



2022 winter coaching for younger members- Coaching Plan

Recently members should have received details of the club's proposed winter coaching programme for our younger club members. Sessions are planned for Saturday mornings, from 15/1/22 at Wanstead Youth Centre (Elmcroft Avenue, E11 2DB). We hope the sessions will run until the Easter holiday although we have emphasise two potential problems that may disturb these plans:

- If Government guidance regarding Covid changes/or our Covid risk assessment indicates it is no longer Covid safe. Our current risk assessment is on our web site (See left hand web 'COVID' link)
- The Youth Centre has informed us that some building works are under discussion which might result in the hall being unavailable.

Timetable and Course Content:

Please note that the school year 5/6 sessions are not suitable for children who are fully competent in playing hard ball cricket. It is suitable for players who are ready or may have already played some hard ball cricket but need to develop hard ball skills. We hope to hire facilities for the **players we assess** during the course to be ready to develop hard ball skills. These additional sessions would be midweek in February or March, details of suitable candidates and appropriate protective equipment to be discussed with parents. We would advise parents not to purchase expensive equipment at this stage.

Saturdays from 15th January 2022 to 19th February, with further sessions until the Easter break.

- 9:30 to 10:30 - for Year 5 & 6 children (plus Year 7 girls)
- 10:40 to 11:30 - for Year 3 & 4 children
- 11:45 to 12:30 - for Year 1 & 2 children

Please note that the sessions will cover basic skills from beginners to those players ready for hard ball cricket based on the following coaching plan

1. Mobility and hand eye coordination using the relocation of cones. Team work will be introduced in fun related competition
2. The importance of head position and eye movement will be emphasised

3. Hand positions (roots- fingers pointing down and flowers- fingers pointing up) will be identified and developed with basic long barrier, pick up and throwing both individually and in teams
4. Initially batting (pick up and basic shots with coach under arm feed) and bowling (feet, arm rotation and release to defined targets) will be treated as separate skills. An annex to the main hall will be used to develop batting skills and running between wickets and the basics of wicket keeping.
5. Fielding drills will be incorporated in warm up and practice skills, catching and throwing.
6. All sessions will end with a match, the 'Lords Game' is particularly popular, with pairs cricket for players who develop to higher levels. Some basic quiz questions will be introduced as players develop their cricket awareness.
7. Wherever possible, players will be allocated to small groups of players at similar developmental stages.
8. The emphasis throughout will be on 'fun' but within the context of technique. Player rewards will feature on effort and progress rather than excellence.
9. While required social distancing is bound to place limitations on coach/parental communication, ongoing dialog with and feedback from parents, will be encouraged. There is always room for improvement.

Equipment and Clothing

All sessions will use a soft cricket ball. Wear suitable footwear (trainers) and PE/tracksuit bottoms. There will be no changing facilities. Please bring a drink (for your child's sole use). No equipment is needed but players may bring their own but, please avoid large bags.

Non-members must provide Helen with details of any relevant medical conditions we should know about.

Parental Attendance and Covid Awareness

Only one parent of children in Year 1 up to Year 4 must stay at the centre in line with club policy. No parents of older children are permitted to stay. Covid precautions will be taken. Under no circumstances should children or their parents come if they have Covid symptoms and please let us know if symptoms develop while at the coaching session. We have a separate recovery /waiting room

Coaches

The course will be delivered by club coaches experienced at working with cricketers of these age groups. Helen Quinlan will provide both coaching and administration support. It is expected that additional coaching support will be provided by the club's 'Young Coaches', older juniors, many of whom are taking Duke of Edinburgh leadership awards.

Please contact me for any further information on course content, Len Enoch
07949024006

8/01/2022