

# ECB COACHES ASSOCIATION Newsletter



Issue 4 – Summer 2010

## Coach of the Year Awards 2010

The Annual Surrey Cricket Coach of the Year Awards took place at the Brit Oval on Wednesday 4<sup>th</sup> August in conjunction with the Nat West OSCAs (Outstanding Services to Cricket Awards).

The first of the three categories was the **Young Coach of the Year** and this was awarded to Alex Szepietowski, a UKCC2 Coach from Esher CC. Alex coaches the U7 age group. He has been involved with the club since he was U7 and now opens the batting for 1<sup>st</sup> XI and is described as a true club man. He is totally committed to coaching, working in group and 1-2-1 settings and doing whatever it takes to ensure the children he is working with develop whilst having fun.



**Alex Szepietowski of Esher CC receives his award from Surrey's Alec Stewart**

The **Outstanding Coaching Achievement Award** for 2010 was awarded to Iain West. Iain has been involved in coaching at Spencer CC for well over 4 years. He is also involved in District Cricket, helping to nurture the most talented children in the Inner London area as well as his club sides. His nominator says 'what is different about Iain's coaching is the way he communicates with the

children... he makes them feel important and valued'.

**Iain West of Spencer CC receives the Outstanding Coaching Achievement Award for 2010**



The final award was for **Outstanding Contribution and Services to Cricket Coaching** and this was awarded to Duncan Pauline of Esher CC. Duncan has over 30 years of experience working as a coach at Esher CC where he has overall responsibility for the coaching programme which involves some 340 young people. He is responsible for planning and organising the weekly coaching sessions.

In 2008 Duncan suffered a life threatening illness which led to weeks in intensive care but despite this he has returned to undertake a full range of coaching activities at the club.



**Duncan Pauline - Outstanding Contribution and Services to Cricket Coaching**

# Foreword

**Bob Cook (Chairman ECBCA Surrey)**

Welcome to the latest ECBCA Surrey Newsletter in which I am sure that you will find something entertaining as well as of interest to you.

It's hard to believe that the cricket season is nearly over; time really does fly when you're having fun doesn't it?

This edition comes after the failed England football World Cup bid. It was interesting to see that one of the many reasons given for the team's failure was the comparative lack of UEFA-qualified coaches in England. The figures I saw quoted were that Germany has 34,790 qualified coaches whereas England has 2,769. Compare those figures with the approximately 13,000 ECBCA members and the recent rise in the performance of England cricket teams at all levels and in both sexes. All Surrey ECBCA coaches should take pride in the part that they play in that success.

On a more local level the ECBCA Surrey now has a seat on the Operations Management Group of the Surrey Cricket Board. The Board is the charitable arm of Surrey Cricket and is completely independent of the cricket club. It does have a huge remit though, ranging from school leagues, to groundsmen and us coaches. So if you have any ideas, or issues that you think would benefit from being raised at this forum just let me know.

Coming to the content of this edition you will see how your Association has again been busy on your behalf with a further two workshops. The first was themed around adding value to young, talented players and the second was a specialist bowling session. In both cases the weather did its best to put the dampeners on the event but it failed in the face of Richard Hall's determination to run a great session. Our membership numbers are up and we have exciting plans for a winter trade fair where we are hoping to get some major suppliers, manufacturers and

support services to offer some great deals to you.

On behalf of the ECBCA Surrey Committee I hope you enjoy this edition of the Newsletter as well as finding something useful to you personally. After all, that is the whole reason we are here; to provide information and support to the coaches who really make a difference to the game of cricket where it counts.

Enjoy the rest of the summer.

*Bob Cook*

## Schools Survey:

ECBCA Surrey undertook a survey of all Schools in Surrey to evaluate the level of cricket coaching available within Surrey Schools and the presence of ECBCA Surrey coaches. The survey received a very disappointing response with only 23 completed surveys received from the 1000 issued. The key from the 23 were that a total of 137 staff provided coaching, at an average of 6 per school. Of these 79% are not qualified, but 48 of the 137 stated they would like to obtain a coaching qualification. 89% of the coaching is provided by internal staff with the balance provided by external sources.

With regard to specific needs from the ECBCA Surrey the respondents gave the following replies:

Drills ideas	75%
Access to Surrey CCC Coaching Staff	63%
Coaching Courses for Teachers	63%
Training Workshop	50%
Surrey CA Clothing	33%
Website	29%
Annual Conference	21%
Forum for sharing ideas	21%
Regular Bulletins	17%
Email helpdesk	13%

## Coaches Corner

This month we are very pleased to interview Mark Lane; the England Women's team Coach.



### **1. How long have you been coaching and how did you initially become involved in coaching?**

ML - When I was 18 I took my first coaching course which in those days was called a Coaching Award, I then progressed onto the 'Senior Award. Having been through these courses-which were tutored by Peter Brett, Hartley Bishop, Dave Armstrong and Angus McMillan, I was asked to coach on some Nescafe Coaching Courses.

### **2. What do you consider to be your key philosophies as a cricket coach?**

ML - To create an open and honest environment where players can learn, develop, flourish and enjoy the game of cricket.

### **3. Do you have any role models?**

ML - My Father played a massive part in my life. He never played cricket but I believe his mannerisms and his thoughtful approach is reflected in my style of coaching.

Peter Brett employed me in my first coaching role at the Surrey County Cricket Centre in Guildford when it was opened in 1996; he played an integral part in developing my coaching career.

Working with Jack Birkenshaw has also taught me a great deal. Jack has been my assistant coach with the England Women's squad for the past two and half years.

### **4. What are your future ambitions as a coach?**

As the Head Coach of England Women it would be a great achievement to defend our ICC Women's World Cup in India in 2013. But currently we are preparing the squad for the tour to Sri Lanka in November and then the tour to Australia in late December to defend the Ashes.

### **5. What areas, if any, of coach education would you like to see improved?**

ML - I believe the ECB coaching pathway provides the best route for the development of cricket coaches.

From my experience of attending and also delivering ECB coaching courses I feel they are pitched at the appropriate level and cover many aspects of coaching. As with anything I'm sure there are always areas that could be improved to continue to lead the field and remain up to-to-date.

### **6. Do you believe that all young cricketers should be encouraged to attain a coaching qualification?**

ML - Absolutely, from my experience it helps you as a player to understand the process. Also, it's always good to see players give something back to the game.

## Coaches Trade Fair

ECBCA Surrey will be hosting its first Coaches Trade Fair at Whitgift School on Sunday 21<sup>st</sup> November from 2.00pm to 6.00pm.

The idea is to bring all key sources of coaching equipment, computer packages books and other information sources under one roof to sell their products to the coaches at discounted rates.

Possible attending companies could include:

- Duncan Fearnley
- Inspired Cricket
- Isyte – Surrey sunglasses supplier
- Podium Balls
- Silicon Coach - Software
- Katchet
- Cricket Coaching Mats
- Side Arm (new throw down aid)
- Asics
- And many more.....

There may also seminars available on the day such as First Aid etc. If you have any particular ideas on this then please let us know.

## ECBCA Surrey on Youtube

ECBCA Surrey has set up a Youtube site for the future uploading of coaching videos and clips from workshops.

<http://www.youtube.com/user/ECBCASurrey>

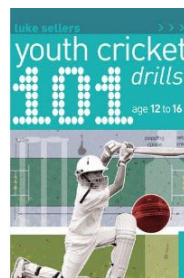
### Membership Update:

The latest update on membership confirms that ECBCA Surrey have 635 paid up member coaches.

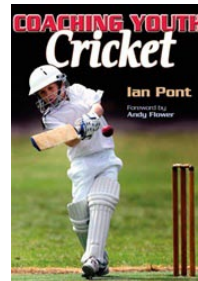
## New Releases– Coaching Books

**Luke Sellers** released two new youth coaching books in May, the first provides drills for the 7-11 age group and the second covers the ages 11-16. Both are available on-line from Amazon.

Luke has worked as a community cricket coach in both Gloucestershire and New Zealand. He is the author of 'Know the Game Cricket' for the ECB and the author of the 'Know the Game Cricket Skills' books.



In addition leading coach **Ian Pont** has just published his 2<sup>nd</sup> book. Coaching Youth Cricket is a guide for any level of coach on how to teach the correct cricket skills the right way. It contains bowling, batting, fielding and wicket-keeping skills you need to coach, as well as game-based drills. The book consists 224 pages of information, 40 illustrations, 80 photographs and games.



### Inspired Cricket Manual

We still have a few remaining copies of the Excellent Inspired Cricket Manual for sale at the reduced price of £10.99.

If you would like to get your hands on a copy please send a cheque for £10.99 payable to Surrey Cricket Board and send it for the attention of Simon Hards to The Brit Oval, Kennington, London, SE11 5SS. Please include your name and address for delivery purposes.

## Workshop 3 – ‘Topping Up Talent’

ECBCA Surrey held its third workshop at Chipstead, Coulsdon and Walcountians CC on 9<sup>th</sup> June.



With the title of ‘Topping up Talent’ the workshop focused on various technical points in depth and including all of the following:

- Batters’ set-ups - variations seen and some thinking behind each style.
- Trigger movements. Why, What movements and timing of these?
- Sweep shot.
- Coming down the wicket. How, Why and When?
- The Forward Press as a method against spin - the theory and practice.
- The pivot pull.
- Hitting boundaries T20 style.
- Fielding, diving and sliding.
- Wicket keeping.
- Drills for young players.

## Workshop 4 – ‘Specialist Bowling’

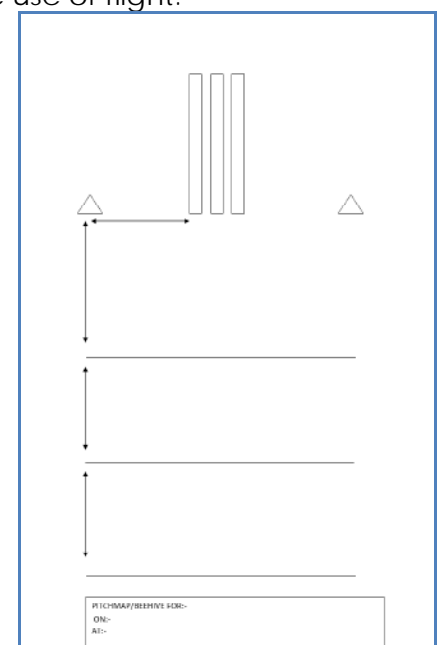
A rain affected Workshop 4 was held at Newdigate CC on Friday 13<sup>th</sup> August 2010.

The workshop led by Richard Hall dealt with aspects of seam and spin bowling

After a warm up for all bowlers the seamers took part in a series of drills. These included the use of the ‘Beehive’ (see below) for recording the length and line a series of deliveries to allow the bowlers to understand the length and line they are bowling. Other drills focused on the need for straight run ups, correct grip and maintaining an upright seam and on methods for correcting actions for bowlers that may be falling away. The bowlers had an opportunity to use the Aggot Cricket Ball, which is a modified cricket ball that helps coaches see exactly how the ball is being released from the hand. Details of which can be found at: <http://www.theaggot.com/home.htm>

The second half of the evening was devoted to the spin bowlers and included elements that reinforced grip, target bowling for leg spin and off spin, run-ups and the use of flight.

**The Beehive** –  
Electronic copy available on request



## DRILL COMPETITION Winner

The competition in the Issue 3 Newsletter was won by Gordon Christiansen. Gordon a UKCC Level 2 Coach won an SS Skyer Bat and the drill he provided made use of the weighted podium balls for catching and fielding drills.

Two Groups of six players

### Group 1

Group 1 in a close-knit circle, ideally with a coach or assistant as part of the group, with a heavy 'podium' ball and then get them to throw catches to each other. The coach can then alternate by introducing a normal ball. This drill concentrates the minds of the players to get their hands under the ball to improve catching.

### Group 2

The other group will be set up in two diagonal lines about 5 yards from a set of stumps with a catcher behind the stumps. Using two balls, one heavy ball of cricket ball size, and one normal ball I will roll the first ball gently towards one line, the player will do a one-hand intercept and gently throw over the stumps to the catcher; once the fielder has completed he or she will run around the catcher and join the other line. A second ball will then be thrown to the next line and so on. It is relatively simple to have two balls live at the same time with good timing and accurate throws. This drill helps improve pick-up technique, they have to get their hands under the ball and ensure good contact when fielding the heavier ball.

Depending on the group you can change the two groups at the same time however my preference is to switch a couple of players at a time between the groups to keep them moving and maintain diversity.

Further information on Podium balls may be found at: <http://podium-balls.co.uk/products/IndoorShots18>

## Coach Education

There are still a number of vacancies on the scheduled UKCC 1 and UKCC 2 courses scheduled for the pre-Christmas period.

These include the following:

Weydown School, Farnham UKCC2	Sun 19/9 & 26/9, 3/10 & 10/10 (9.30am – 4.30pm). Assessment – Sun 23/1/11
Whitgift School, S.Croydon UKCC2	Sun 3/10, 10/10, 17/10 & 24/10 (9.30am – 4.30pm). Assessment – Sun 15/5/11
Hazelwood School, Oxted UKCC2	Sun 10/10, 17/10, 24/10 & 31/10 Assessment – Sun 17/4/11
Cranleigh School, Cranleigh UKCC2	Sun 7/11, 14/11, 21/11 & 5/12 Assessment – Sun 10/4/11
Whitgift School, S.Croydon UKCC1	Sat 11/9 & 25/9, Assessment – Sat 9/10
Hazelwood School, Oxted UKCC1	Sun 19/9 & 26/9. Assessment – Sun 3/10
Kings School, Camberley UKCC1	Sat 16/10 & 23/10 Assessment – Sat 30/10

Further details of all available courses and applications forms can be found at:

<http://www.britoval.com/surrey-cricket/development/coach-education>

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### Email Updates:

Please ensure you update us with any changes to your email address as it makes it easier and more costs effective for us to communicate to you.