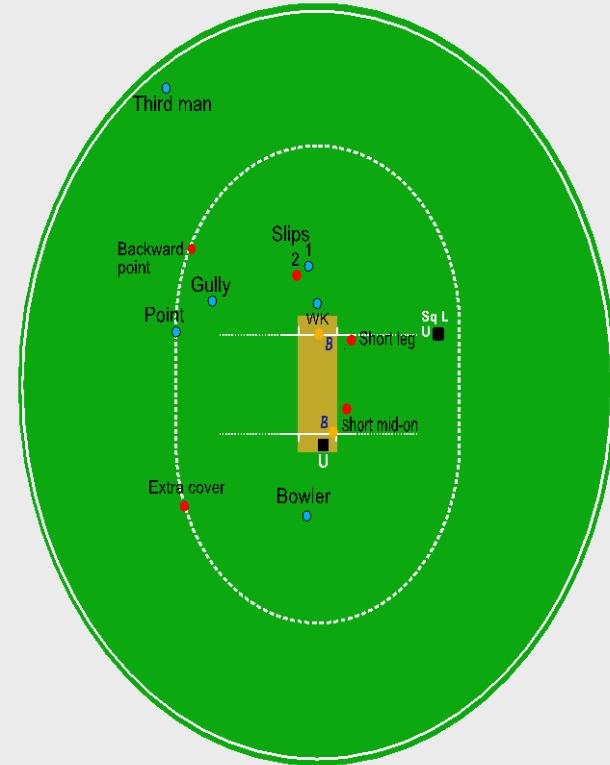
LEFT ARM LEG CUTTER



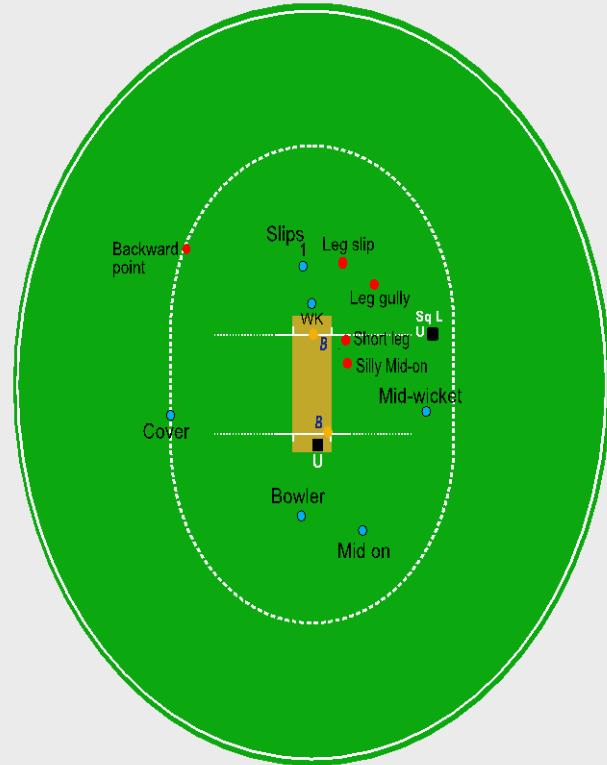
LEFT ARM OFF CUTTER

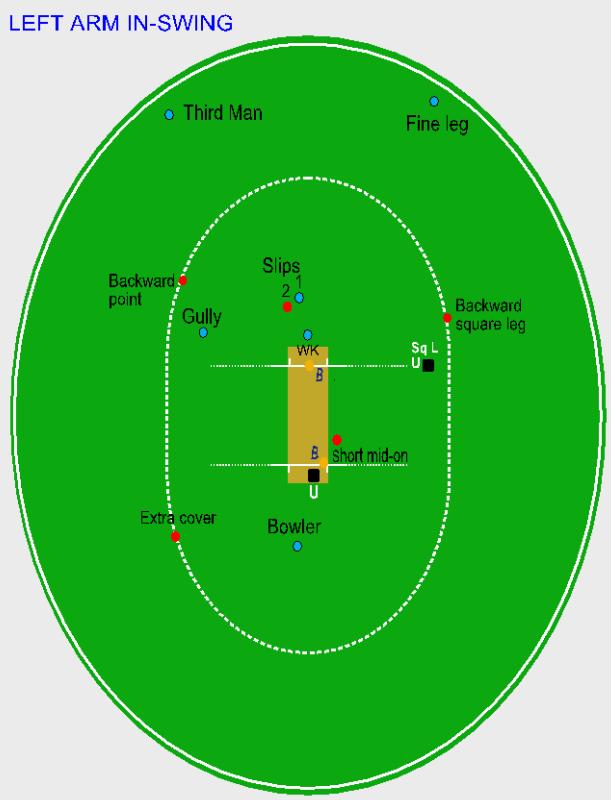
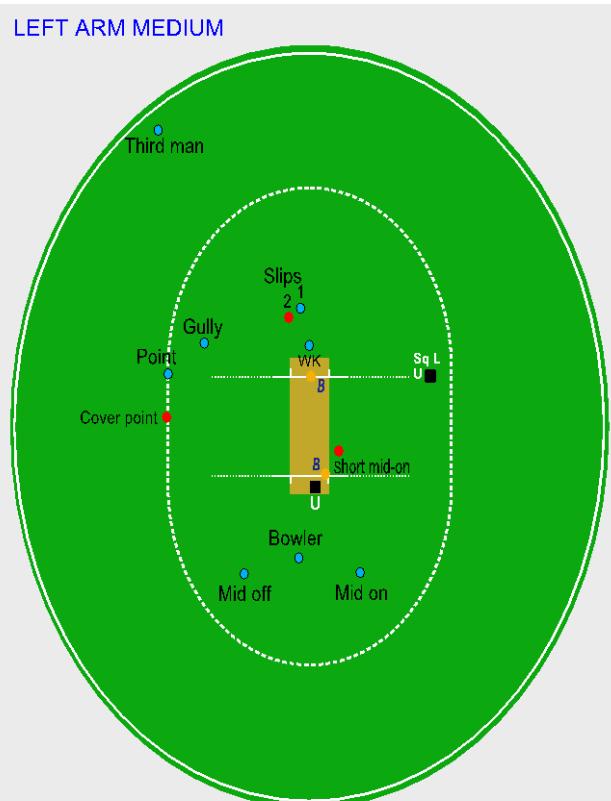


LEFT ARM FAST



LEFT ARM OUT-SWING



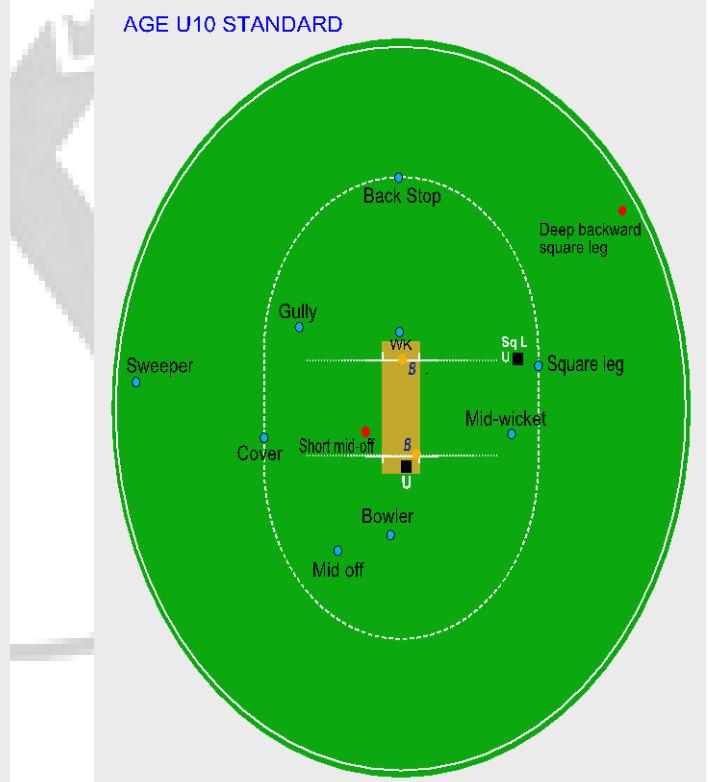
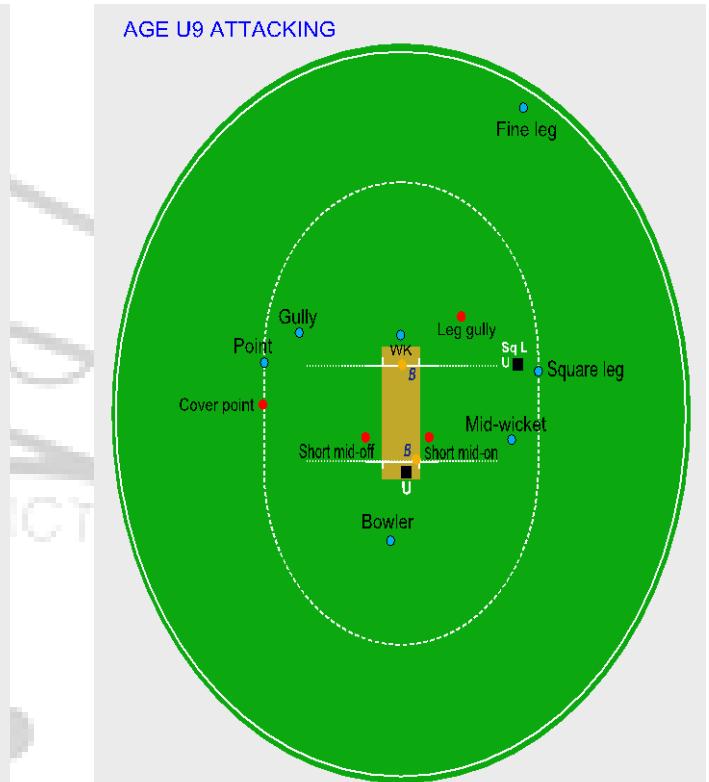


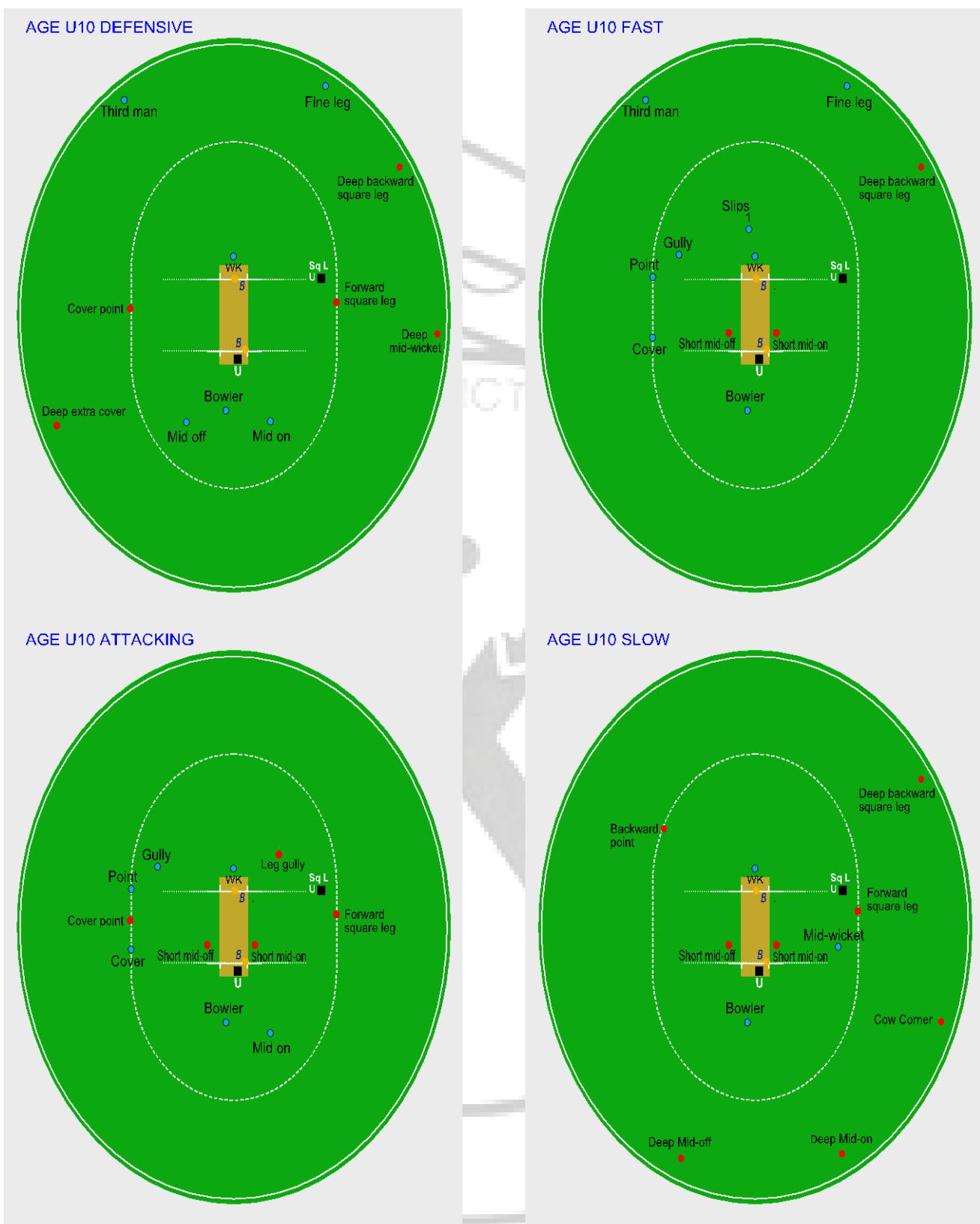
## BOWLING TO A FIELD AND SETTING THE FIELD - RIGHT ARM

Type of Bowler/ How to Bowl	Right Arm Fast	Right Arm Medium	Right Arm Out-swing/Leg Cutter	Right Arm In-swing /Off Cutter	Right Arm Off Spin	Right Arm Leg spin
<b>Where to aim (accuracy)</b>	Top of off stump	Off stump just short of a good length	Middle and off-stump, slightly fuller than a good length	Middle stump-fuller in length as few batsmen play the on drive to perfection	Just outside off stump just full of a good length looking for fine edge to slip	Middle and leg stump just short of a good length
<b>Where to aim (containment)</b>	Middle and leg or just Outside Off stump	Regular Yorkers plus short on off stump	Leg stump cutting or swinging to off	Middle and off stump	Wide of off stump turning in to off stump-looking to get through the bat pad gate	Middle and off stump
<b>Where to aim (wicket taking)</b>	Toes and fully pitched outside off	Middle and Off moving the ball off the seam making the batsman drive	Middle stump and hitting the top of off	Shorter of a length so the ball pops to the two silly players on leg side. Mid-On and short-leg.	Fuller length at off stump	Outside leg stump turning to off stump over pitched
<b>Where to aim (field setting traditional)</b>	Top of off stump and wider to make the batsman follow the ball	Middle and Off stump just short of a good length	Looking to make the batsmen drive and edge to slip	Looking to make the batsmen come forward and drive with LBW or an inside edge creating the wicket	Outside off stump on a good length bringing wide long on into play	Middle stump to hit the top of off and tempt the cut shot to gully and backward point.
<b>Core Positions (Fielding)</b>	Cover and Fine Leg	Cover and Mid-Wicket	Cover and Square Leg	Mid wicket and Cover	Mid wicket and mid-on	Short mid-on and sweeper
<b>Core Positions (Catching)</b>	Three slips and gully	First and Second Slip, Gully	Three slips and a gully	Leg slip, short leg and silly mid on	First slip and wide-long on	Cover point and slip
<b>Containment Position</b>	Fine Leg, Mid Wicket	Mid On and Mid Off	Fine Leg and Short mid-on	Fine leg and mid –on	Square leg and deep backward square leg	Sweeper and deep backward square leg
<b>Attacking</b>	Extra slip, short leg or leg slip	Short square leg or leg slip	Take one from leg side to slip and move other to forward square leg.	Move mid wickets tighter and move mid-on to leg gully	Mid wicket into silly-mid on and square leg onto short leg	Silly point and short extra cover
<b>Defending</b>	Mid Off and mid on	Deep mid-off or on and one slip only	Remove a slip to Short third man	Move short leg to square leg	Square leg to deep square leg and slip to backward square leg	Deep square leg sweeper and short third man
<b>Variation Fielding</b>	Two gully's and silly mid off or leg side trap for hook	Short point and short cover for upward drives	Silly mid off or silly point, two gullies or bring square leg to short leg	First slip into short point and mid on into sill mid off for pressure.	Mid off and on to short mid off and on catching positions	Short leg and point rather than a sweeper
<b>Pressure Fieldsman</b>	Silly mid-on or short leg	Keeper over the stumps, short cover or mid wicket	Gully and third slip	Short leg and silly mid on.	Short leg and silly mid on or leg gully for sweep	Silly mid off -on – point for bat pad on a turning wicket
<b>Variation Bowling</b>	Bouncer, Yorker	Slower Ball, Width on crease, Yorker	Slower Ball, Bouncer, Yorker	Slower Ball, Bouncer, Yorker	Arm Ball , Top spinner, Angle on delivery, Flight, Doosra	Wrong-un, top spinner, angle at delivery, flight
<b>Avoid</b>	Short down leg side	Full tosses and short on leg stump	Short outside off stump	Short on leg stump	Short on middle stump (long hops), bowling too flat	Short outside off stump, bowling below eye level

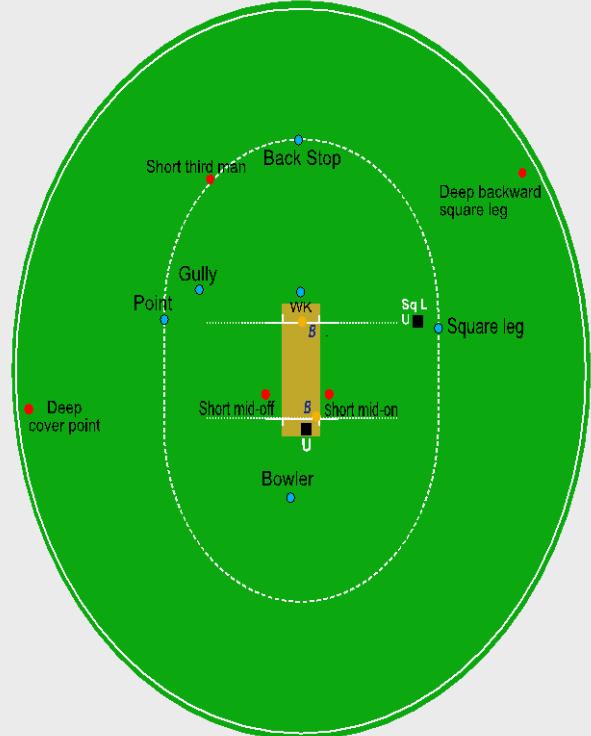
## BOWLING TO A FIELD AND SETTING THE FIELD - LEFT ARM

Type of Bowler/ How to Bowl	Left Arm Fast	Left Arm Medium	Left Arm Out-swing/Leg Cutter	Left Arm In-swing /Off Cutter	Left Arm Off Spin	Left Arm Leg spin
Where to aim (accuracy)	Middle stump	Middle stump just short of a good length	Middle and leg-stump, slightly fuller than a good length	Middle and leg stump trying to make the batsmen turn around	Middle and leg turning away to off and a snick to slip	Outside off just short of a length
Where to aim (containment)	Middle and leg or outside Off stump	Regular Yorkers plus short on middle stump	Leg stump cutting or swinging to off stump	Middle stump moving away to off.	Off stump to encourage driving	Just outside of stump on a good length
Where to aim (wicket taking)	Toes and fully pitched outside off	Middle moving the ball away making the batsman drive on the up to cover point	Middle stump and hitting the top of off	Fuller in length so the batsmen follows the ball outside off	Leg stump for bat pad catch to off	Off stump making the batsman play every ball
Where to aim (field setting traditional)	Top of off stump and wider to make the batsman follow the ball	Middle and Off stump just short of a good length	Looking to make the batsmen drive and edge to slip	Looking to make the batsmen come forward and drive on the up to gully and backward point	Middle and leg stump looking for bat-pad catch	Outside off stump turning into to off or middle.
Core Positions (Fielding)	Extra Cover and Short mid-on	Cover point, mid-off and mid-on	Cover and Mid Wicket	Extra Cover and Short mid-on	Extra cover and cover	Mid wicket and short mid on
Core Positions (Catching)	Slips backward point, short leg and gully	First and Second Slip, Gully, and cover point	Short leg, silly mid-on, leg gully and leg slip	Backward point, gully and slips	Silly point ,silly mid off and slip	Silly mid on and second slip, wide long on and gully
Containment Position	Third man and Point	Mid On and Mid Off	Backward point and mid-on	Third man and fine leg	Forward Square leg, mid off and extra cover	Deep backward squire leg and wide long on
Attacking	Extra slip, or leg slip	Short point or silly mid-off, short leg on a fast wicket	Move backward point to gully and cover to silly mid-off.	Move fine leg to leg gully and third man to third slip	Forward square leg to silly mid on and extra cover to short mid off	Silly mid on and second slip
Defending	Mid Off and mid wicket	Short mid on to mid wicket and second slip to extra cover	Remove leg slip to cover point and leg gully to backward square leg and silly mid on to square leg.	Move short mid on to mid wicket and second slip to cover	Silly point to point and silly mid off to sweeper	Mid off and backward point
Variation Fielding	Two gully's and short point	Short Cover and leg slip	Short point for the bouncer and cover point for drive on the up	Move third man to short point and backward square to silly mid on.	Gully to second slip or forward square leg to bat-pad on the leg	Silly mid off for bat pad on wrong un.
Pressure Fieldsman	Silly mid-off or leg slip	Keeper over the stumps, or short leg	Short leg and leg slip	Gully and silly mid on	Mid off and mid on tempting the batsmen to go over the top.	Silly mid on and wide long on for lofting the ball
Variation Bowling	Bouncer, Yorker	Slower Ball, Width on crease, Yorker	Slower Ball, Bouncer, Yorker	Slower Ball, Bouncer, Yorker	Arm Ball , Top spinner, Angle on delivery, Flight, Doosra	Wrong-un, top spinner, angle at delivery, flight
Avoid	Short or fully pitched down leg side	Full tosses and short on leg stump	Short outside off stump	Short outside off stump	Short outside off (long hops), bowling too flat Too many stock balls	Short outside leg stump, bowling below eye level





AGE U11 STANDARD



AGE U11 ATTACKING



AGE U11 DEFENSIVE



AGE U11 FAST



AGE U11 SLOW



AGE U12 DEFENSIVE

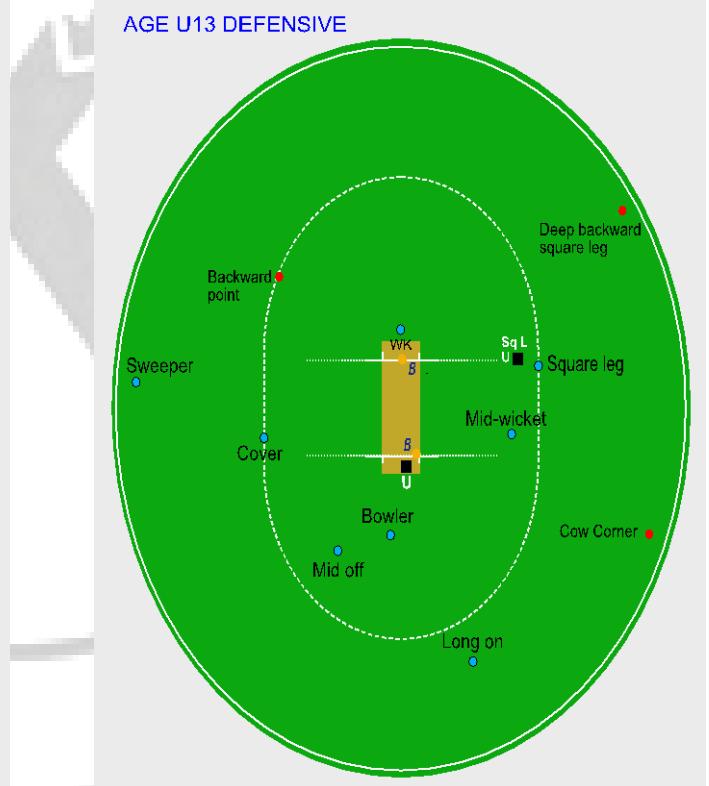
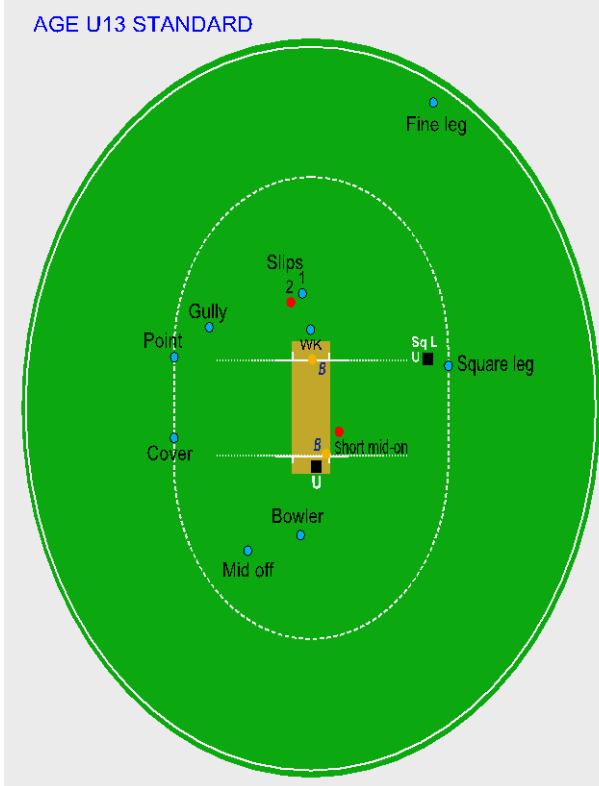
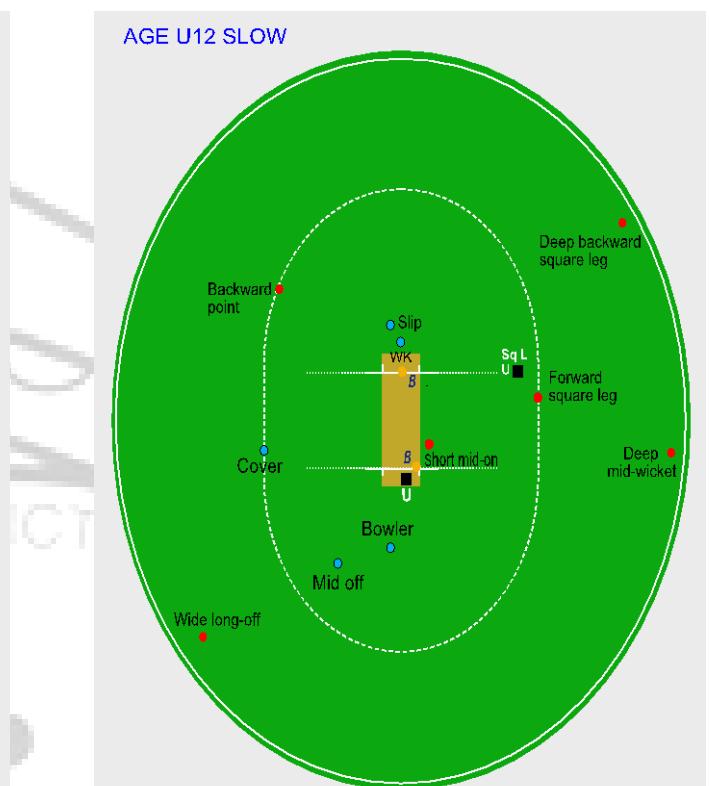
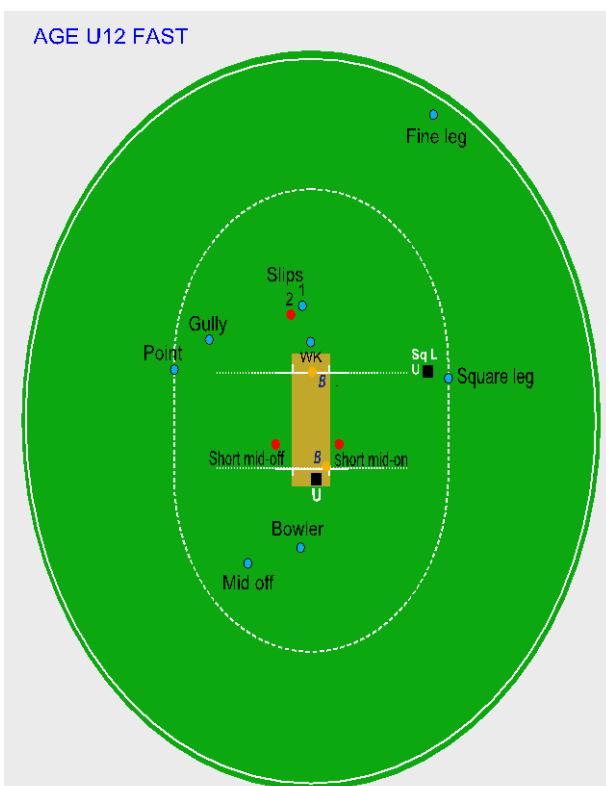


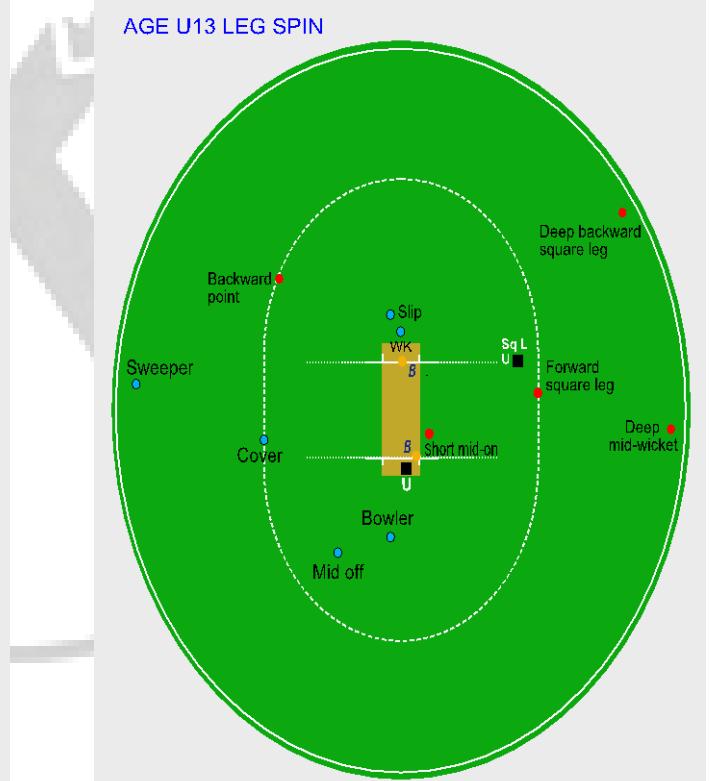
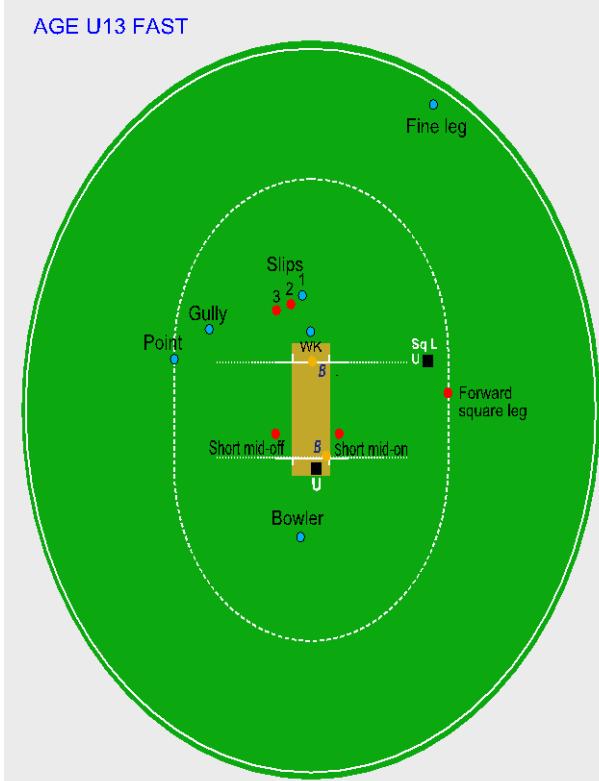
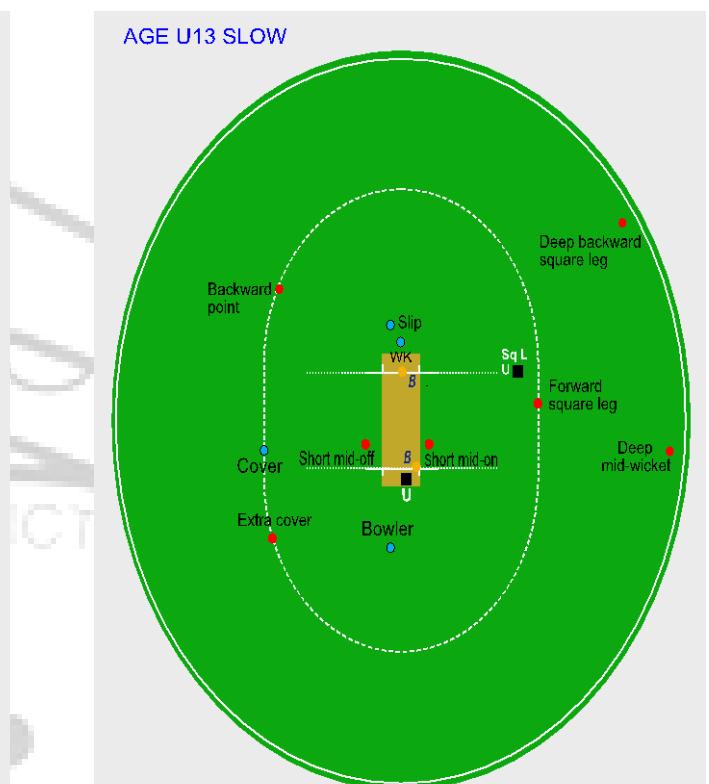
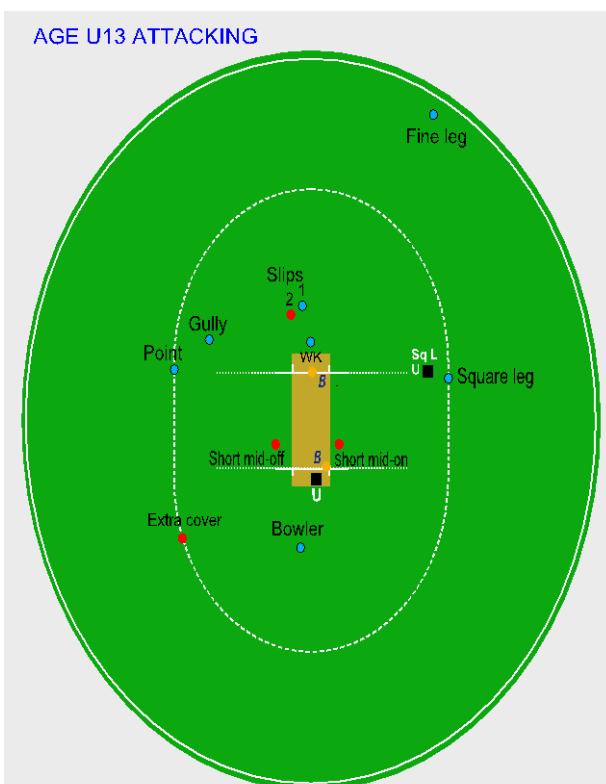
AGE U12 STANDARD

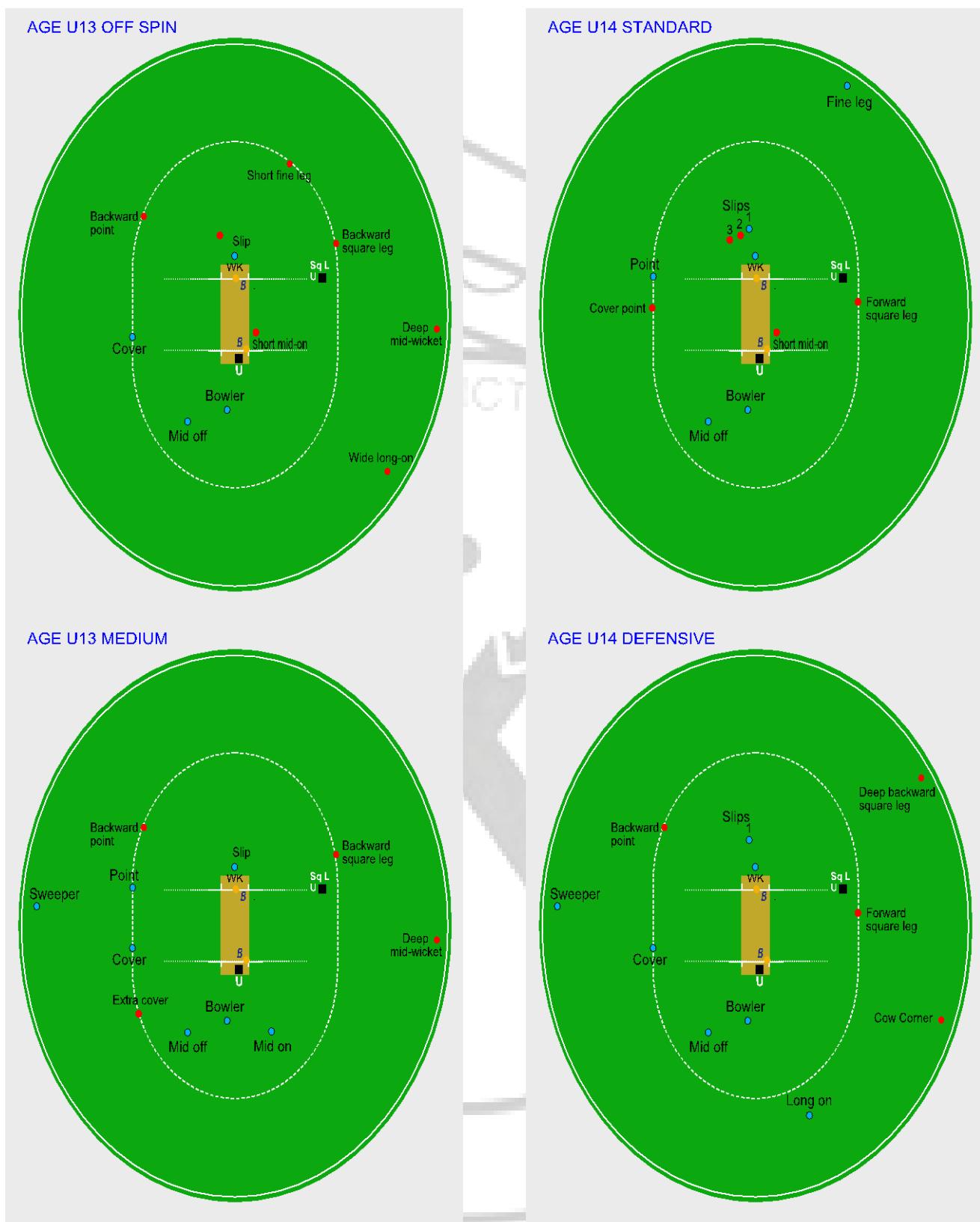


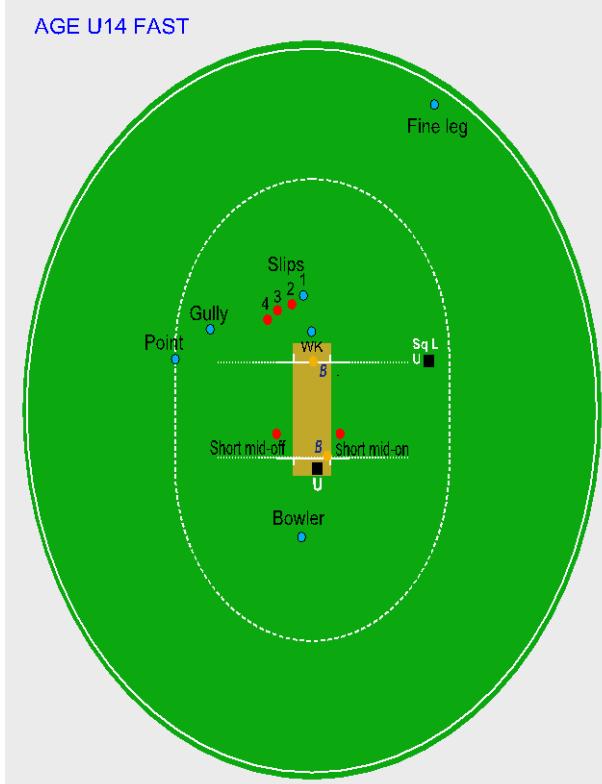
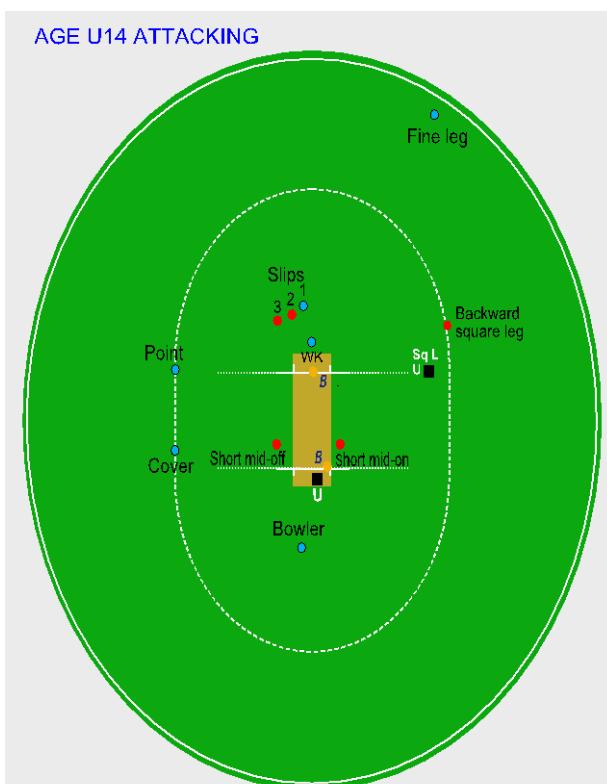
AGE U12 ATTACKING

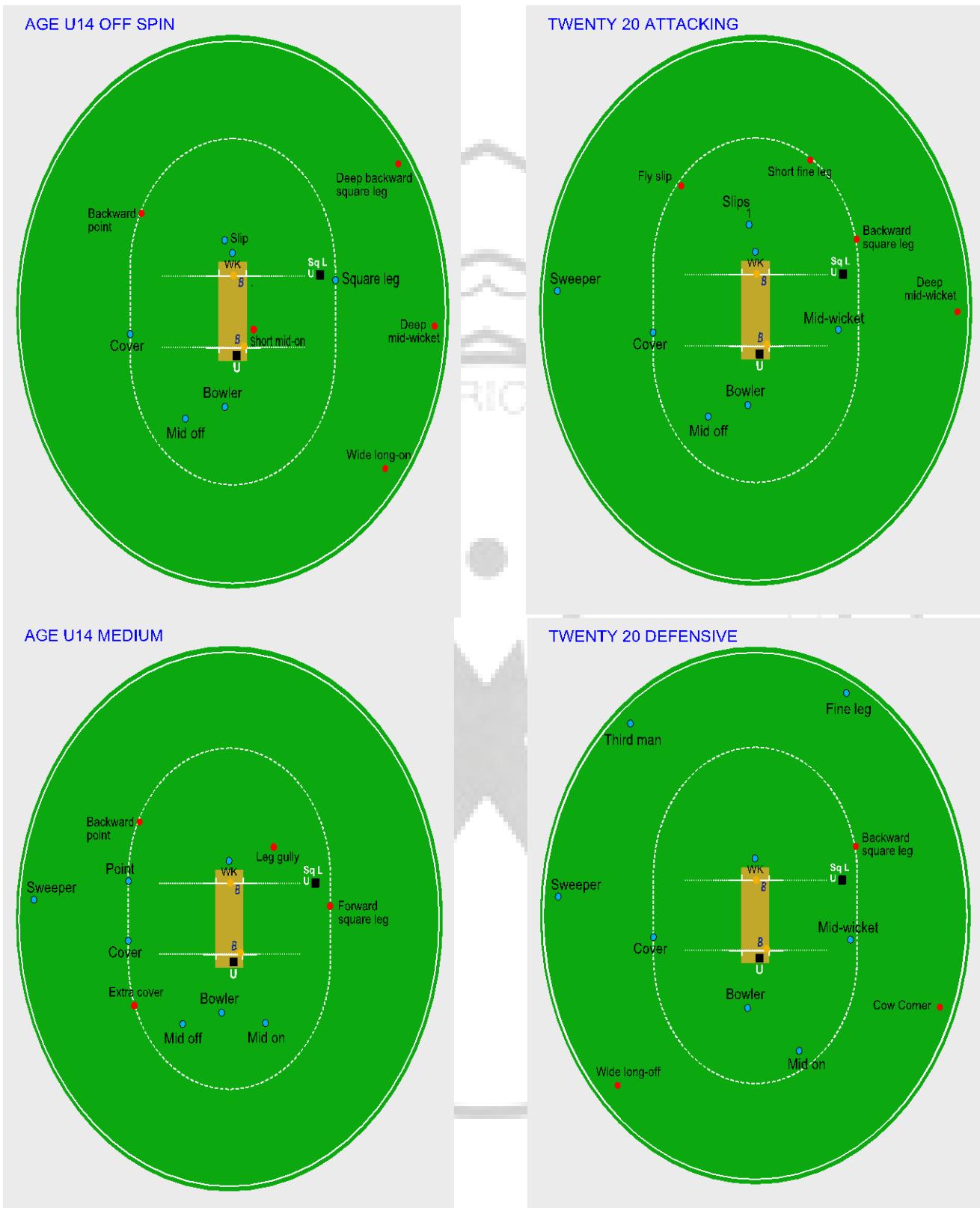


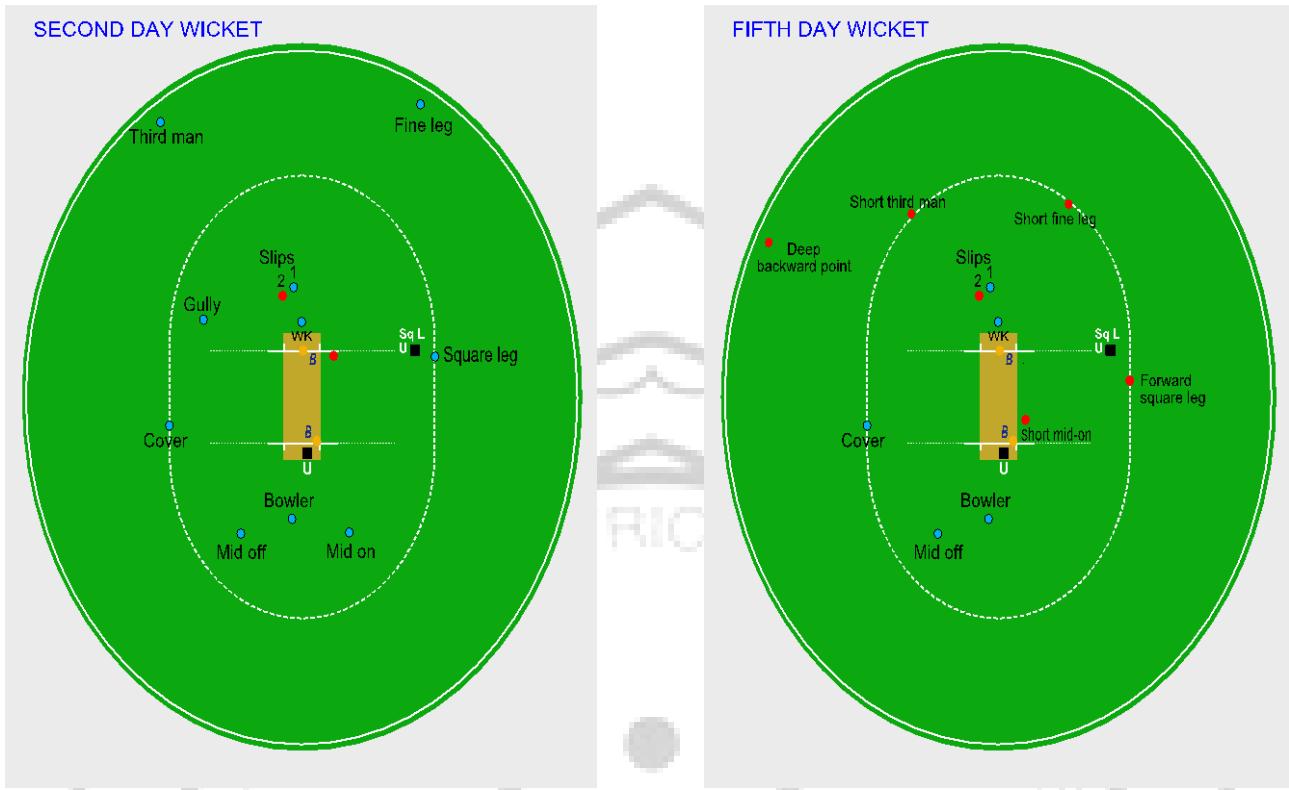












## JUNIOR BOWLING TO A FIELD AND SETTING THE FIELD

Type of Bowler/ How to Bowl	Age u9 Standard	Age 10 standard	Age 11 standard	Age 12 standard	Age 13 standard	Age 14 standard
<b>Where to aim (accuracy)</b>	Top of off stump and wider as u9 don't drive or cut	Off stump just short of a good length	Middle and off-stump, slightly fuller than a good length	Top of off stump	Just outside off stump just full of a good length	Middle and off just short of a good length
<b>Where to aim (containment)</b>	Pitched Up	Regular Yorkers plus short outside stump	Outside off stump	Outside off stump as few play cut shot or back foot drive	Outside off stump as few play cut shot or back foot drive	Off and middle short of a length to get batsman on the back-foot as many don't drive off the back foot
<b>Where to aim (wicket taking)</b>	Yorker off stump	Middle and Off moving the ball of the seam making the batsman drive catches	Middle stump and hitting the top of off	Full length outside off stump as many batsman don't let balls pass and slips and gully are waiting	Middle and off stump -full length with short mid off/on positions and slips waiting for a catch	Outside off stump pitched up with slips cordon waiting
<b>Core Positions (Fielding)</b>	Deep backward square leg and square leg	Deep backward square leg and sweeper	Deep Cover and Deep backward square Leg	Deep Cover and Deep backward square Leg	Cover and square leg	Cover point and forward square leg
<b>Core Positions (Catching)</b>	Short mid off and short mid on	Square leg and short mid-off	Short mid off and short mid on	Short mid on , slip and gully	Two slips and a gully	Three slips
<b>Containment Position</b>	Deep mid wicket and cover point	Cover and backstop	Short third man and backstop	Fine leg and deep cover	Cover and Square leg	Cover point and forward squire leg
<b>Attacking</b>	Leg Gully and Gully	Short mid-on and gully	Leg gully and cover	Add a second slip and square leg	Add short mid-off and second slip	Add third slip and backward point
<b>Defending</b>	Third Man and sweeper	Fine leg and third man	Deep mid wicket and wide long on	Sweeper and Deep mid wicket	Deep backward square leg and sweeper	Deep square leg sweeper and short third man
<b>Variation Fielding</b>	Fly slip or point	Deep extra cover and point	Forward square leg and mid wicket to cut out the pull	First slip for spinners and a leg gully ob bouncing astro-turf	Slip for spinners and backward point for run-outs	Short cover and short mid wicket for catching
<b>Variation Bowling</b>	Second bounce Yorker if boy cant bowl full length	Slower Ball, Pitched up outside off	Slower Ball, Yorker	Slower Ball, Bouncer, Yorker, angle of delivery.leg and off cutter	Arm Ball , Top spinner, Angle on delivery, Flight, Doosra	Wrong-un, top spinner, angle at delivery, flight
<b>Avoid</b>	Short down leg side	Full tosses and short on leg stump	Short outside leg stump and full tosses	Short on leg stump	Short on leg stump (long hops), Spinners bowling too flat	Short outside off stump, bowling spin below eye level



## JUNIOR BOWLING TO A FIELD AND SETTING THE FIELD

Type of Bowler/ How to Bowl	Sticky wicket	Turning wicket	Seaming Day	20/20	Off Spin	Leg spin
<b>Where to aim (accuracy)</b>	Off stump just short of a good length	Outside leg-leg ,spinner or outside off, off spinner	Very full in length-bordering on yorkers	Very full on off stump-yorkers	Off stump turning to middle and leg -gap bat/pad	Leg stump turning to top of off
<b>Where to aim (containment)</b>	Middle stump rising to chest height	Turning into middle stump to make them play	Bottom of off stump	Very full	Outside off turning to hit top of off	Middle stump missing off
<b>Where to aim (wicket taking)</b>	Full of a good length	At the stump fuller in length to get the bad pad catch	Looking to get through the bat and pad –fuller than a good length	Variation gets wickets and run saving is name of the game	Bat Bad catch ,so fuller in length turning to middle and off	Leg stump or outside tempting batsmen to hit
<b>Core Positions (Fielding)</b>	Cover Point and Backward Square leg	Cover point and forward square leg	Cover point –out-swing and forward square leg in swing	Ring field all around the bat	Cover and backward square leg	Forward square leg and sweeper for short ball outside off
<b>Core Positions (Catching)</b>	Leg Gully short mid on and four slips	Short point and mid on and leg gully (silly positions not allowed -10m rule juniors)	Out-swing – 4 slips and gully, In swing – leg slip, leg gully and short leg or on	Short third man –miss hit and backward square leg	Slip (fine) , short mid on and deep mid wicket	Slip and keeper stumpings and mid off
<b>Containment Position</b>	Cover Point	Extra Cover and short fine leg	Short mid on or off	All fieldsmen in ring 30 metres from bat and moving in fast	Wide long on and cover	Deep backward square leg
<b>Attacking</b>	Move backward square leg to short point	Short point or short mid-off, or short square leg	Bring containment position into a another slip	Slip or short cover	Short fine leg for miss-hit sweep shots	Short mid on and second slip
<b>Defending</b>	Move fourth slip to fly slip and leg gully to deep backward square leg	Backward square leg or deep forward square leg	None really but cover r forward square leg cover most areas.	Move two men from ring to boundary on off and leg	Cover to extra cover and slip to cover point	Short mid on to mid on or wide mid on
<b>Variation Fielding</b>	Two gully's instead of third and fourth slip	Second slip rather than first as edge likely to be thick or two gullies	Short cover or mid wicket catching position	Main strategy is to bowl outside off and stack offside	Short mid on to short square leg or short gully	Sweeper into point and short mid on to short square leg
<b>Pressure Fieldsman</b>	Short mid on and leg gully	Keeper over the stumps, short mid off for catching	All slips and short positions	Point and Cover looking for run outs	Short fine leg and short mid on	Slip, keeper and backward point
<b>Variation Bowling</b>	Bouncer, Yorker	Mainly angle and width on crease at delivery due to turn, Slower Ball,	Slower Ball, Yorker	Slower Ball, Bouncer, Yorker	Arm Ball , Top spinner, Angle on delivery, Flight, Doosra	Wrong-un, top spinner, angle at delivery, flight
<b>Avoid</b>	Short or fully pitched down leg side	Full tosses	Short balls not allowing swing	Short outside off or leg stump	Short outside off (long hops), bowling too flat	Short outside leg stump, bowling below eye level

## CONCEPTS FOR BOYS

**Creep.** Field placement is either to save a single, take a catch or stop a four. While you are placed correctly you normally drift 3-10 metres away from your position. Try and mark your position in reference to a tree, the pitch or the boundary and stay there. (Walk in with the bowler and then back to the same spot).

**Backing up- batsmen.** As the bowler takes his last step in his delivery stride you can leave the crease and walk three to four paces toward the facing batsmen. In this manner you are ready to run and don't have as far to run if a call of YES is made.

**Observe the game.** Recognize what is happening on the field. Is a powerful batsman hitting fours or a weak one taking singles? Is the pitch wet and outfield slow so that you can attack the ball? Is the ball wet and keeping low so you need to play on the front foot?

**Backing up- fielder.** If the ball is hit to the opposite side of the field to where you are fielding you need to get ready to move in line with the thrower and keeper. You should not back up so deep that they are able to run on a miss throw nor should you be so close that the ball could race pass you if thrown badly.

**Fielding positions.** Learn the main fielding positions and allow your coach to simply tell you the name of where you have to field. Look around when in position to ensure you are not too close to another fieldsman and therefore leaving a gap somewhere else.

**Starving a batsman.** The art of bowling to your field to stop a batsman scoring off you. A circle field which can't be pierced or a defensive field stopping fours from a big hitting batsman. You are not trying to get him out, but simply to slow down the run rate per over usually by bowling outside off stump to an offside field.

**Bowling at the Top of Off Stump.** A ball that has a batsman in two minds whether to play forward or back. He knows he must play as it will hit the top of off stump. Usually just short of being able to be driven.

**Dew on the field.** Batsman will need to play on the front foot and straight. As the ball gets wetter and softer it will keep lower and lower-skidding through to trap those who play back LBW and those that don't move their feet will be bowled. Bowlers need to place fingers across seem to alleviate slippage , ensure there is a handkerchief around to dry the ball and fielders need to get down to the ball earlier as it skids through the lightly wet grass,

**On the Boundary.** The boundary is the straight line between the cones. On the boundary doesn't mean 5 or 10 metres from the boundary it means right on the boundary walking in 3-4 paces to be on the move should the ball be hit near you.

**Play the game don't watch it.** Don't hit the ball hard and just run, look where the fieldsman is. Don't hit a good shot watch it and not run. Don't hit a catch and simply run as when it's dropped someone inevitably gets run out. Don't just change fielding positions without checking with the Captain. Don't just go to the same position for a different type of bowler. Watch the batsmen to know whether you should be attacking (stopping the single) or giving a single to save a four.

**Check your field before bowling.** While it looks obvious very few juniors check they are protected on leg side (slow bowlers) or that they don't have a back stop (slow bowlers) or that they do have a backstop (fast inaccurate bowlers).

**Bowling to a field.** Bowl to the field you have set or change fielding positions in consultation with your captain. Don't just run into bowl-have a plan based on the field and bowl to that plan.

**Dot Balls.** A ball that is not scored from is a dot ball. Dot balls are usually off a good length at or outside off stump. Six dot balls is a maiden over.

**Fully Forward.** Coming forward cuts down the chance of LBW and being bowled but only coming slightly forward means you are not committed to the shot and likely to get out. Be committed to come fully forward or back and across no half moves its one or the other if you want to survive.

**Back and Across.** Many boys step straight back:-if the ball deviates at all you get an edge-if the ball rears towards you you're stuck and could get hit. By stepping back and across toward slip you are ready to play the pull shot, back defence, back-foot square drive, cut shot or keep moving to the off and let the ball go, rock back and let the ball go or duck under from a solid base.

**Run in straight.** Attack the batsmen, and from start to finish straight hips/body/arms/head is all fundamental to landing the ball where you want to. Come in at an angle and somehow you have to straighten to stop pushing the ball down leg. Jump side- ways and the ball can go anywhere. Being straight from start to finish and you will bowl straight and get side-on in delivery.

**Play the ball not the bowler.** Forget who is bowling to you. Every good bowler bowls a bad ball and every bad bowler can bowl a good ball. The only thing that matters is the current delivery not the last and play each ball on its merits.

**Play in the V.** Until you have got the pace of a pitch, the swing or cut on the day and you're timing play between mid-off and mid-on for the first 3-5 overs.

**Long Barrier.** Getting one knee down to the ground to stop the ball so that there is no space between you're leg and the ground and your other foot and the knee to maximise the amount of area you have to stop the ball in case of deviation.

**Slow wicket.** Be careful of driving the ball on the up, and wait for the ball to get to you with slower bowlers. Be patient and don't rush shots or you will yourself out to a catch at mid-on or off.

**Hooking spinners.** Spinners' usually can't be hooked however on astro-turf boys have a tendency to hook spinners off the back foot rather than stepping forward to pull. The hook shot because the ball can't be well controlled often comes off the glove for a catch to keeper, is skied to square leg or is even hit onto the stumps. Come forward to short balls from spinners on Astroturf and meet the ball on its rise and don't wait for it to be too high-if it is just leave it and wait for the next delivery.

**Keeping a batsmen on strike.** Fielding positions need to be deep enough to stop the ball but not allow a run to be taken.

**Run-outs at speed.** Many boys see a run-out on and slow everything down. This usually leads to mistakes: the ball sticks in the hand. The throw is so slow the batsman makes his ground or the throw is too high. Do all fielding practices at speed and on match day take the same course of action? Everything is always done at the same pace whether the batsman is 2 or 10 metres away from making his ground.

**Catching into the body.** Many boys correctly have their hands pointed down to catch but try and catch high balls away from the body with the result the ball slips out and onto the ground. High catches need hands/fingers pointed up to the sky or alternatively the ball needs to be taken into the chest.

**Incorrect field.** A fast bowler is taken off and a spinner comes on. You change ends and find yourself being backstop to a spinner. Put your hand up: stop the game until your captain has told you where to field.

**Looking for Two.** As you pass the other batsman on the first run if there is a chance of a second you should state, "look for two" so you are both ready to turn and run back for the second run.

**Hitting the ball in the gap.** When you go out to bat look at the gaps in the field not the fielders. Try and hit the ball into the areas locked into your memory where there are no fieldsmen.

**Building a partnership.** If two wickets have fallen suddenly it is time for consolidation. Play in the V between mid-off and mid-on and work the ball into the gaps for singles with little risk until you have put on 20 plus runs and begun to have built a partnership with the other batsman.

**Rotating the strike.** Work the ball into the gap to get singles and continually change which batsman is facing. Works best with a left and right hand bat as the field is continually changing.

**Holding up an end.** If you are a weak batsman batting with one of your best batsman play so that you don't lose your wicket. Try and obtain singles to let the better batsman face most balls.

**Playing off the pitch.** When facing spin bowlers you can try to read the spin from their hand, the air or off the pitch. Playing off the pitch is only advisable on a slow turning wicket.

**Through the gate.** Dismissed by a ball that passes between the bat and the pads before hitting the wicket.

**Ring field.** A field which is set primarily to save singles, consisting of fieldsmen in all or most of the primary positions forward of the wicket, on the fielding circle .

**Good length.** The ideal place for a stock delivery to pitch in its trajectory from the bowler to the batsman. It makes the batsman uncertain whether to play a front-foot or back-foot shot

**Corridor of uncertainty.** The corridor of uncertainty is a narrow area on and just outside a batsman's off stump. If a delivery is in the corridor, it is difficult for a batsman to decide whether to leave the ball, play defensively or play an attacking shot.

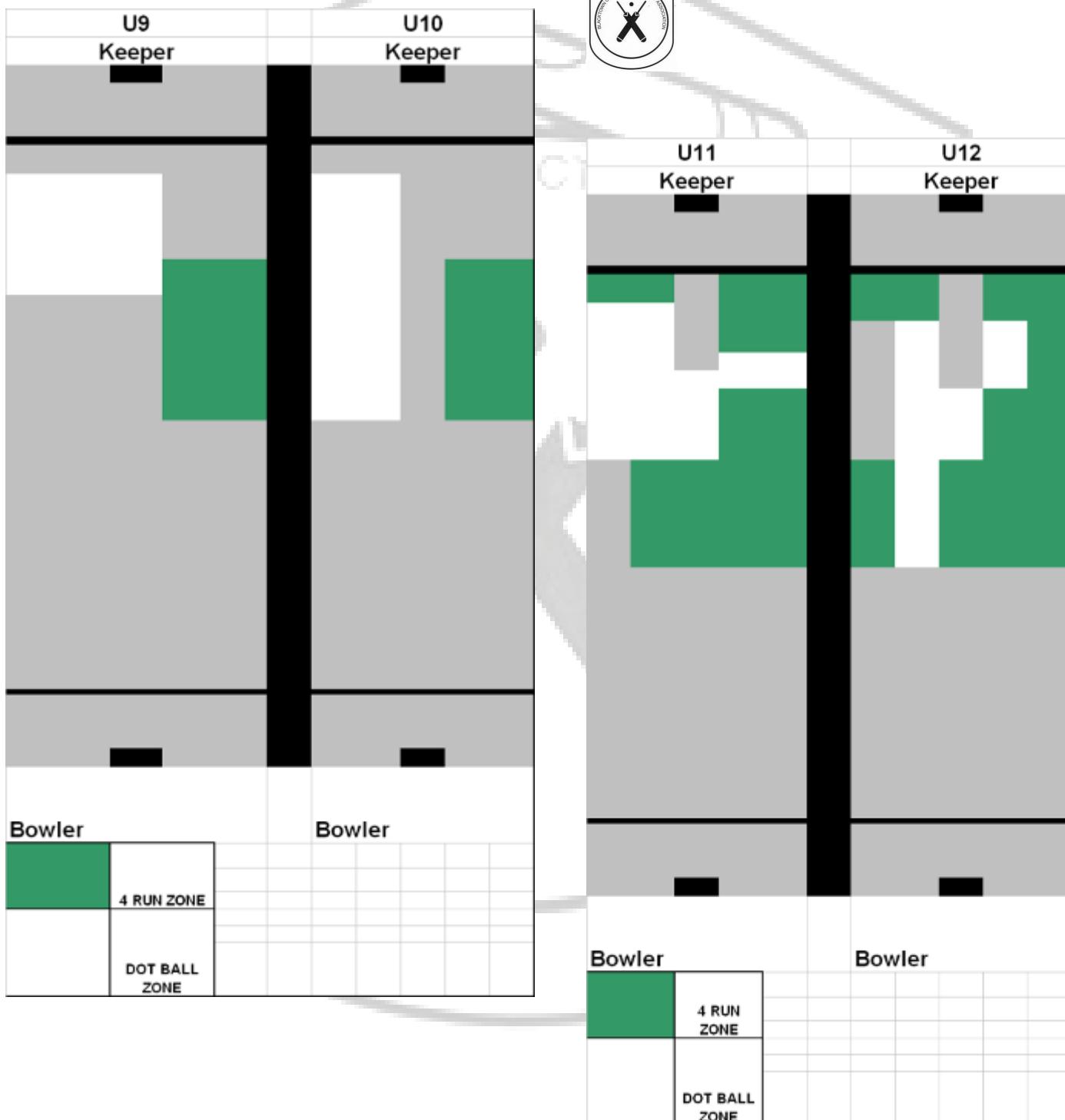
**Stock Ball.** The ball a bowler mainly bowls, i.e. *outswing*.

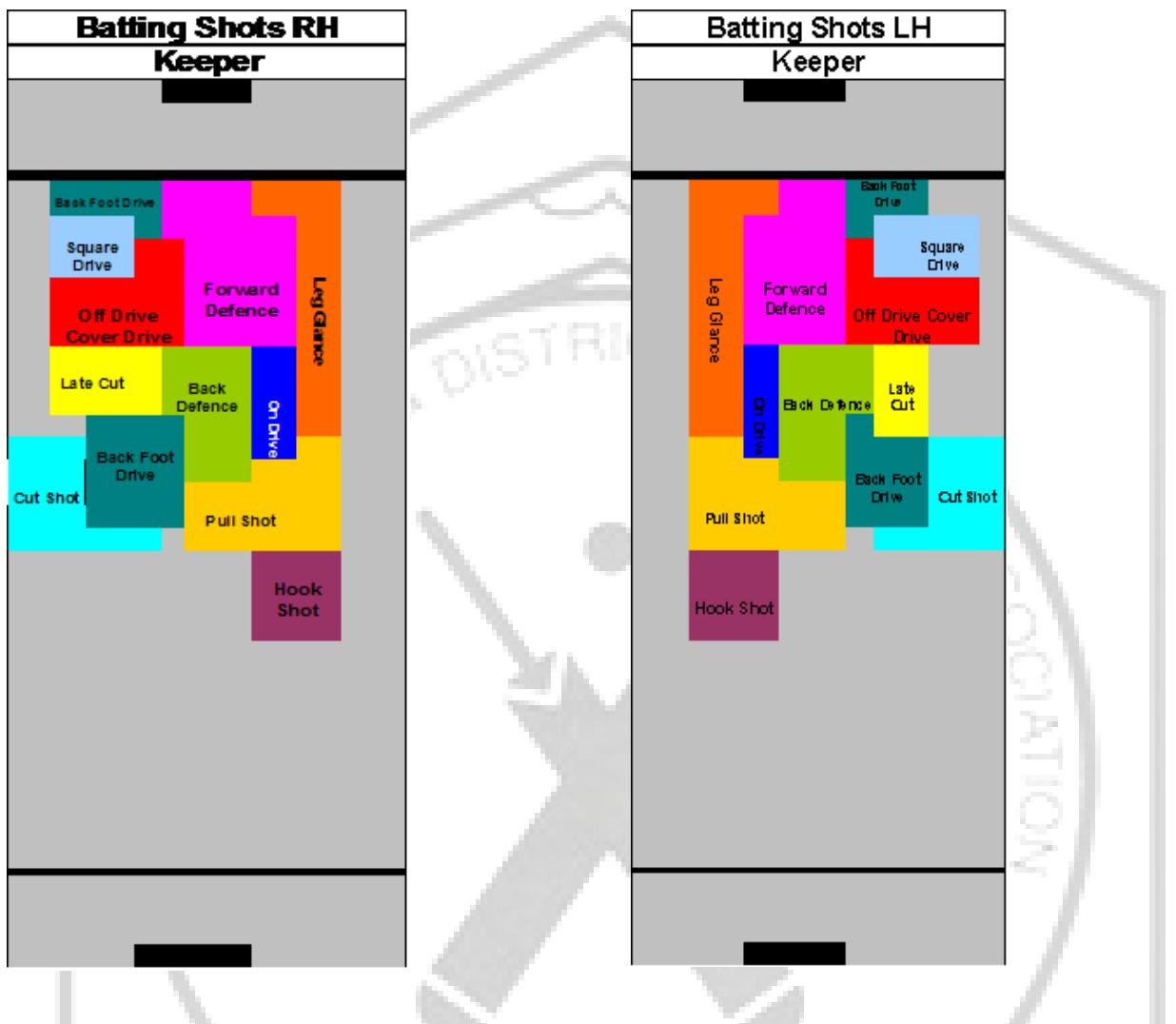
**Soft Hands.** A batsman's hands are relaxed to play the ball with a dead bat to stop popping a catch...  
A fielders hands should be relaxed to catch the ball so it doesn't bounce out of the hands.

**Pinch Hitter.** A batsman known for batting aggressively, who comes in to bat above his normal batting position expressly to score runs quickly.

**Spirit of Cricket.** If you think something might be wrong it is wrong in cricket. Never take advantage of the rules, an umpire being unsighted, a weak player, or any unfair advantage as that is against the Spirit of the Game.

## LIMITED OVER BOWLING CHARTS





## CODE OF CONDUCT

I will remember that players participate for pleasure and that winning is only part of the fun.

I will never ridicule players for making a mistake or not winning.

I will operate within the rules and Spirit of the Game

## THE SPIRIT OF THE GAME

Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the

**Spirit of the Game. Any action which is seen to abuse this spirit causes injury to the game itself.**



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