



JUNIOR SECTION

COACHING PLAN

2019

1. Ropley Cricket Club junior section mission is to provide cricketing opportunities for all members of the local community, to provide a club where all ages and all abilities can develop their skills in a friendly welcoming environment.
2. Objectives:
 - a. Provide coaching and match opportunities for age groups U7 through to U15s via structured weekly coaching sessions during 2019.
 - b. Provide All Stars Cricket Initiative.
 - c. Enter the junior open teams into leagues appropriate for their age group (U9s, U11s, U13s & U15s) and cup competitions
 - d. Enter the junior girls teams into leagues appropriate for their age group (U11s, U13s & U16s) and cup competitions
 - e. To retain young players aged between 15 and 19 allowing U19 players to play with, and against their own peer group.
 - f. To provide a playing opportunity to those that aren't fully involved at weekends via the Serious Cricket League midweek T20.
 - g. To allow young players to take ownership and responsibility within the club.
 - h. Provide a stronger bridge between U15 - 19s and seniors by developing a youth to senior player strategy.

3. Aims;

- a. Increase the number of volunteers (coaches, support workers, managers & mentors).
- b. Increase the number of juniors by strengthening our links with local schools and other outlying establishments - All Stars, Brownies, 'Chance to Shine' (C2S) in schools.
- c. Increase the numbers of helpers.
- d. Support juniors to district / county level and increase number of representatives.

4. The above aims and objectives set out Ropley CC junior section's long term junior coaching strategy for 2019 and beyond. It supports the club's coaching aims and ambitions as set out in its commitments to ECB Club Mark and Hampshire Cricket Board Focus Club recognition.

5. The Player Development Pathway.

The Player Development Pathway sets out the journey from "Playground to Test Arena", from an early introduction and involvement in the sport through to elite level. These stepping stones are typically via school, club, district, county, regional and national routes.

6. Ropley CC Junior section 2019 plan will focus on the 'school, club, Regional Performance Centre (RPC) & County' route.

7. Support to the local community via schools

Ropley CC Junior section recognises the need to enlist ways to support the local community. We consider that one way in doing this is taking cricket into schools and providing support both during term time and pre/post school activities.

In 2018, 6 x 1hr sessions delivered to Sun Hill, Ropley & Charlton via C2S. In 2019, C2S is being delivered to Ropley School and voluntary coaching to Four Marks School. It is our intent to continue this support as laid out in CLUBMARK 'Building Partnerships between Cricket Clubs and the Community'.

8. District and County Opportunities

Towards the end of the season potential candidates for RPC & County assessment are nominated by the age group coaches. The list of candidates is forwarded to the Warriors/HCB by early Sep 19. All nominees will go to an assessment day and the RPC & County teams are selected from these assessments.

9. Ropley CC will provide a framework, which all those involved in the development of the junior section can use for guidance: a set of principles, which can inform decision making. This will and should evolve over time and be progressively adapted to the specific needs of the individual, team and the sport.

10. This framework will be based on the stages of player development;

Early;

'Ignition' stage where all cricket practice and games should be fun; develop general movement ability and simple cricket skills. Coaches in the 'Early' skill stage should establish simple principles, encourage and allow for high levels of engaging practice and allow for every player to experience some success.

Basic;

'Development' stage where all cricket activities should be fun; develop a player's physicality; build upon and develop cricket specific skills and offer a wide range of experiences, explore simple rules, tactics via game based learning and competitive opportunities. Coaches should develop sound foundations and keep practice and games safe, simple and clear.

Enhanced;

'Refinement' stage should begin to develop specialist cricket skills. Players need to focus on their own individual training programmes. This stage is based on deliberate practice and a broad range of competitive opportunities, which players should be developing. Coaches in the Enhanced Skill stage should help players to improve and refine not only technically, but also tactically, mentally and physically. Coaches should also create opportunity for players to develop match winning ability through practices and games.

11. Coaching strategy

Ropley CC's overall strategy for coaches to impart to the junior section is as follows;

- a. For young players to enjoy playing cricket, learning cricket skills and to feel motivated to develop their cricket skills further.
- b. That young players learn how to play cricket with team ethos, play fairly and within the spirit and rules of cricket.
- c. To produce capable players who want to go on and play senior cricket.
- d. To produce more competent batsman across all age groups

- e. To produce more effective bowlers across all age groups.
- f. That young players excel at fielding, recognise this as an important area of the sport and are fit/energetic enough to do it effectively.
- g. To play competitive matches against other clubs¹.

12. This will be achieved as follows:

Coaches will;

- a. Apply their skills successfully and consistently.
- b. Focus on key points to ensure players receive a consistent approach.
- c. Maximise the opportunities for players to practice good technique through repetition.
- d. Make all cricket practice fun.
- e. Focus on basics and evolve techniques that are easy to understand and coach.
- f. Recognise individuality.

13. Coaching Skills Pathway Ropley CC junior section coaches will focus on fundamental building blocks of techniques. Most cricket skills are made up of the same fundamental movements, decisions and positions.

14. By assisting young players to learn these key 'building blocks' of technique, they then *may* be more effective with the natural skills that they already possess.

15. Each player is different; each has different strengths and weaknesses. Rather than trying to coach an individual within a cluster, Ropley CC will look to ensure that each individual will possess the ability to strike the ball; throw or catch the ball and bowl it. Each individual will be coached in teamsmanship, camaraderie and the joy of team participation.

16. Fundamental stages of technique that appear to exist in batting, bowling and fielding will provide the structure for how to set out the coaching module. These key phases to be taught can be listed as follows;

Batting

¹ Ropley CC junior section operates a system whereby all current members are given equal opportunity to play in a league match. Therefore, depending on availability, squad rotation will occur.

Core Principles

- a. Balanced and comfortable 'set up' enabling a 'ready to move quickly' position.
- b. Head in optimal position for you (player) allowing to see the ball at release and throughout.
- c. Decisive body movements to establish a stable and balanced base.
- d. Co-ordinated body movements (hips/shoulders/arms/hands) to enable clean contact with the ball.
- e. Present full face of the bat to promote clean contact.

Bowling

Core Principles

- a. Rhythmical, balanced and aligned approach to crease.
- b. Head in optimal position for player to enable focus on target area through action.
- c. Jump and gather towards target.
- d. Strong, tall and aligned (hips and shoulders) at back foot contact (throughout action to release).
- e. Increase energy towards target throughout delivery.
- f. Maximum energy from the action transferred to ball at point of release (to enhance pace, seam, swing or spin).

Fielding;

Core Principles;

Decisive, balanced and controlled movement towards the line of the ball.

a. Catching;

Establish a strong and balanced position to receive the ball.
Present a comfortable and maximal catching area with head and hands in line with the ball.

b. Throwing;

Establish grip that enables controlled throw.
Select and then focus on appropriate target.
Establish a strong and balanced base to throw the ball.

Maximum energy transferred to the ball and towards the target.

Wicket keeping;

Core Principles;

- a. Head in optimal position for player allowing to see ball (maintained throughout).
- b. Strong body posture to enable quick and decisive movements.
- c. Establish a strong and balanced position to receive the ball.
- d. Present a comfortable and maximal catching area with head and hands in line with the ball.

17. Agility, balance, Coordination and Speed (ABCS). ABCS are key to all sports. Young players need to be challenged to improve and have the opportunity to measure self-improvement. Being part of the club training and competition environment will provide the opportunity for more targeted development. The emphasis during this Fundamentals phase is on fun and participation. It aims to develop crucial physical capacities such as agility, balance, co-ordination and speed (the ABC'S) alongside basic cricket-specific skills.

18. Age group developmental goals;

Age group	Enabler	Skill(s) Acquired
All Stars	Introduction to team games with major emphasis on fun.	Coordination through fun games including bat & ball. Catching, throwing, bowling and hitting (batting).
U9	Develop key fundamental skills to bat, bowl and field. To enjoy cricket and want to develop more skills. To recognize individuality.	Be ready for hard ball cricket. Have the basic skills to enjoy hard ball cricket safely and without fear Wicketkeepers begin to demonstrate key skills.
U11	Learn to apply basic skills with hard ball. Develop wicket keepers.	Fundamentals are understood and put into practice in match situations.
U13	Expand range of techniques with hard ball. Develop tactical awareness.	Identify areas to develop and have desire to learn.
U15/GU16	Developmental side to cricket understanding of tactics with batting, bowling and fielding.	Advancement in technical application of competitive game playing.
U17/19		To be able to take part safely in senior cricket.

Each age group will have different expectations for their coaching programme. The outline plans below will give a logical progression.

Initial Skills Assessment

Ropley CC coaches have participated in coaching with all age group's during the 2018/19 closed season. From observations made during this time the needs of the various junior age groups has been considered. These observations have served to be able to identify what areas of the core skills pathway needs specific attention. Progress in skill levels utilising base line measures will be completed throughout the summer season in order to ensure either progression is being achieved or a re-assessment of the coaching pathway is required.

Key coaching points

The coaching points for each stage are listed below;

Under 9s Open

About this group:

The 2019 group is a combination of players who started playing last year, but did not get much match experience and new players that have come up from the All Stars initiative last year.

The majority of players are expected to come mostly through the Ropley School where they will have picked up some basics.

The aim for the training is to remind the players of the very basics and to develop their cricket techniques to make best use of their natural desire and ability to hit; throw or bowl a ball.

The players in this group will be starting out on their cricket careers; however, where exceptional promise is shown they will be encouraged to go for representative teams. This is likely to be more appropriate for the older players.

Programme objectives for this group;

To demonstrate a consistent batting set up.
Approach with backswing.
Comfortable moving forward to hit the ball.
Comfortable moving backward to hit the ball.
Able to bowl consistently from base with reasonable accuracy.
Have confidence to have a longer approach to bowl with run up and follow through.
Carry out basic fielding techniques.
Carry out basic wicket keeping techniques.
Prepare for use of hard ball
Exposure to rules of cricket and to ethics of the game

Under 11s Open

About this group:

This group is partly made up of some 2018 U9's who have had little to no hard ball experience and those that are in the 2nd year of U11's who have some hard ball experience.

Objectives for this group

Demonstrate with a hard ball the basic cricket skills learned at U9.
Demonstrate a consistent batting set up with good balance and backswing allowing a healthy strike of the ball.
Comfortable moving forward or backwards to hit the ball and begin to make decisions on how to move to give the best opportunity to hit the ball.
Bowl consistently from base; from back foot to front foot; with follow through with reasonable accuracy.
Confidence to have a longer approach to bowl with run up; to use the seam position to swing or spin the ball.

Summary of how we will coach this group

Initial skills assessment to identify starting point in coaching sequence.
More competent players will be challenged to exhibit good technique under more pressure e.g. faster feed etc.
Some use of demos then working in small groups to give plenty of opportunity for repetition. Small groups repeating good bowling fundamentals.
Use target bowling and other games to repeat technique and add pressure.
Experiment with batters working in pairs to improve calling and running with pads.
Some use of tactical nets to encourage shot making/finding gaps.
Bowlers to work in pairs to minimise delay between deliveries.
Wicketkeepers to work with bowlers.
Observation and reminder of key coaching points for keepers throughout.

Under 11s Girls

About this group:

This group is made up of 2018 GU11s and new joiners throughout the 2018/19 winter period.

Objectives for this group

Demonstrate with a soft ball the basic cricket skills learned.
Demonstrate a consistent batting set up with good balance and backswing allowing a healthy strike of the ball.
Comfortable moving forward or backwards to hit the ball and begin to make decisions on how to move to give the best opportunity to hit the ball.
Bowl consistently from base; from back foot to front foot; with follow through with reasonable accuracy.
Confidence to have a longer approach to bowl with run up; to use the seam position to swing or spin the ball.

Summary of how we will coach this group

Initial skills assessment to identify starting point in coaching sequence.

More competent players will be challenged to exhibit good technique under more pressure e.g. faster feed etc.
Some use of demos then working in small groups to give plenty of opportunity for repetition. Small groups repeating good bowling fundamentals.
Use target bowling and other games to repeat technique and add pressure.
Experiment with batters working in pairs to improve calling and running with pads.
Some use of tactical nets to encourage shot making/finding gaps.
Bowlers to work in pairs to minimise delay between deliveries.
Wicketkeepers to work with bowlers.
Observation and reminder of key coaching points for keepers throughout.

Under 13s Open

About this group:

They are all experienced hard ball players. However there is wide range of abilities and motivation and careful skills, assessment will need to be completed at the outset of these sessions.

Programme Objectives for this group

To be able to better demonstrate basic fundamental cricket techniques with improved consistency in batting and bowling.
Demonstrate a consistent batting set up with good balance and backswing allowing to strike the ball.
Comfortable moving forward or backwards to hit the ball and make good decisions on how to move to give the best opportunity to hit the ball.
Demonstrate a range of shots on front or back foot.
Bowl consistently accurate from back foot to front foot.
Demonstrate a balanced approach to bowl with run up.
Bowl with purpose; seam; swing or spin.
Specifically, this group should demonstrate better agility and speed (and reactions).

Summary of how we will coach this group

Captaincy skills will be introduced.

Bowlers will be asked to consider how they are most likely to get wickets by considering what kind of bowler they are and where they need to place fielders to take wickets/save runs.

After initial skills assessment coaches can identify common starting point for programme. More competent players will be challenged to exhibit good technique under more pressure e.g. faster feed etc.

Some use of demos then working in small groups to give plenty of opportunity for repetition. Small groups repeating good bowling fundamentals.

Use target bowling and other games to repeat technique and add pressure.

Nets with the batsmen and bowler working in pairs where possible.

Involvement from coach to give feeds.

Soft ball drills to re-enforce technique.

Experiment with batters working in pairs to improve calling and running with pads.

Early use of tactical nets to encourage shot making/finding gaps/tactics.

Bowlers to work in pairs to minimise delay between deliveries.

Wicketkeepers to work with bowlers.

Observation and reminder of key coaching points for keepers throughout.

Bowling practice using hard balls on mats in open hall.

Under 13s Girls

About this group:

They are all experienced hard ball players. However there is wide range of abilities and motivation and careful skills, assessment will need to be completed at the outset of these sessions.

This group would benefit from ABCS.

Programme Objectives for this group

To be able to better demonstrate basic fundamental cricket techniques with improved consistency in batting and bowling.

Demonstrate a consistent batting set up with good balance and backswing allowing to strike the ball.
Comfortable moving forward or backwards to hit the ball and make good decisions on how to move to give the best opportunity to hit the ball.
Demonstrate a range of shots on front or back foot.
Bowl consistently accurate from back foot to front foot.
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Involvement from coach to give feeds.
Soft ball drills to re-enforce technique.
Experiment with batters working in pairs to improve calling and running with pads.
Early use of tactical nets to encourage shot making/finding gaps/tactics.
Bowlers to work in pairs to minimise delay between deliveries.
Wicketkeepers to work with bowlers.
Observation and reminder of key coaching points for keepers throughout.
Bowling practice using hard balls on mats in open hall.

About this group

Aside of the unknown (i.e. individuals who may announce themselves on the first outdoor session) all of the U15's have either participated in hard ball cricket to one degree or another with Ropley CC or other local cricket clubs.

There is a wide range of abilities and motivation within the U15's ranging from individuals previously selected for District and County to those merely wishing to participate in cricket as a leisure activity.

The U15's system consists of two year groups but the majority of the team already have one year U15 experience.

Programme Objectives for this group

Players will be able to demonstrate intermediate fundamental cricket techniques.

Improved consistency in batting, bowling and fielding.

Demonstrate a consistent batting set up with good balance and backswing allowing a good strike of the ball.

Tactical awareness of shot playing movement (selection of shot).

Develop a good range of shots on front and back foot.

Able to bowl consistently accurate.

Demonstrate a balanced approach to bowl with run up.

Bowl with purpose; seam; swing or spin.

Field with confidence and tactical knowledge

Demonstrate agility, speed and strength.

Under 16s Girls

About this group:

RCC has introduced the Rainbow Central concept for GU16 for the 2019 Summer season. HCB clubs with GU16 players but not a team are invited to make a concept team named 'Rainbow Central' which is administered and managed by RCC.

Aside of the unknown (i.e. individuals who may announce themselves on the first outdoor session) all of the GU16's have either participated in hard ball cricket to one degree or another with Ropley CC or other local cricket clubs.

There is a wide range of abilities and motivation within the GU16's ranging from individuals previously selected for District and County to those merely wishing to participate in cricket as a leisure activity.

The U16's system consists of three year groups but the majority of the team already have one year GU16's experience.

Programme Objectives for this group

Players will be able to demonstrate intermediate fundamental cricket techniques.
 Improved consistency in batting, bowling and fielding.
 Demonstrate a consistent batting set up with good balance and backswing allowing a good strike of the ball.
 Tactical awareness of shot playing movement (selection of shot).
 Develop a good range of shots on front and back foot.
 Able to bowl consistently accurate.
 Demonstrate a balanced approach to bowl with run up.
 Bowl with purpose; seam; swing or spin.
 Field with confidence and tactical knowledge
 Demonstrate agility, speed and strength.

What to Coach

Key Coaching points

BATTING	
Stage What to coach	Key coaching points may include <i>Critical points</i> *

Batting 1 - Pre delivery (Set up) Hands/grip Eyes-head Feet /shoulders Weight Bat	2 hands - close on handle* Eyes level – <i>slightly open stance if necessary*</i> Head still at release* Eyes focus on ball at gather* Feet shoulder width Balanced* - Weight slightly forward Bat raised* – face to cover at release <i>(when feeding to players call 'gather' before ball is delivered to encourage players to raise their bats ready)</i>
Batting 2 – Moving to the ball Decide on going forward or back Head Length Step Front leg Hips Backswing shoulders	Head initiates movement* Head in line with ball* Normally need to go forward for most shots –which are on fuller length/bounce lower Forward because ball will passes low* Don't over step - Balanced base* Front leg bent – weight forward* Hips in line with target* Shoulder dip* Bat face facing extra cover Backswing over middle stump*
Batting 3 - Front foot play Base Shot execution	Balanced base position* Fwd. Defence – ECB coaching card Fwd. Drive ,, On drive ,,
Batting 4 - Back foot play Base Shot execution	Balanced base position*-back foot to off stump Back foot defence – ECB coaching card Pull shot ,, Back foot drive ,,
Batting 5 - Building an innings Shot selection	Locate/identify gaps in field

	Knowing when to defend Hitting over the top
Batting 6 - Other shots Sweep shot Slog sweep Cut shot	Improvising – reverse sweep

BOWLING	
Stage	Key coaching points may include
Bowling 1 - Preparation & Alignment Grip Feet Shoulders/hips Non-bowling arm Arm rotation Base position	Fingers to seam* Adequate for purpose of bowling In line with hips; shoulders* In line* Active; direction to target* Straight arm* Balanced*; weight forward In line
Bowling 2 – Post release & follow through Arm Head position/body	Complete action Remains on target line*; doesn't fall away.
Bowling 3 – Moving to bowl From base to walking delivery to run up Back foot and front foot contact Weight Feet Run –up	Back foot and front foot in line with target. Forward. Momentum forward. Hands in front. In line; straight approach to back foot to front foot positions in line with target* Smooth; rhythmical* Last metre in line with target Bound

<p>Bowling 4 – Moving the ball Swing Grip Speed</p>	<p>Use of seam Grip variations for in/out swing Body alignment and path of follow through Momentum by moving weight forward</p>
<p>Bowling 5 – Making the ball spin Spin</p>	<p>Grip for off or leg spin Smooth simple approach Arm position at release Upper body rotation Non-bowling leg active</p>
<p>Bowling 6 –Bowling tactics Tactics** Where to bowl Changing pace <i>Note** for experienced players the concept of how best to take wickets should be introduced from the start.</i></p>	<p>Identify what kind of bowler 'you are' Identify how you are most likely to take wickets. Using swing or spin Setting field* Slower ball – grip changes</p>