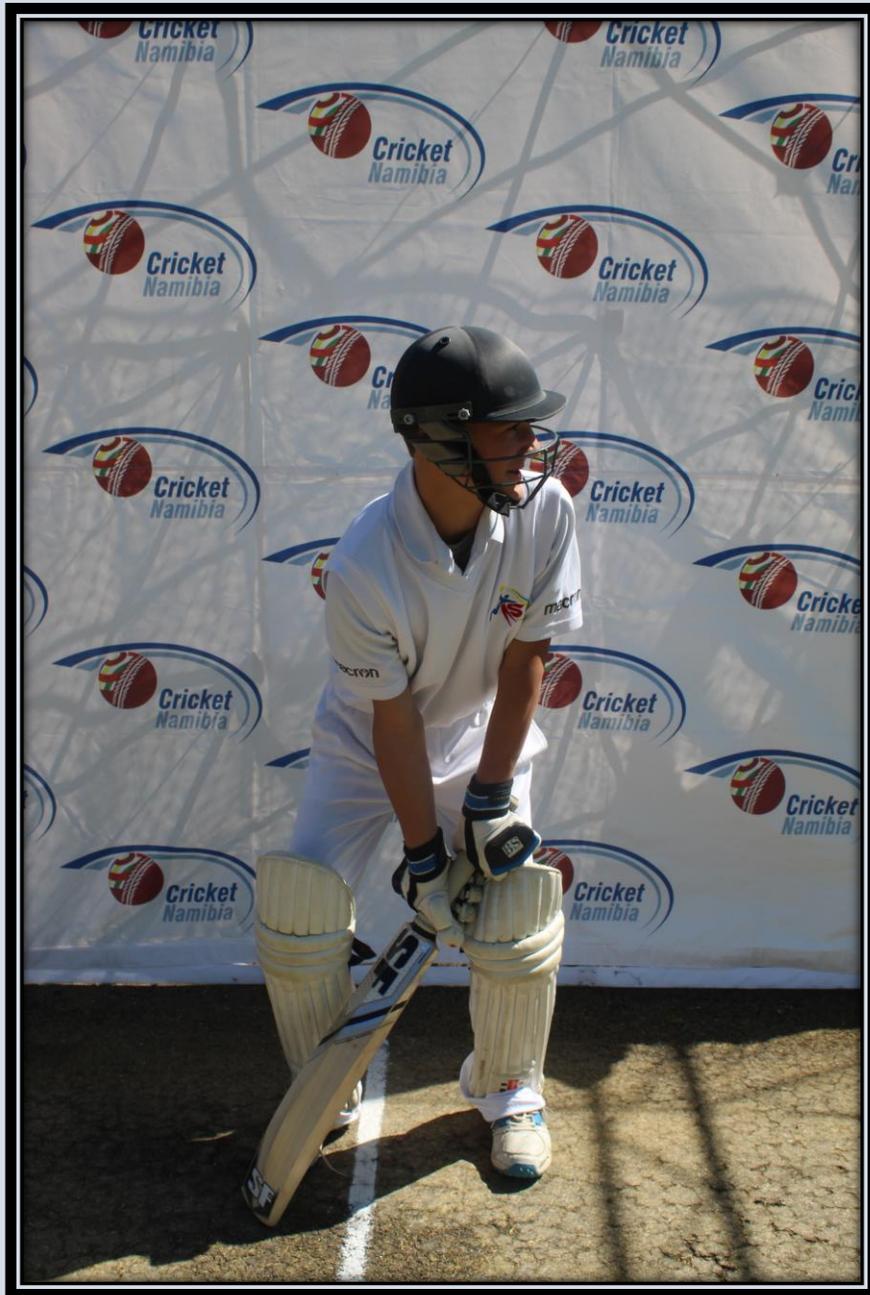


Cricket Namibia Coaching Manual Introduction to Level 1



Batting



Stance
Bat Swing
Drive
Pull

BATTING GRIP

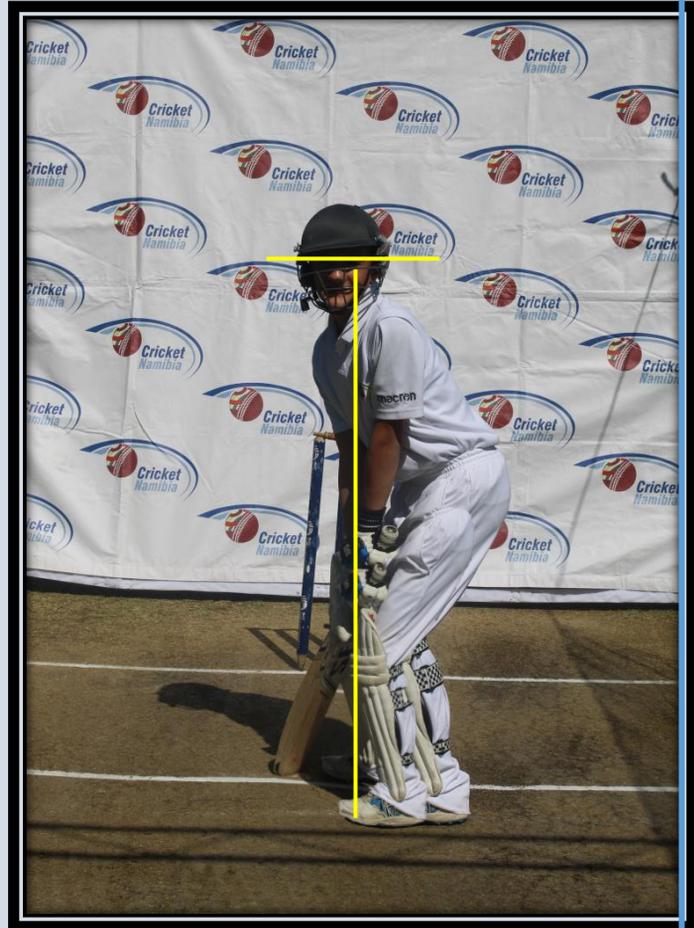


The V formed by the thumb & forefinger of each hand should be in line, Aligned between the outside edge & the splice. The hands are touching with the top hand close to the top of the bat

STANCE

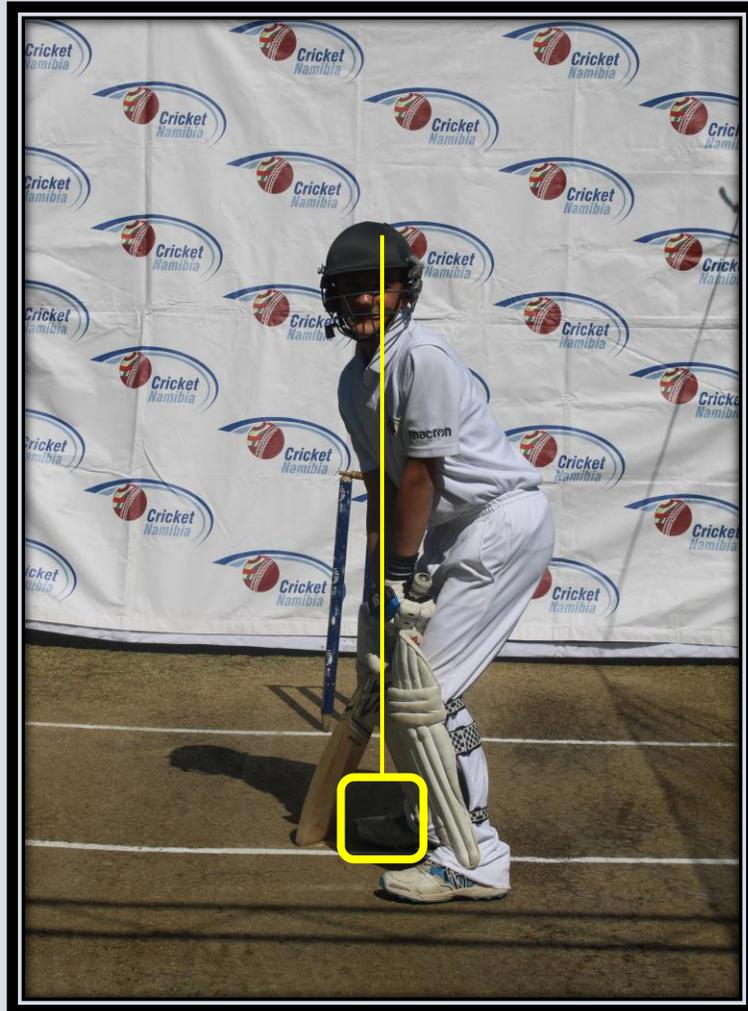


- Head in line with front foot
- Low body Position



- Head Horizontal
- Head in line with front foot
- Knees slightly bent

STANCE



- Start the bat in a low position
- The entire swing should remain in straight line

STANCE



- Swing hands back past the back leg
- Front shoulder dip forward
- Bat face to point

STANCE



- Complete the swing
- Hands extend forward

DRIVE

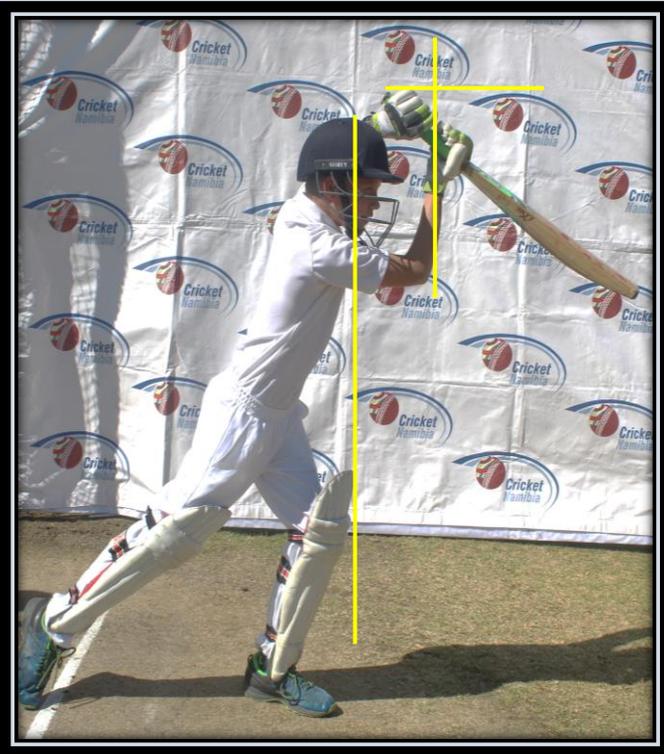


- Make contact under the eyes
- Front knees bent
- Remain Balance



- Played to full delivery
- Move front shoulder towards the ball
- Swing Hands Back past hips

DRIVE



- Swing hands through contact & extend forward
- Stay low & move body weight towards the ball



- Aim to hit the ball as straight as possible

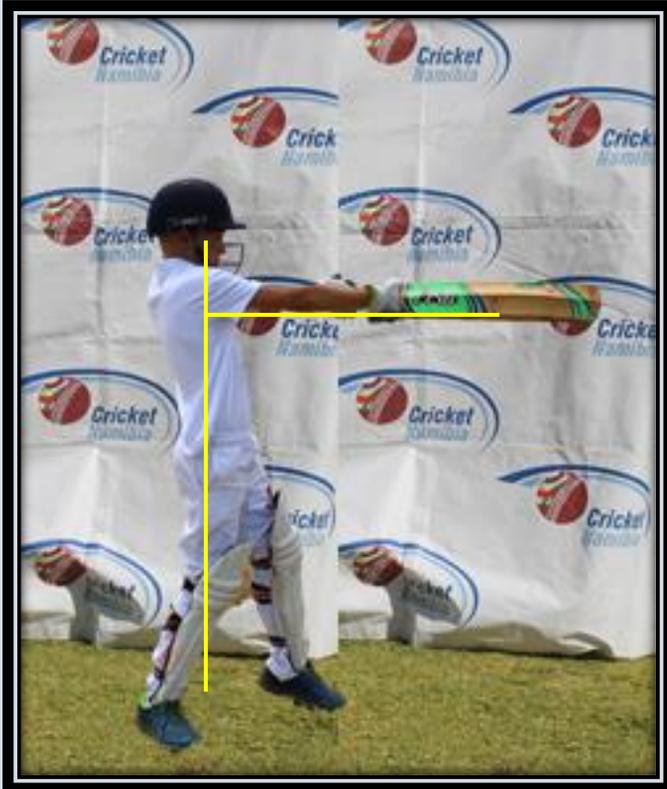
PULL



- Back foot moves back & across
- Move weight onto the back foot
- Open the front hips to the leg side

- Stand tall to be above the ball
- Swing the bat back with high hands

PULL



- Keep the head still
- Extend the arms in front : control + power

- Make *contact in* of the body
- Hit high to low

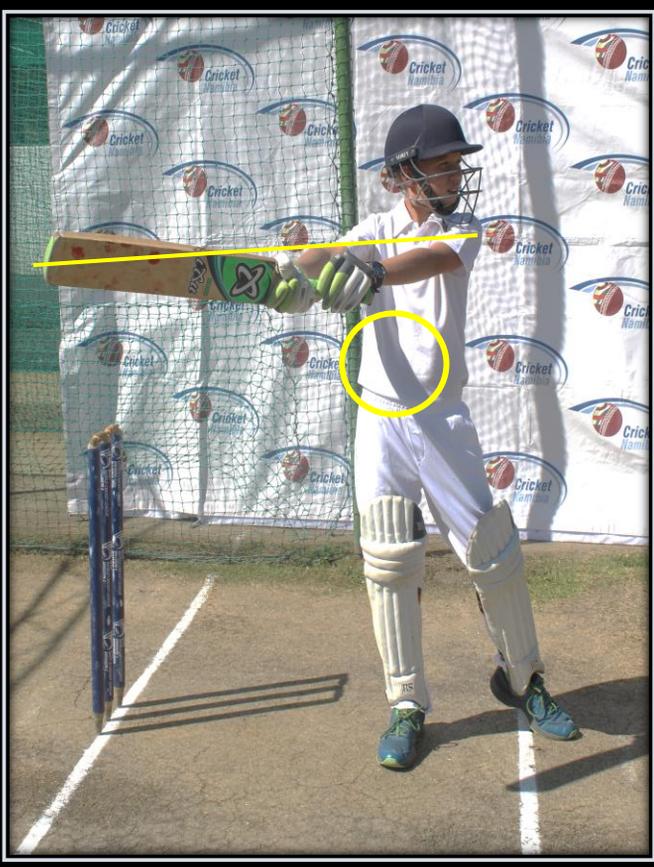
CUT



- Move weight onto back foot
- Swing hands back & high

- Stay in line with off-stump
- Remain in a high position

CUT



- Make contact with the ball behind the body
- Keep the chest facing the target



- Remain on off-stump
- Extend the arms on contact :Control + Power

Bowling

The Grip



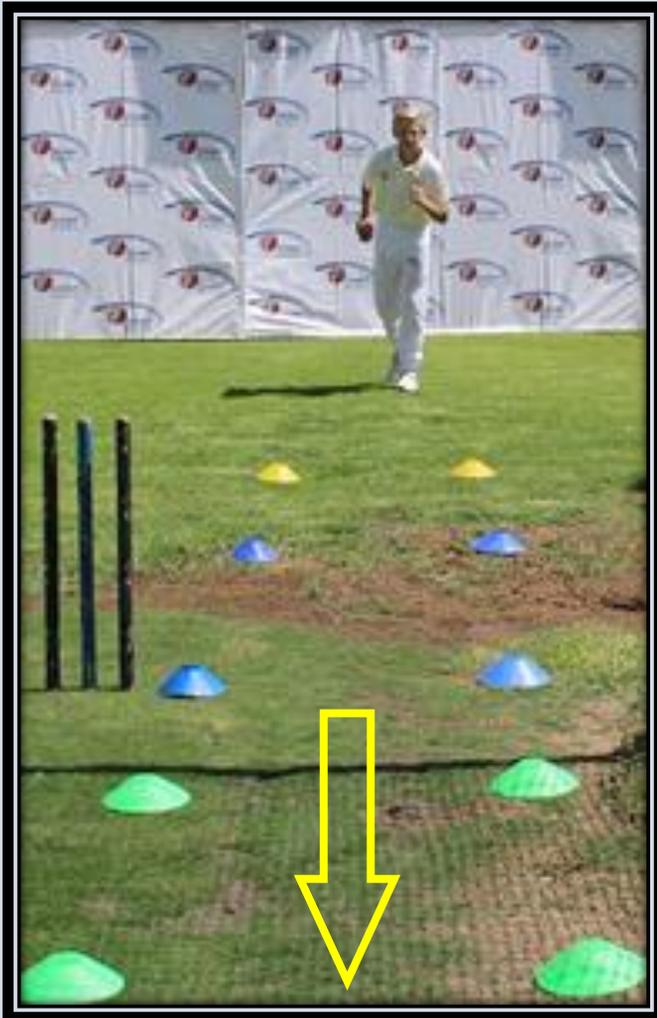
- The ball is gripped between the first two fingers & thumb
- Index & middle fingers slightly apart but still on the seam
- Thumb on the seam
- Ball not too deep in the hand

Bowling

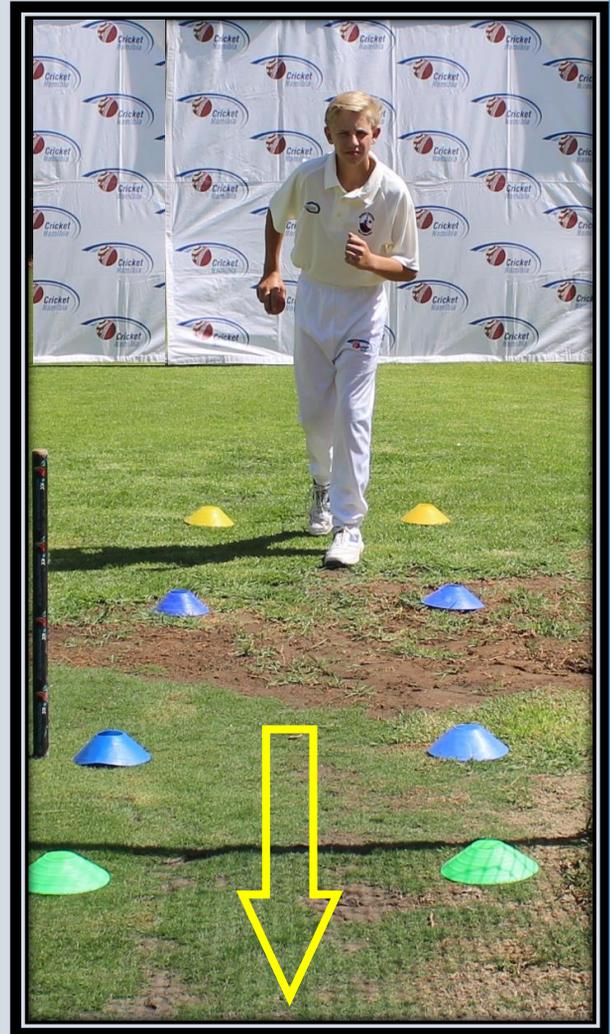


- Run – up
- Shoulder Rotation
- Action

Run - Up

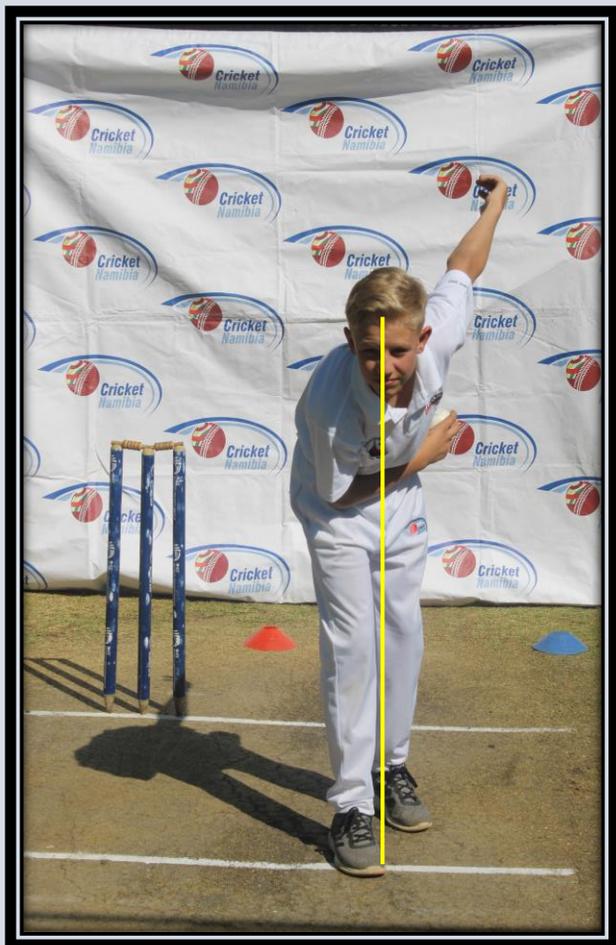


- Start the approach in a straight line towards your target

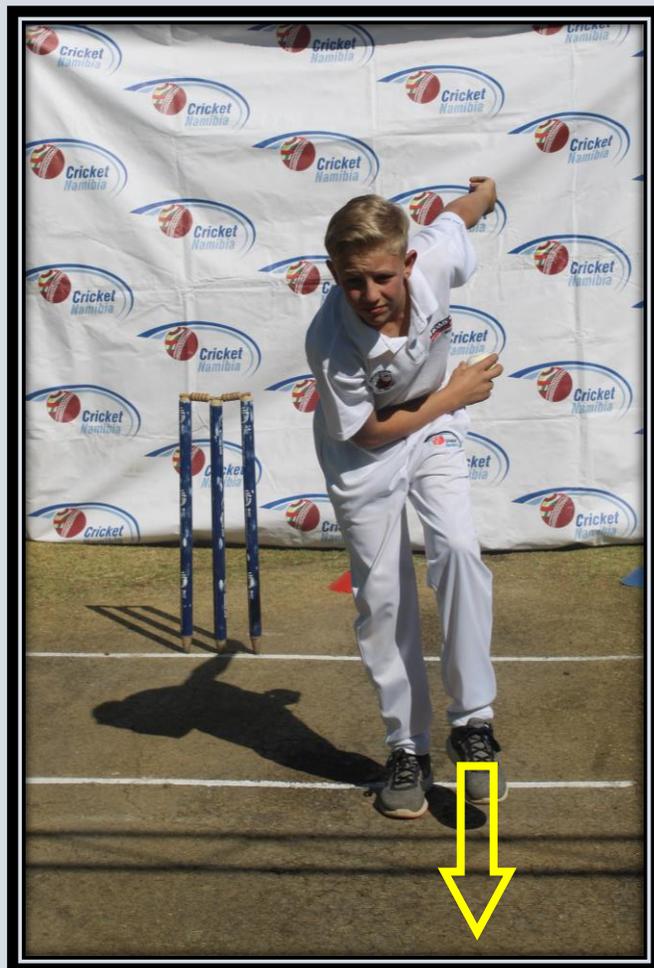


- Maintain the straight line
- Use cones (train Tracks) as a guide

Run - Up



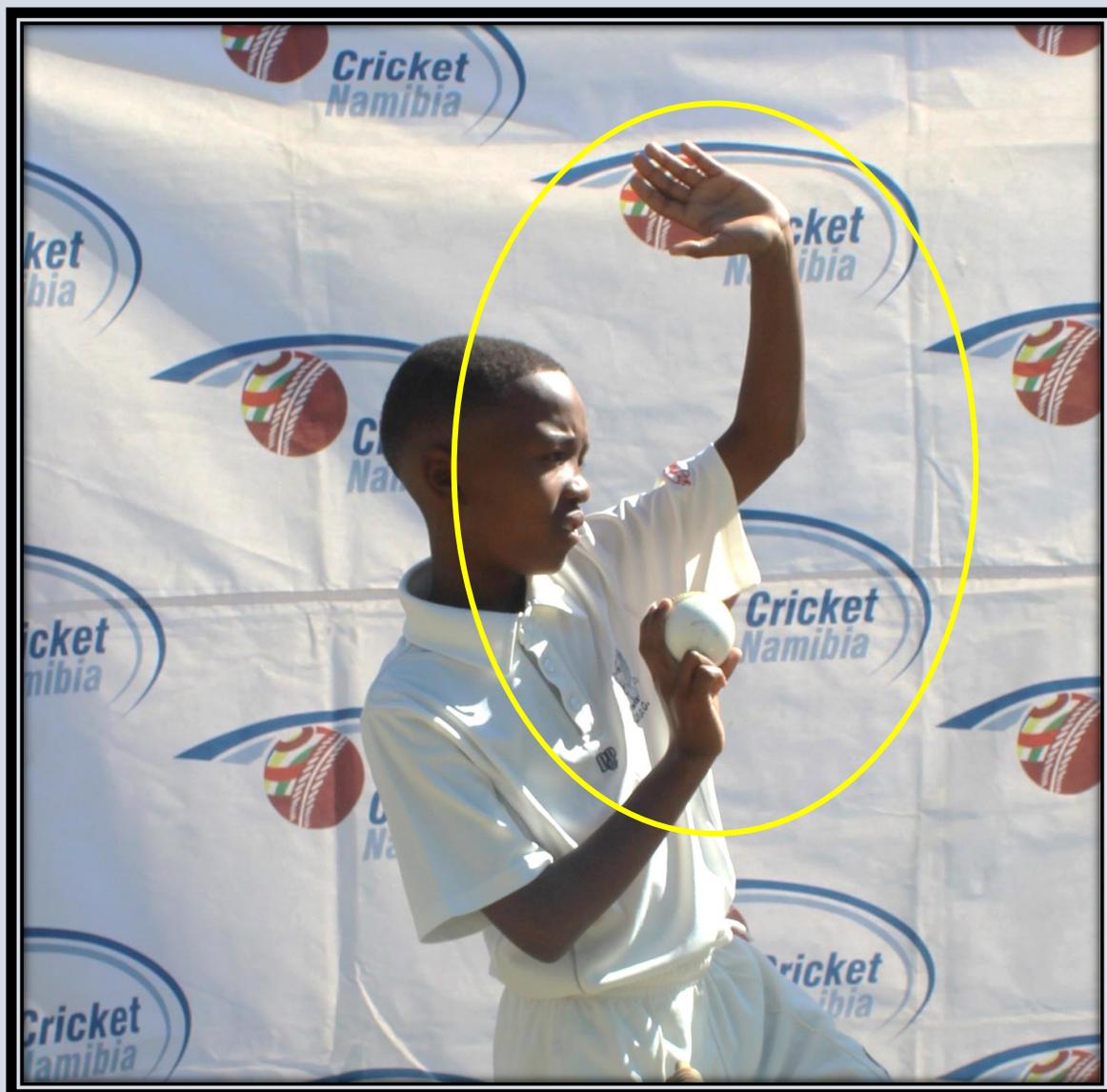
- Keep the head & body in a straight line



- Follow through in a straight line

Bowling

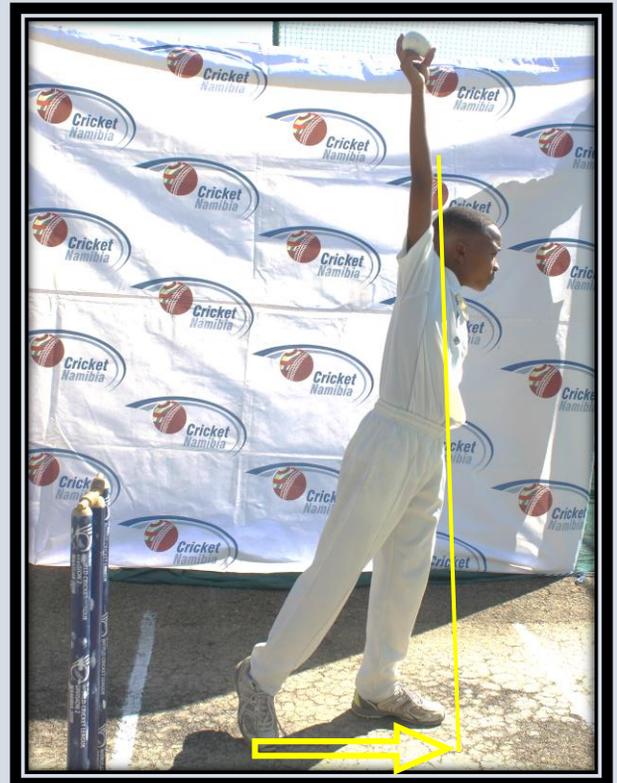
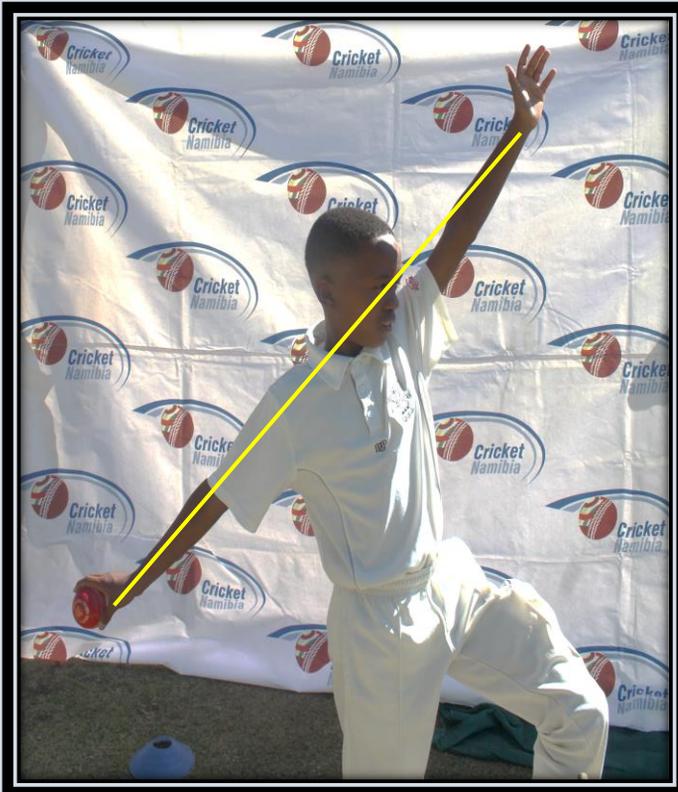
Shoulder Rotation



- Start with hands close together
- Front arm high
- Bowling hand close to the body

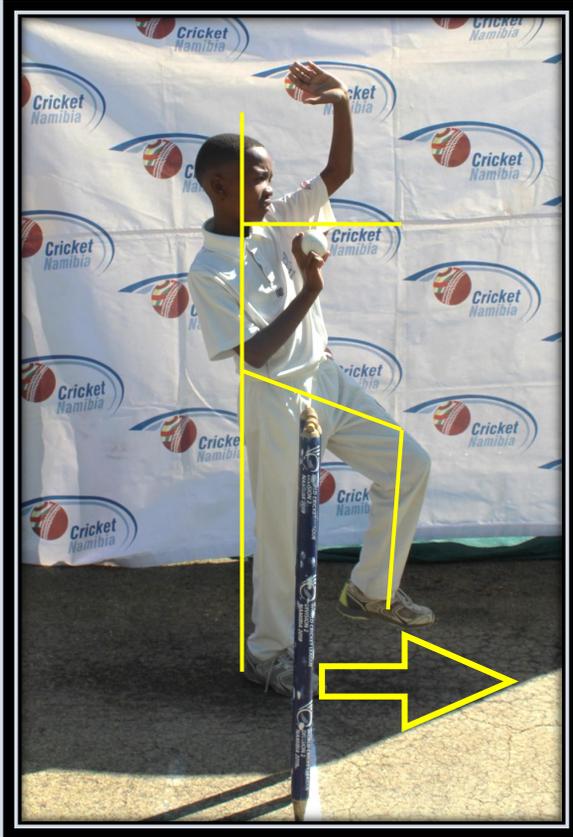
Bowling

Shoulder Rotation

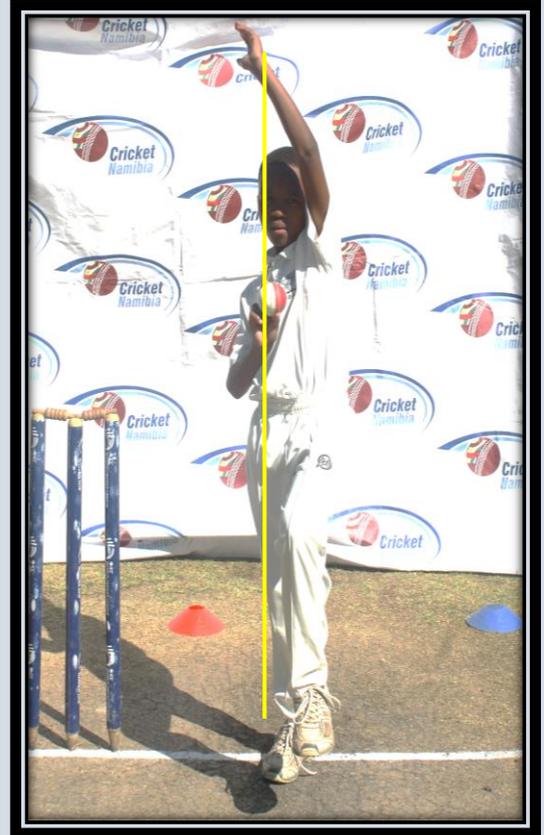


- Extend both arms in opposite directions
- Use your arms like a windmill & rotate a full circle

Action : (Right-Handed Bowler)

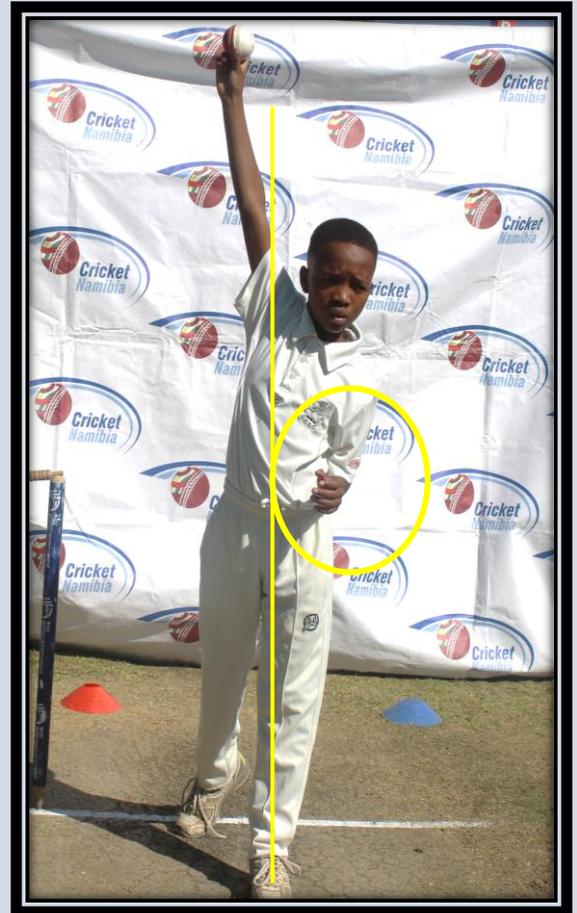
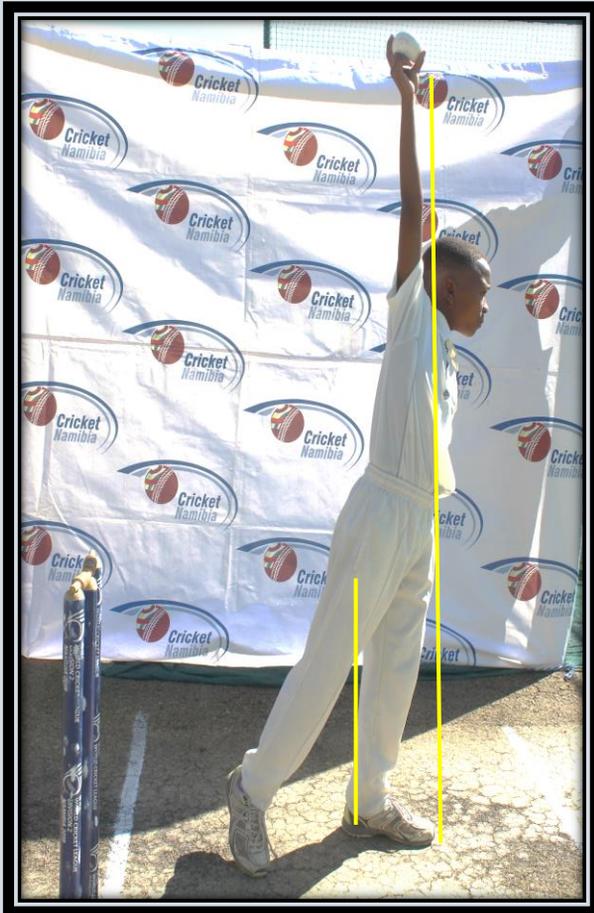


- Jump from left leg onto right
- Stay high on right leg
- Left knee high & bent



- Keep body in a straight vertical line
- From knee & elbow points towards target

Action : Right-Handed Bowler



- Weight moves to left leg
- Release the ball at the highest point
- Stay high on the left leg

- Pull non-bowling arm in, next to the body
- Maintain in straight vertical line
- Head remains in a straight line

FIELDING

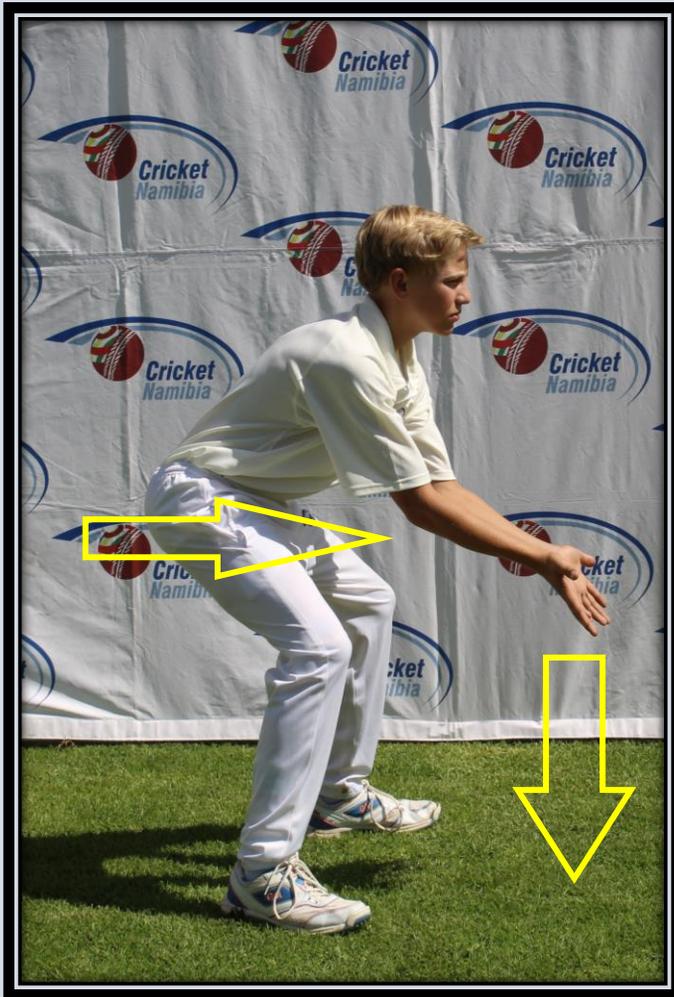


Flat Catching

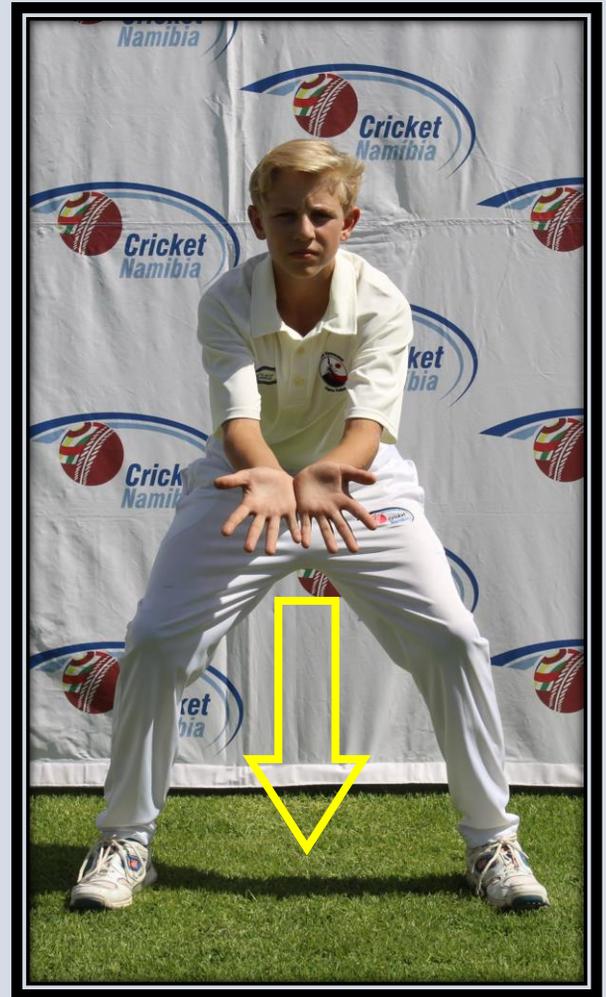
High Catching

Attacking Ground Fielding

FIELDING : Right-Handed Fielder

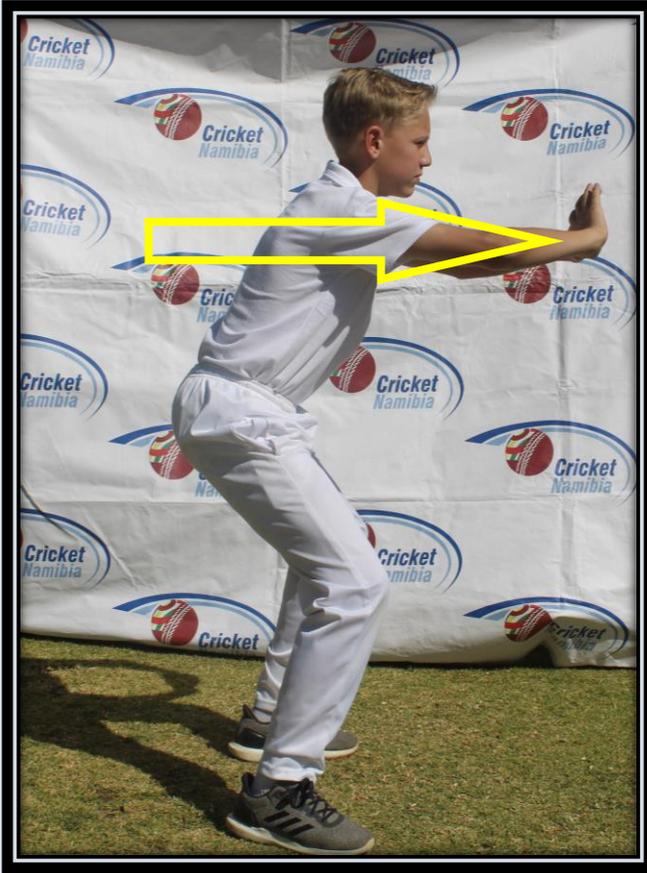


- Ball below chest height
- Arms extended in front of the body
- Knees bent



- Fingers pointing down
- Keep head in line with ball

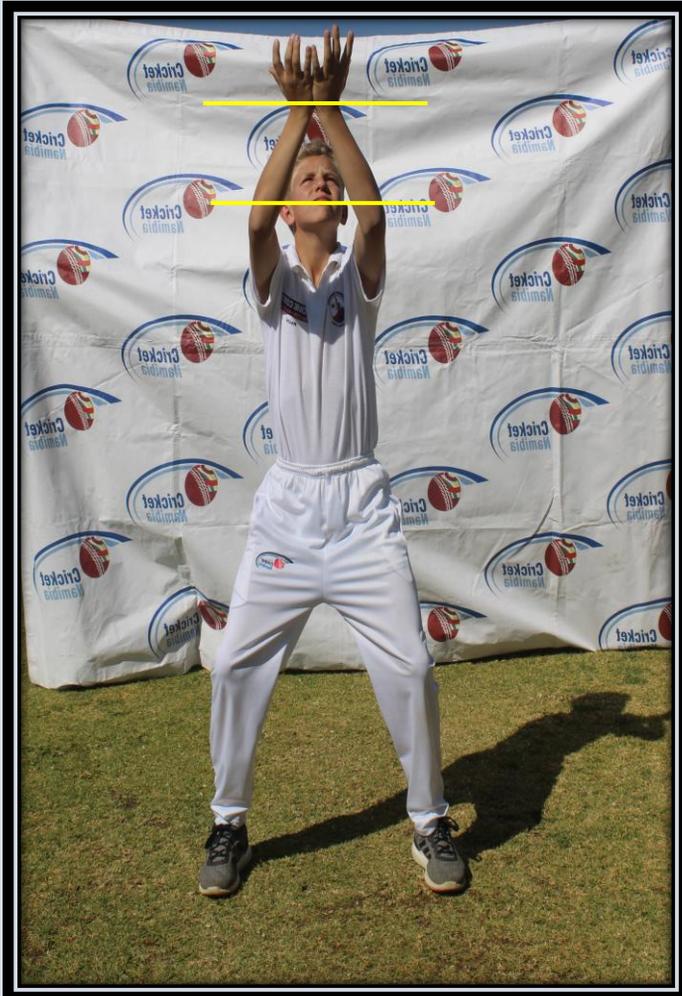
FIELDING : Right-Handed Fielder



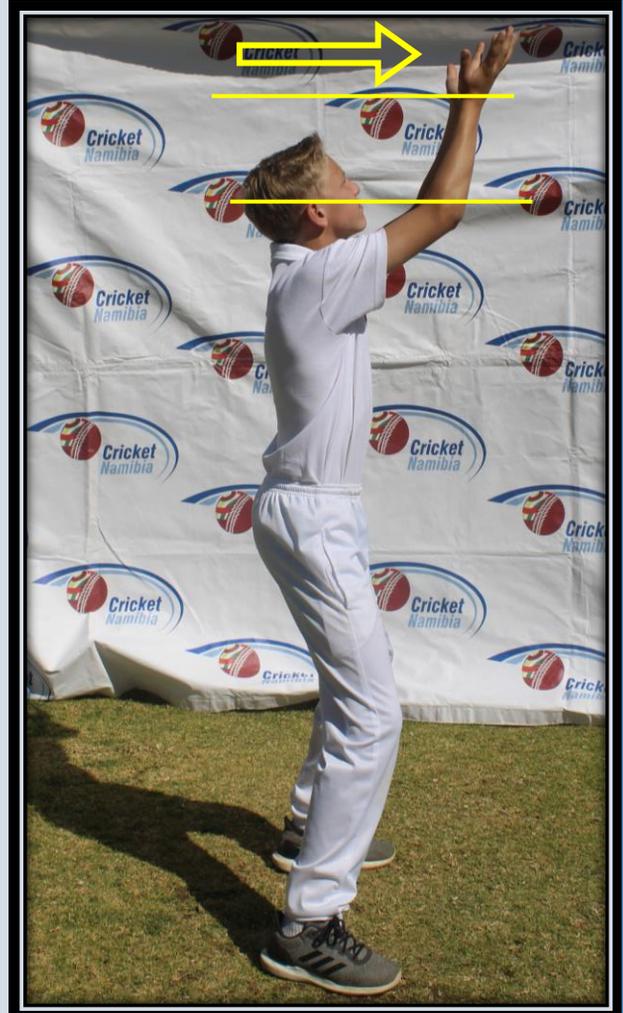
- Ball at chest height & higher
- Extend arms in front of body
- Knees bent

- Fingers point up
- Keep head in line with Ball

High Catching

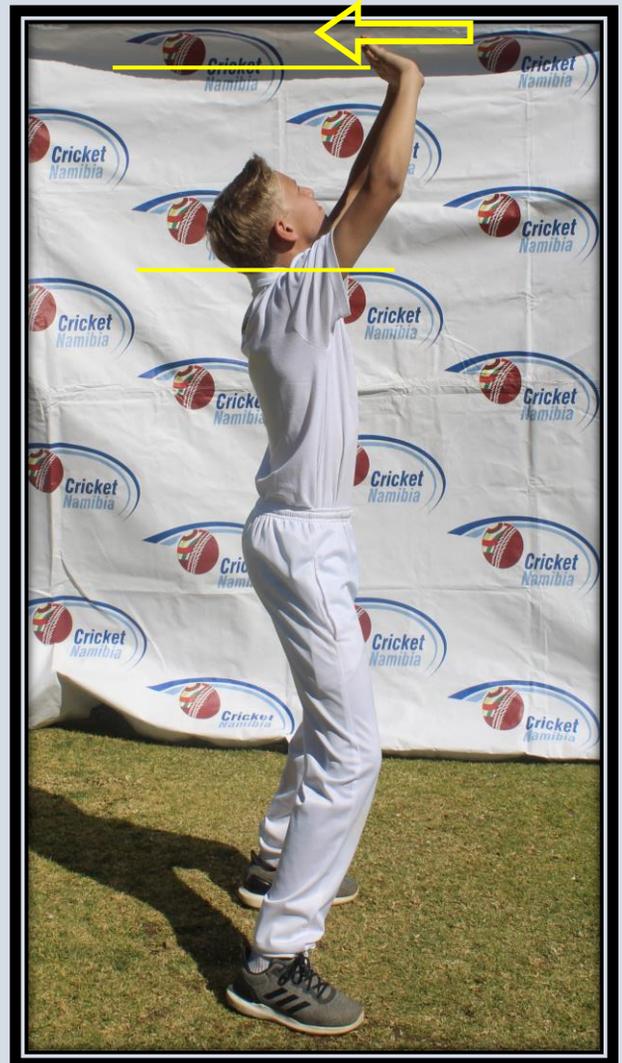
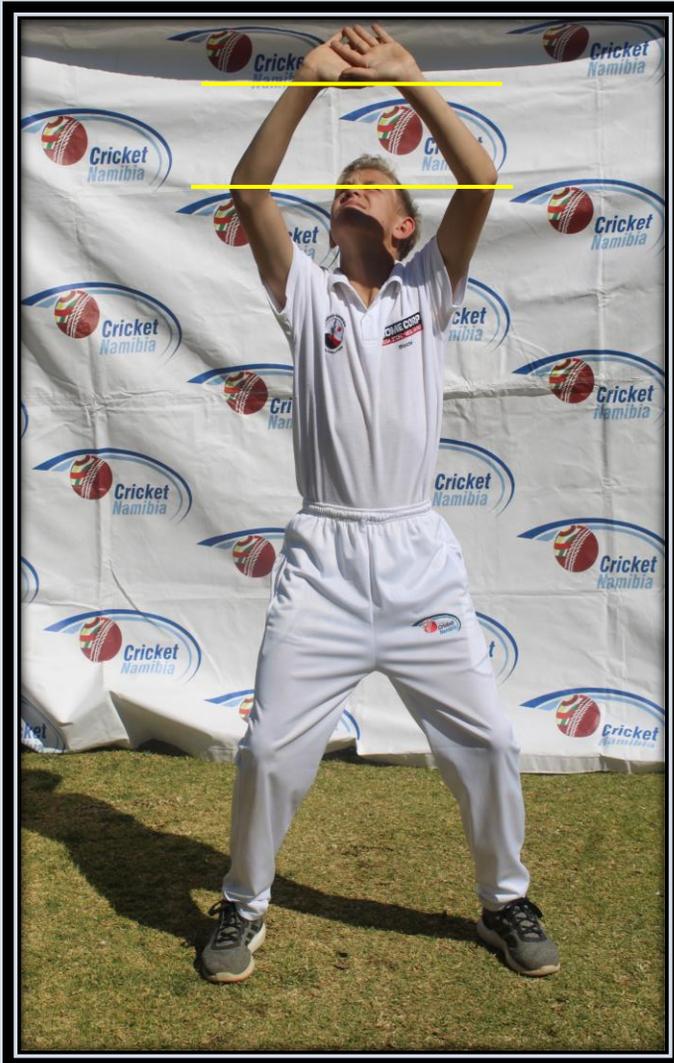


- Stable body position
- Hands above the eyes line



- Elbow at shoulder Height
- Fingers pointing forwards

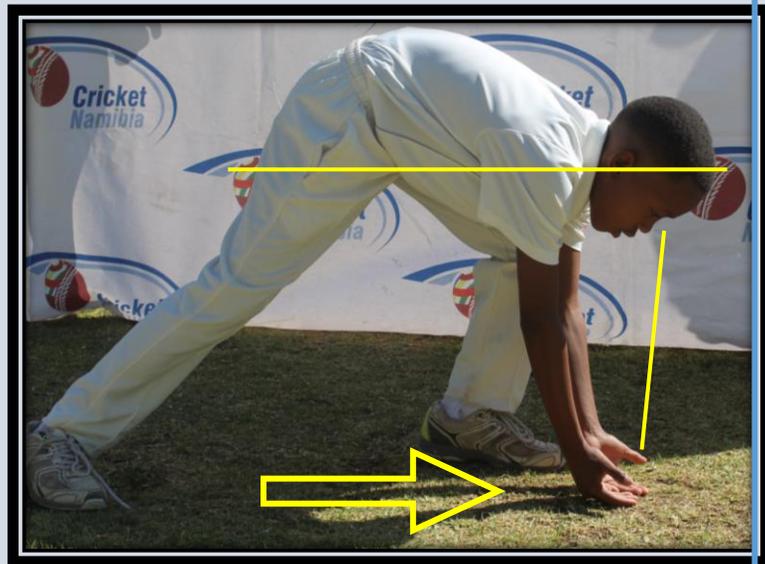
High Catching



- Stable body
- Position
- Hands above the eye line
- Hands together

- Elbow at shoulder height
- Fingers pointing backwards
- Watch ball into hands

GROUND FIELDING (Attacking : inner ring)



- Collect the ball with both hands, fingers pointing down
- Keep head in line with the ball
- Collect ball with extended hands, in front of the body
- Maintain low body position

Throwing



- Extend the arms with both palms facing out
- Keep elbow at the same height as the shoulder
- Complete the throws, while moving towards target

Wicketkeeping



Standing up

- Crouched but comfortable
- Feet shoulder width apart
- Body position (The head slightly to the outside of the off stump)

Wicketkeeping

30



Standing up

- Weight on the balls of feet
- Hands relax & Fingers pointing down with hands low
- The body raises with the bounce of the ball

Wicketkeeping



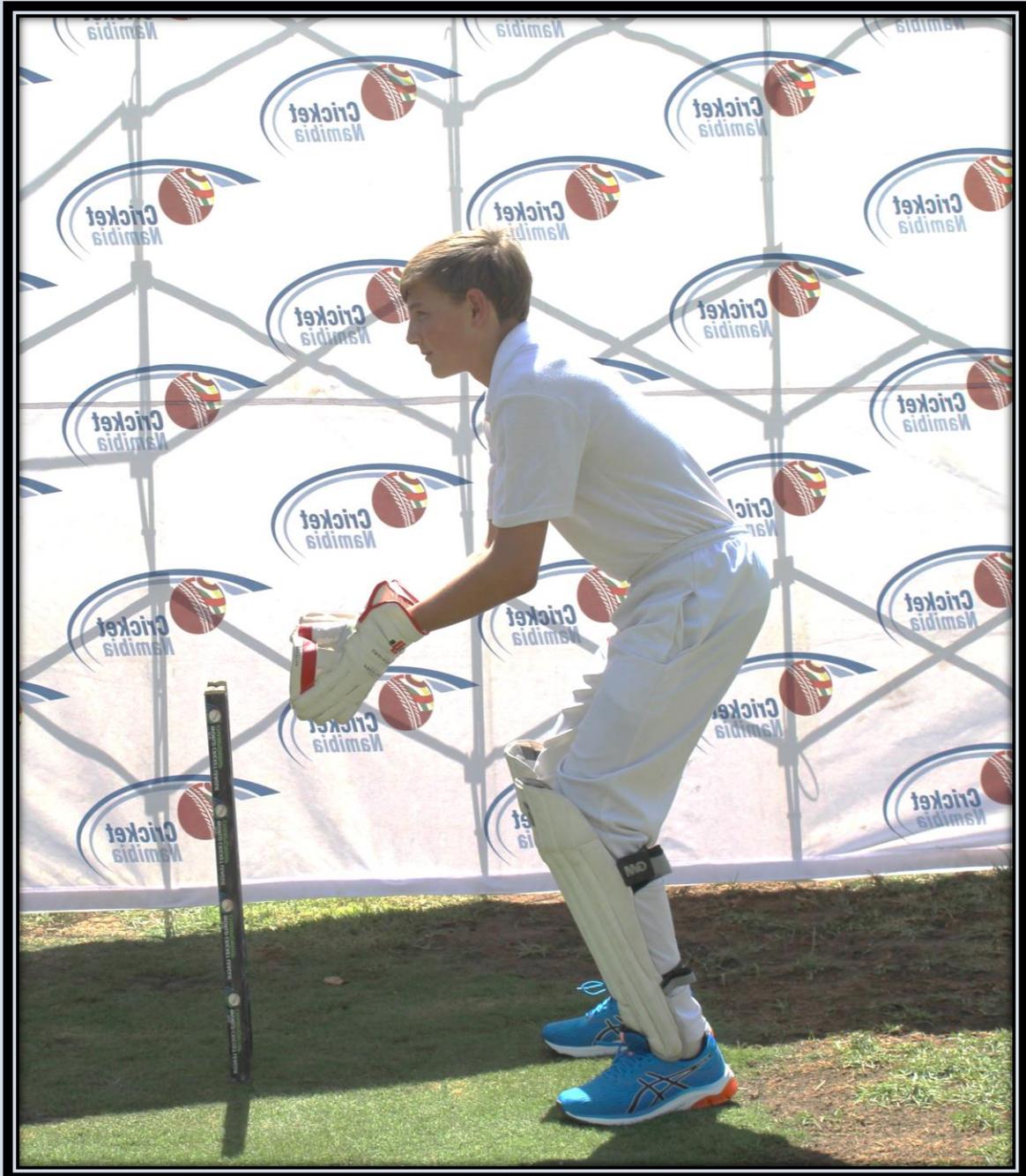
Wicketkeeping



Standing back

- Slightly crouched :Feet shoulder with apart
- Head to the offside of the batsman
- Weight on balls of feet

Wicketkeeping



Standing back

- Hands relax & Fingers pointing down with low hands
- The body rises with the bounce of the ball
- The head & body behind the line of ball

How to coach



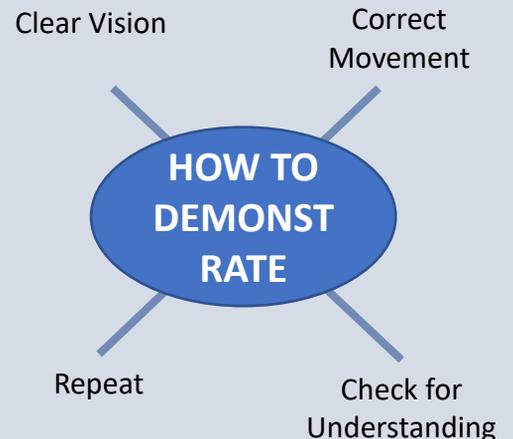
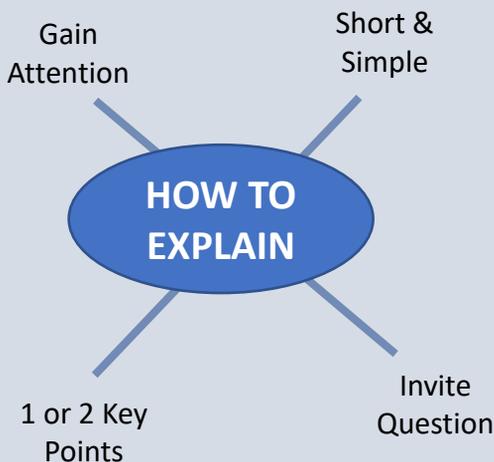
**Active Involvement
How to Explain & demonstrate**

Active involvement:

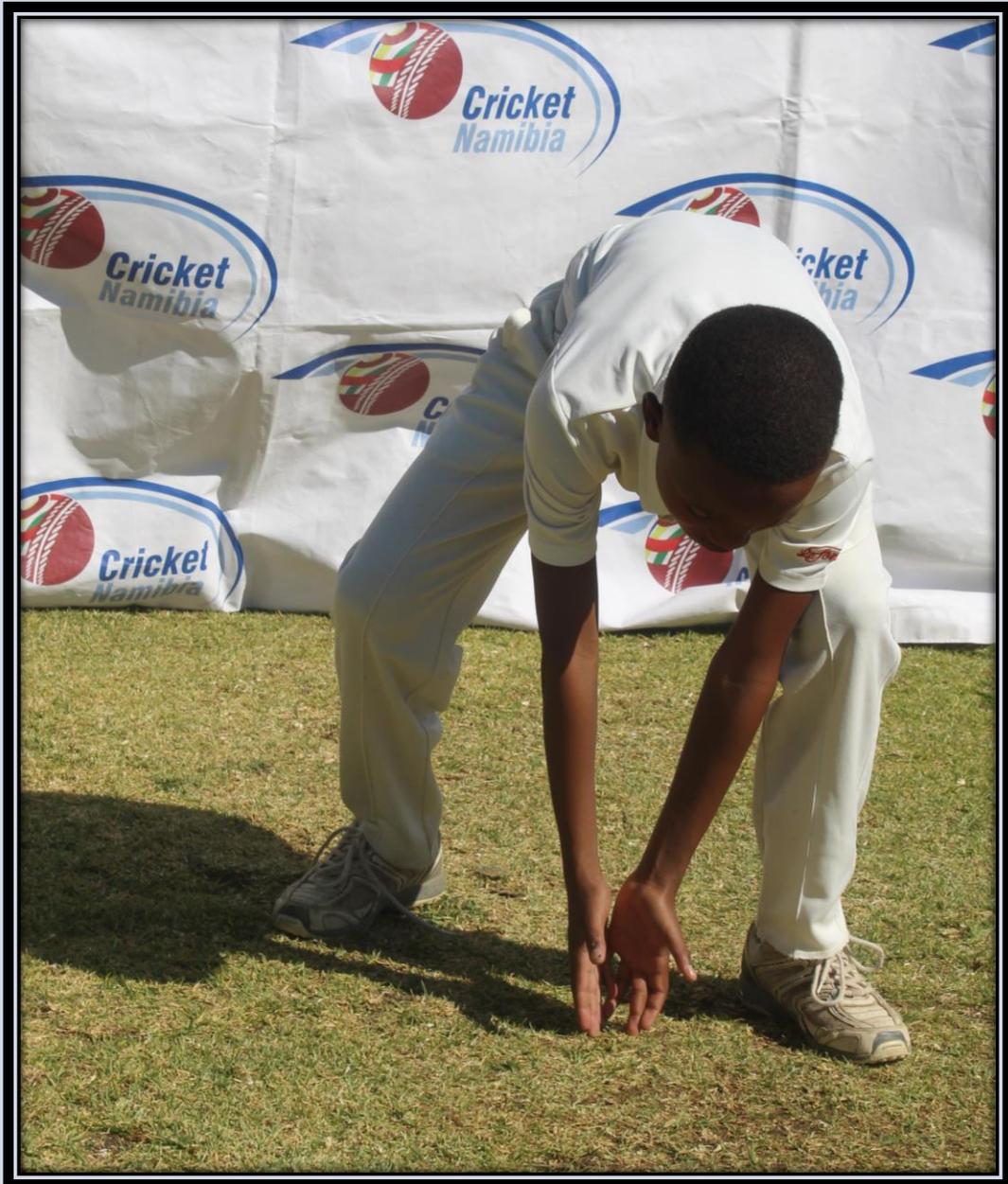
Most players learn by a visual example (demonstration) or by repeating (doing) a specific movement. A coaching session should always start with a correct demonstration and enough time for repetitions in order for the players understand the correct movement.

Based on the above your coaching session must be worked out in such a way to involve all players actively, at all times. The best way to do this is by having more stations/activities with less number of players per station.

Always avoid cues, where player stand in a line and wait their turn.



PRACTICAL COACHING SESSIONS



Athletics skills
Practical sessions

Athletics Skills

For drills and exercises on different Athletic Skills, visit our You Tube posted videos. Search: Effective mini-cricket sessions and enjoy 5 videos on how to use athletic skills as a warm up to your coaching session.

Agility

Change of direction at speed.

Key point: Low body position, short full pace repetitions, rest well between repetitions

Speed

Sprint from 5meters to 50 meters at full intensity.

Key point : High knees, straight lines, running technique. Run at full intensity and rest between repetitions

Balance

Maintaining balance while body weight is supported by one leg.

Key point : Train both legs individually, maintain low body position, use cross sectional movements (opposite arms and legs) to increase difficulty.

Coordination

All body parts (limbs and eyes) working together to catch, strike or kick a ball.

Key point : Use single hand or feet catches/kick Different size balls, balls thrown at different flights and pace. Balls can bounce or make use of multi balls.

Practical sessions:

This is the actual training session planned by the coach. A training session must have three components: GOAL (aim), STRUCTURE and a METHOD.

GOAL:

The goal is the outcomes you want the players to achieve at the end of the session. The goal for the session must be clearly communicated to the players. Use the 'How to Explain' skill to communicate the goal. Remember that all players must have a goal for each session, not only the batsmen.

Eg. Batsmen: improve the skill to hit the ball into gaps. Bowlers: bowlers aiming at a specific line, while setting a field to prevent the batsmen from hitting the gap. Fielders: improve inner ring attacking fielding to create a run-out opportunity.

STRUCTURE:

The structure refers to the set-up of your session. For example the number of bowlers per net, batsmen batting in pairs/alone, keeping activities, spin bowlers in a separate net, fielding stations and different athletic stations planned.

METHOD:

This is the rules, guidelines or activities used to motivate the players to implement the skills which will achieve the goals of the session.

Eg. Place cones in the nets simulating fielding positions (when working with older players; involve them in placing the cones), place cones for the line you want the bowlers to bowl and pack out the fielding positions. Batsmen receive 30 balls and must count how many times they hit the ball between the cones. The bowlers count the number of balls bowled in the correct line and the fielders count who hits the target the most. Make this a small competition, which will increase intensity and create fun.

SESSION 1:

GOAL:	Batsmen:	Scoring a boundary on the identified shot.
	Bowlers:	Bowling different variations.
	Fielders:	Single handed high and flat catches.
STRUCTURE:		2x nets 2x batsmen per net 2x seamers in the 1 st net, 2x spinner in the 2 nd net 4x fielders at fielding station. Rotate bowlers and fielders through the session. When batsmen change, all players take a rest.
METHOD:	Batsmen:	must place the ball and call correctly. Aim to score 2singles in 30 balls. Bowlers: aim to bowl fuller than a 5m line (from the stumps). Use chalk. Masking tape or cones on the side of the net.
	Fielders:	take part in a drill, where they move sideways to pick up a rolling ball and aim to hit a target

SESSION 2:

GOAL:	Batsmen:	Scoring a boundary on the identified shot.
	Bowlers:	Bowling a full length.
	Fielders:	Attacking ground fielding: moving sideways

STRUCTURE:		2x nets 1x batsmen/net 1x Keeper in each net 3x seam bowlers in the 1 st net 2x spin bowlers in the 2 nd net 2x fielding stations
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Fielders and bowlers change between sessions and serve as next in line batsmen.

METHOD:	Batsmen:	Each batsmen select his/her own boundary shot vs seamers and spinners. They aim to score a boundary every time that ball is bowled
	Bowlers:	After bowling two consecutive good balls, each bowler must bowl a variation.
	Fielders:	Take turns to throw the various catches. Four successful catches and rotate

SESSION 3:

GOAL:

Batsmen:	Batsmen to control the ball by hitting it on the ground.
Bowlers:	Bowling to a specific target.
Fielders:	Improve the agility skill and correct throwing technique

STRUCTURE:

- 2x nets
- 1x batsmen/net
- 2x seamers in the 1st net
- 2x spinners in the 2nd net
- 2x fielders at agility station
- 2x fielders at throwing station

Fielders and bowlers change between sessions and serve as next in line batsmen.

METHOD:

Batsmen:	Only allowed to hit the ball on the ground. Run 10 shuttles when hitting in the air.
Bowlers:	Place targets at the back of the net. Aim to hit 3 out of 6 balls.
Fielders:	Pair up between two stations. Repeat the agility station 3x times then rotate to the throwing station.

SESSION 4:

GOAL:

Batsmen:	Placing the ball in the gap	Bowling a specific line
Bowlers:	Bowling a specific line.	
Fielders:	Improve speed	

STRUCTURE:

- 2x nets
- 2x batmen/net
- 2x seamers in the 1st net
- 2x spinner in the 2nd net
- 1x fielder
- Fielder rotate with bowlers after completing 3x10m sprints.

Fielders and bowlers change between sessions and serve as next in line batsmen.

METHOD:

Batsmen:	Pack cones in the net simulating fielders. Batmen must aim to place the ball between the cones. Each batsmen aim to score 20 singles in 30 balls.
Bowlers:	Draw two lines (railway tracks with chalk) on the pitch. Bowlers must attempt to land the ball between the lines. Bowler count how many out of six.
Fielders:	Complete 3x 10 m sprints (with rest between), then rotate with any bowler.

SESSION 5:

GOAL:	Batsmen: Batsmen batting long periods Bowlers: Bowling different variations. Fielders: Running high catches
STRUCTURE:	2x nets 1x batsmen/net 2x seamers in the 1st net 2x spinners in the 2nd net 3x fielders Fielders rotate after taking 10 running high catches
METHOD:	Batsmen: Batsmen run 2 shuttles after every 6 balls. They have to pad off and back on every time they are out. A third batsmen take the place of an dismissed batsmen, who then have to wait until another batsmen is out to bat again. Bowlers: Each bowler select a variation. They have to bowl one variation in 3 balls. Fielders: Pack two cones 20 meters apart. The thrower lobs the ball high to the vacant cone. The fielders have to take 10 high catches before they can rotate.

SESSION 6:

GOAL:	Batsmen: Chasing a target Bowlers: Defending a target Fielders: Catches under pressure
STRUCTURE:	2x nets 2x batsmen/net 2x seamers in the 1st net 2x spinner in the 2nd net 1x fielder Fielder rotate with bowlers after catching 3 consecutive sharp catches.
METHOD:	Select your top 6 batsmen. They will be your batting team, the other 5 players will be your bowling team. Give the batting team a target of 100 to reach in 20 overs. If they lose their wicket, they get replaced by the next batsmen. The batting team have 6 wickets. The bowling team wins by either taking six wickets or defending the target. The coach allocate and count runs/wickets.

SESSION 7:

GOAL:

Batsmen:	Running between the wickets (putting fielders under pressure)
Bowlers:	Bowling to your field.
Fielders:	Direct hits (underarm and over arm)

STRUCTURE:

- 2x nets
- 2x batsmen/net
- 2x seamers in the 1st net
- 2x spinners in the 2nd net
- 3x fielders
- Fielders rotate with bowlers after completing 3x10m sprints

METHOD:

All batsman of the team to get a turn to bat. Coach will set up targets in the nets where he nominates where there will be 2s and 3s, these targets will normally be where there's 1s (batsman to run 2), where there's 2s (batsman will run 3). With the targets set bowlers will be trying to bowl lines and lengths to get the batsman to hit to the set targets. Bowlers to measure how many times they can get that done. After the nets there will be a fielding session focusing on direct hits, emphasize on clean picks ups and hitting set targets around the field.

SESSION 8:

GOAL:

Batsmen:	Hitting over the top (clearing infield)
Bowlers:	Seamers Bowling Yorkers (off stump and middle stump Yorkers) Spinners use different variation to try and trap the batsmen
Fielders:	Retrieving (chasing after the ball)

STRUCTURE:

- 2x nets
- 2x batsmen/net
- 2x seamers in the 1st net
- 2x spinner in the 2nd net
- 4x fielder
- Fielder rotate with bowlers after catching 3 x 10m sprints.

METHOD:

The batters in the seamers net have to clear the infield without advancing down the pitch (stay on their crease hitting it straight). For every successful shot the batters rotate the strike. Batters in the spinners net have to advance down the pitch more often to score runs and unsettle the bowlers. For every successful shot over the infield the batters get points and they also rotate strike. For every wicket taken the bowlers get points. The four fielders will be working with the coach on the side where they will be taking turns to retrieve the ball. They can further be put into action by letting the two of them do the actual fielding outside the nets as the batters try to clear them.



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