

NMCC COACHING FRAMEWORK

Coaching
Philosophy



To ensure athletes have positive experiences and want to return to cricket the following year, while developing their skills in line with the club's development model

Purpose of
Framework



To establish a consistent coaching approach across the age's groups, while recognising that actual drills and expected outcomes will differ depending on participants skill and experience



Bowling Framework

RHYTHMICAL, BALANCED RUN UP	ALIGNMENT AT CREASE	STRONG HEAD POSITION	WRIST POSITION	COMPLETE ACTION/FOLLOW THROUGH
<ul style="list-style-type: none">• Injury free• Aerodynamic• Increased energy toward target• Not overly long	<ul style="list-style-type: none">• Jump and gather toward the target• Injury free at crease• Side on or front on bowler?	<ul style="list-style-type: none">• Head in optimal position to see target on release• Head tall and not falling over	<ul style="list-style-type: none">• Fingers down the seam, not squeezing hard• Locked wrist on release• Correct position to swing the ball	<ul style="list-style-type: none">• Energy continuing toward the target after delivery• Not running down the middle of the wicket• Watching the ball





Batting Framework

GRIP/STANCE	POSITION ON RELEASE	CO-ORDINATED POSITIVE MOVEMENT	FULL FACE OF THE BAT ON CONTACT	DECISION MAKING
<ul style="list-style-type: none">• V's down the handle & hands together• Hands relaxed, back hand as support (not scooping)• Square on to the bowler with feet shoulder width apart	<ul style="list-style-type: none">• Strong balanced position (knees bent)• Head still and eyes level (head is one of the heaviest parts of the body)• Hands back• Watch the ball	<ul style="list-style-type: none">• Head to line of the ball• Quick positive feet• Hips, shoulders, arms, hands moving together (force through ball)	<ul style="list-style-type: none">• Keeping strong body positions on point of contact (not losing shape)• Straight bat swing• High elbow• Follow through	<ul style="list-style-type: none">• Attacking or defensive• Picking up length (Back or front foot)• Scoring areas (strengths & gaps in field)• Bat on ball





Fielding Framework

GENERAL FIELDING	THROWING	CATCHING	WICKET KEEPING
<ul style="list-style-type: none">• Ready Position (best position on contact to move dynamically to the ball)• Decisive balanced movement towards the ball• Watch the ball at all times	<ul style="list-style-type: none">• Balanced stable base• Establish grip• Non throwing arm aiming toward target• Maximum energy transferred from the ball to the target• Follow through to the target	<ul style="list-style-type: none">• Balanced stable base• Present maximal catching surface• Head in line with the ball• Soft hands absorbing energy• No crocodiles	<ul style="list-style-type: none">• Strong head position in line with the ball• Strong balanced base• Presenting maximal catching surface





NMCC Player Development Model

'The Ignition Stage' - EARLY stage of player development (U5-8)



'The Development Stage' - BASIC stage of player development (U9-12)



'The Refined Stage' - ENHANCED stage of player development (U13-16)





NMCC After U15

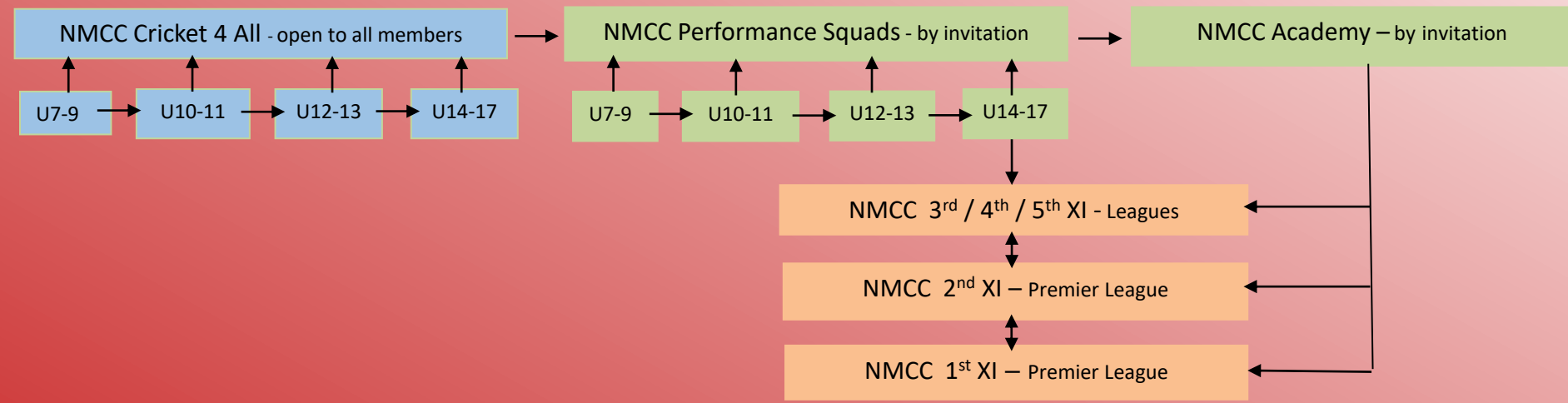


- Selection for U17/19/MDL is based on a combination of game performance and training effort/attendance
- Selection for the performance squad winter programme/Academy is based on a combination of the season performance/effort and athletes NMCC believe will play senior cricket

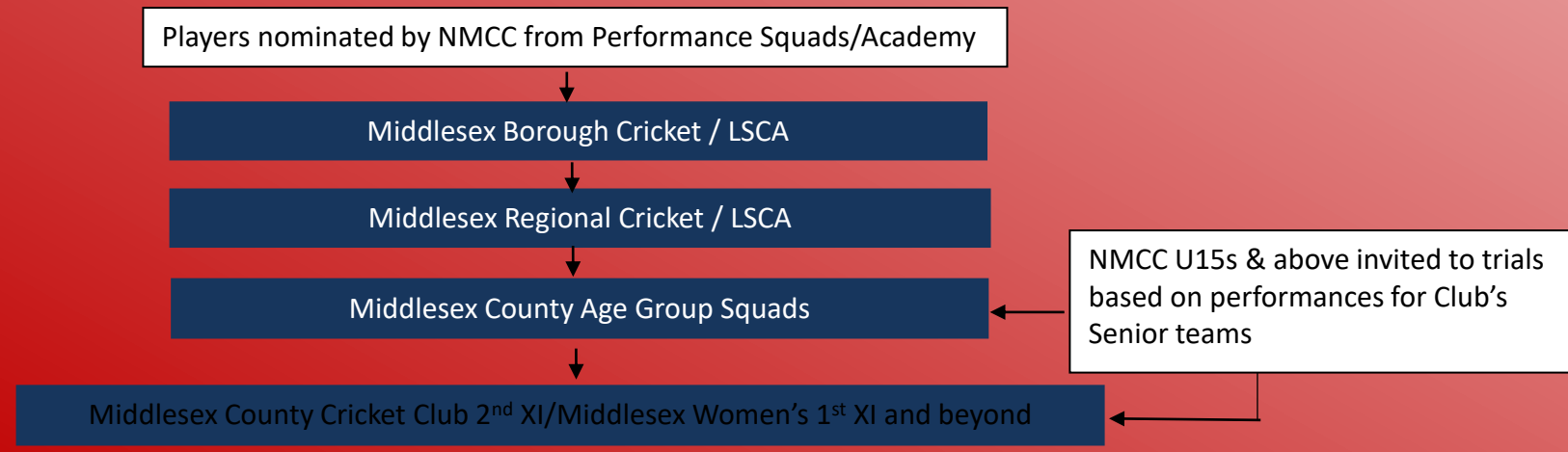




NMCC Player Pathway



Middlesex County/Middlesex Women /London Schools CA Junior Pathway





'The Ignition Stage' - EARLY stage of player development (U5-8)

CRICKET4ALL

FOCUS ; Provide building blocks toward playing more competitive cricket

ALL STARS

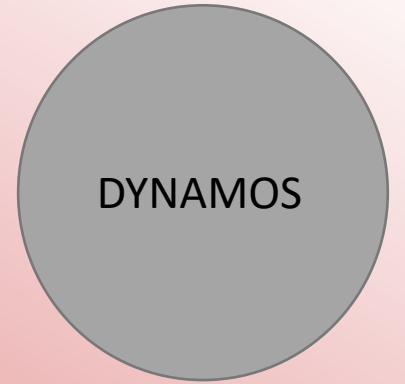
MINI'S

Activities should be fun; develop a broad base of general movement and simple cricket skills, include game based learning with simple tactical elements that exposes players to a very wide range of experiences. Most importantly the EARLY Skill stage should ignite a lifelong love of the game.





'The Development Stage' - BASIC stage of player development (U9-12)



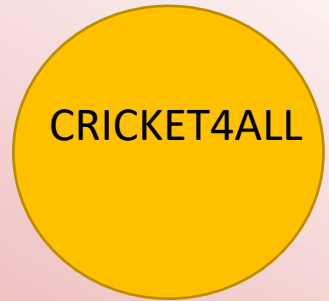
FOCUS ; To Inspire and encourage

Activities should be fun, develop a player's physicality, build upon and develop cricket specific skills, offer a wide range of experiences, explore simple rules, tactics and strategies through game based learning and competitive opportunities. Players should be encouraged to become inquisitive about their own development and seek to improve their own performance through integrated holistic programmes.





'Refinement Stage' - ENHANCED stage of player development (13-16)



FOCUS ; Development

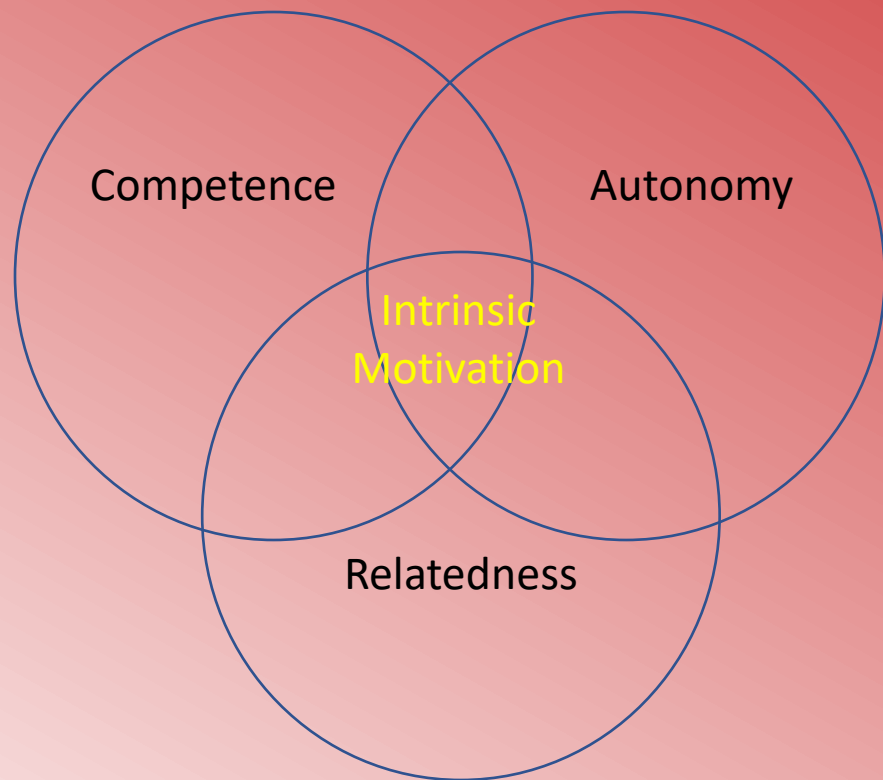
Around this age children will reduce the amount of sports they play and focus on a couple of sports that they take more seriously. For players in the Enhanced Skill stage of player development should begin to develop specialist cricket skills. The competitive nature of the games will increase and there are more likely to be competitions, especially at U15, where teams will be selected on ability. However, there will be competitions where all abilities will compete. The main aim within these age groups will be development. If players are thought to be ready to play above their age level, then this will be reviewed on an individual basis. Teams available to players over 13 are U15/U17/U19, Middlesex Development league and Saturday senior cricket



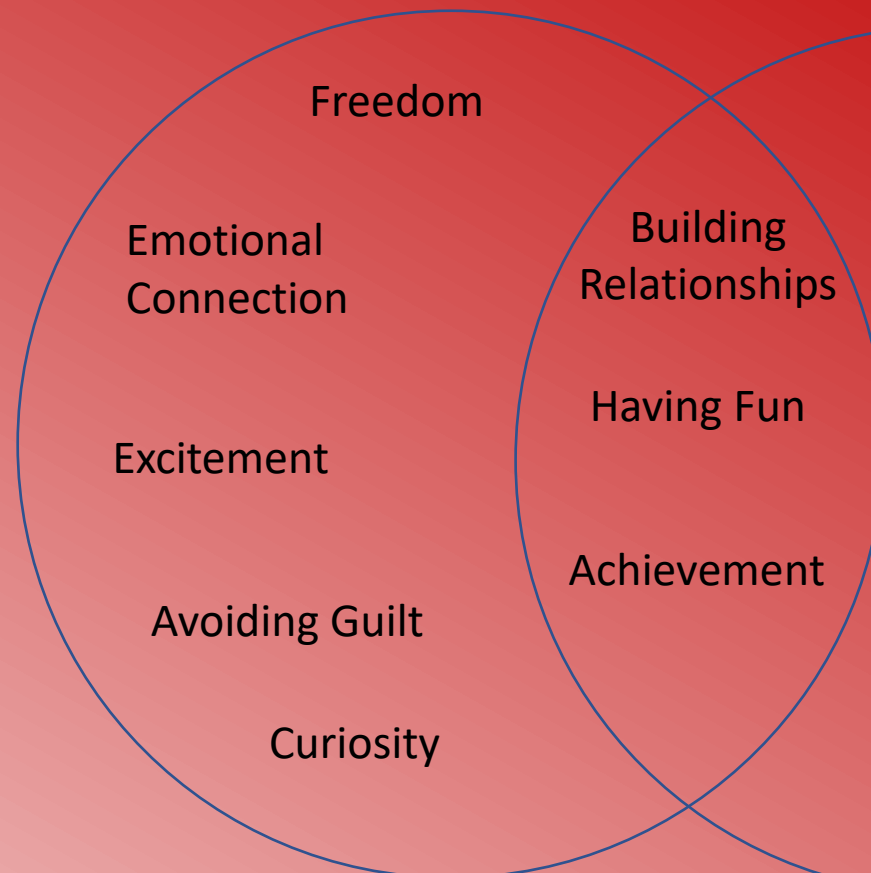


Coaching Tools

Self Determination Theory



Intrinsic Motivation



Extrinsic Motivation



Competence: The participant can be effective at the task, and it is not too hard

Autonomy: The feeling the athlete has a choice in their task/behaviors

Relatedness: The need to connect with others socially





Coaching Tools

Instruct – Is the information clear? Are the outcomes clear? Does everyone know what they are doing?

Demonstrate – What will this achieve? Can everyone see? Who is best to do it, me or a peer?

Observe – How much time do we need? Is it safe? Have we tried different positions

Analyse – What are they trying to do? Are they succeeding? How can I maintain the participants confidence?

Intervene – What do I do, leave them to explore/praise/demo again/ask questions?

Praise – Whole group or individual? What have they done well? When is the best time? Am I praising effort or performance

MOST EFFECTIVE COACHING TOOLS

Questioning

Use open ended questions to encourage problem solving

Can I develop the athletes self awareness

What do I want to do with the answer

What do I want to find out

How can I word questions without giving answers

Reflection/Feedback

Encourage problem solving by prompting athletes to do the talking

Am I reflecting on outcomes or effort

Take feedback on your session from participants

How does the athletes feel





Problem solvers will be able to adapt quicker. Cricket is all about adapting to the environment, something is changing every ball, eg field positions/run rate/remaining balls

Using coaching tools like reflection and questioning will help athletes dive deeper into the topic and work it out for themselves. Don't be afraid stop the drill multiple times as some athletes will favor oral learning over practical

Problem Solvers !

Use constraints to encourage problem solving, eg make the area smaller/change the rules/change the teams/create time limit/target. You can progress the skill level of the activity by continually changing the rules, eg catching two hands/one hand/one hand one foot etc



Learning Cycle

