Advise to New Cricket Coaches:

By: Jatin Patel

Before you begin to Coach Sport Cricket, you must understand whom you are coaching. Children can learn by hearing, reading & seeing but they always love to learn by doing it. A child prefers to play rather than listening or watching someone else.

Cricket coaching is not all about what you know, or demonstrating or speaking about cricket skills. It's all about how to get the most and best out of each of those involved in training. If you are a new coach and never coached any youth in any other sports, then you must learn how to get the best out of your players and how to keep them motivated. Cricket is a team sport, and you must work on how to get the most and best out of everyone.

All the top professional players have had good coaches who were patient and taught them the skills needed to excel. We all don't have innate patience, but all youth coaches & everyone can improve it with a little bit of effort. Many skilled athletes do not really improve until they finally receive that one simple tip at a right time from the smart coaches that put everything together in their minds. Your job, when coaching youth cricket, is to always be patient with your players so that they can reach their full potential.

You must have a very organized schedule to deal with all of the everyday tasks involved in coaching youth cricket. Look at the attention to detail shown by professional coaches for a good example to follow. Being organized maximizes each practice session and cuts out wasted time. Decide what the day's goals are before starting practice. Talk over any key concepts with your assistants prior to finalizing the practice schedule. You do not want to have any surprises when you are out on the field coaching your youth cricket players.

When coaching youth cricket players, try not to waste valuable practice time on low-priority drills or physical conditioning or demonstration or lengthy explanations. A number of coaches, particularly in the lower age groups, think they need to drag their players through worthless drills just to convey toughness. Physical toughness and fitness will come along with fast-paced and organized practices that keep the players moving. Never over coach, demonstrations and preaching to youths ends up in boring sessions. Instead, concentrate on drills that build the fundamental skills of cricket. Give special attention to the skills that your players lack instead of wasting a lot of time coaching youth cricket skills they already know how to do well.

Do not spend a lot of your speaking time coaching youth cricket instead of having the players move. Try to reduce your explanation(s) to brief bursts after each athlete has run via the drill. Quickly demonstrate what the player did incorrectly or correctly in the drill and move on to the next child. Feel free to speak while the children are moving, but never bring the full team's
session to a halt. Attention span is often a problem for young kids, so you will have better results coaching youth cricket players by keeping them moving and engaged during practice. Cricket coaching is always age specific and also based on player(s) involved with their ability, capability, and power of understanding (Communication is a big thing).

Your best choice is to start coaching with the ability, skills and knowledge they already posses. Then, keep them motivated with excitement and fun. In order to keep their interest high, we must provide them some challenges in drills so they can be confident to take up next challenges during that time we must ask them for next level skill in a gradual and transition manor so they never feel incompetent. During this process we must find coaching moments to introduce cricket skill or rule.

Studies suggest that a child would much rather play on a losing team than sit on a winning team. An educated coach sees the big picture. We have to get the kids in the game regardless of their ability.

Here is the simple plan to introduce cricket to any age player /student or novice. It covers all major protocols (Gradual, Incremental, Transitional, Progressive & get involved) of coaching philosophy – and it starts with the player’s own assets (Knowledge, Ability, Capability and strength with existing skills). During introduction to cricket, find the best coaching moments for the basics of cricket skills and rules related to skills or activities.

Have a ball & Bat:

To learn cricket you do not need a ground or professional gear. Just find a safe place to play (indoor or outdoor) and grab a regular tennis ball and a bat.

Anyone can learn cricket as long as he or she is able to grab, toss, or throw the ball, or is able to grab the bat.

Remarks:

The following page (intended for our certified cricket coaches, as it does not include coaching tips, guidelines or instructions) will provide step by step (check list) process to introduce cricket to novice.

Please feel free to drop me email with question(s) or any suggestion(s) to usaceckt@gmail.com
"LET THEM TRY"
"LET THEM PLAY"
"LET THEM ENJOY"

Experience is the best teacher
Practice makes them perfect
Keep them motivated with fun & challenging activities

ACTIVITY - Individual, each need a Soft Tennis ball
1 Toss the ball with one hand and catch with the same hand
2 Switch the hand now and Repeat Step 1
3 Ask them to Put the ball on the ground in front & ask to pick up
4 Ask them to grab with any three fingers (includes Thumb)
5 Repeat until they use thumb and two strong fingers to toss
6 Ask them to grab with any two fingers (includes Thumb)
7 Repeat until they use two strong fingers w/o thumb
8 as soon as you pick the ball - ready to do next (throw /toss )
9 Toss the ball with one hand and catch with both hands
10 Toss the ball with other hand and catch with both hands
11 Learn to throw ball with the wrist power than arm - Flicks

ACTIVITY - Pairs, one ball per pair, at least 5 yards apart
12 one throws the ball and other one catches - Under arm
13 after catch player throws to other one - Under arm
14 Repeat with ball need to be bellow the chest
15 Repeat with ball above need to be on chest or face
16 Repeat with ball need to be tossed up with loop above the head
17 Repeat with just one bounce
18 Switch one bounce activity with over arm above the head
19 Repeat with additional 5 yards distance
20 Repeat with additional 5 yard distance - max 22 yards
21 Explain to release the ball rather than work hard to throw
22 Time to teach simple bowling grip - fast / seam bowling
23 ask them to bowl with simple one step bowling style

Let's test what they learn so far.. Challenge them
24 under arm throw to hit stumps with player behind stump
25 over arm throw to hit stumps with player behind stump
26 side arm throw to hit stumps with player behind stump
27 Bowling at stumps with player behind stump
28 Explain bowling process

29 Include bat now with batsman to hit the ball - free style
30 Repeat - ask to hit back to bowler
31 Repeat - ask to hit back to bowler - feet locked.
32 Explain Batsman standing stance - Head
33 Explain Batsman standing stance - Feet and various styles
34 ask them to swing arm
35 Explain them batting grip - how to hold with both hands
36 Repeat - Ask not to hit but just stop with catchers close in.
37 Time to explain forward defense to keep ball on the ground
38 ask them to swing arm with front foot forward
39 Ball drop or on cup - ask to hit straight
40 Time to explain back foot defense to keep ball on the ground

41 Time to explain bowler use of crease and understand bowling
42 Time to explain batsman use of crease
43 Explain running between wickets & use if bat to reach crease
44 Running between wickets - stretch with bat to reach

45 Explain Batsman's role responsibilities
46 Explain Bowler's role & responsibilities
47 Explain Fielder's role & responsibilities

48 Explain how Runs are scored
49 ways to get out
50 Basic Umpire signals

51 Scrimmage game between two groups

Explain the game, Start, Toss, Batsmans, Bowlers, Fielders
Explain rules when situation arise or demand.
LBW, Over throws, No ball, Wide Ball, Bouncer and many shots need to be introduced during scrimmage