

NEWSLETTER

HCBCA

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HUNTINGDONSHIRE

COACHING NEWS

MEMBERSHIP



CAN YOU HELP ?



The Hunts Howzats Cricket Club for the Disabled are looking for new coaches to help run our sessions.

Since 1996 the Howzats has provided an opportunity for players aged 10 years and above to meet with their peers in a friendly sporting environment.

We are based at One Leisure St Neots and play indoors on Sunday mornings (10 am to 12 noon) from March to June and September to December. Each session begins with some simple coaching routines, followed by a practice game. The main aim is to have fun but the games can get quite competitive. Occasionally we play a match against other disabled cricket clubs in the region.

Over the course of the last fourteen years, we have seen many players make huge improvements to both their cricketing and social skills.

Many of us thought initially that we couldn't coach disabled players but we have found that the techniques are similar to those needed for able-bodied players in other clubs. While the cricketing standards may vary, there is enormous satisfaction to be gained from encouraging all our players, whatever their abilities and seeing them develop and improve. Whatever their skills may be, their enthusiasm is unbounded.

We rely on the goodwill of our three volunteer coaches to run these sessions. As retirement looms for our coaching team we would like to integrate some younger blood into a rota system to ensure the successful continuation of the club.

Why not give us a ring and discuss this or come along on a Sunday morning and see what we do?

LEARNING FAST

I just want to write to thank Huntingdonshire Coaches Association for an informative and entertaining day on Sunday 7th November. I was particularly impressed by Leicestershire's fast bowling coach Lloyd Tennant session. As a passionate bowling coach, and myself being a keen fast (medium-pace) bowler, I thought the session was an excellent insight into the world of the first class cricketer and coach. It was daunting yet exciting to see how drills used by first-class fast bowlers could be applied to club and county youngsters. The drills he shared with us were entertaining, imaginative and fun for both coaches and players and all information I thought was excellent in helping to identify key traits of a potential fast bowler. I am pleased to say that I have already used many of the drills within my county and club coaching sessions and have had excellent feedback from all participants. Furthermore I have just ordered a set of Aggots* for the young seamers at Peterborough, which will undoubtedly aid their development.

I look forward to more events of this kind in the future.

*Jamie Smith
County Volunteer Co-Ordinator
Peterborough Town Youth Team Coach*

*The Aggot has been designed to help players and coaches improve their understanding of what the ball is actually doing in the air, after it is released from the bowlers hand. Please see <http://hcbca.blogspot.com> for more details, and how to order.

JANE RAWLING TEL: 01480 213689

FITTER FOR CRICKET

Faster batsmen steal more runs. Fitter bowlers maintain pace and accuracy. Less tired fielders have better concentration and reactions.

There is an increasing amount of evidence indicating that developing better fitness levels improves cricketing performance. Many young cricketers involved with county sides now undergo regular fitness programmes and testing to see if they're as fit as they should be. At the elite level, sides like Australia and England are now extremely fit utilising various fitness techniques to enhance the athletic abilities of their squads.

Below are the exercises used by Paul Davidge and Dave Summers in the recent U13/15/17 county age group fitness sessions. They plan to run the tests again before the start of the season to assess player improvement.

(Please note if your coaching players that are 10 and 13 years of age these exercises need to be done over a max of 30-45 seconds each not a minute. If any player has an injury or illness they ought to seek medical advice before starting these exercises).

There are not many certainties in cricket but one thing you can be sure of is that the fitter you are, the better you will perform on the pitch. The question you have to ask is.

What advantage do you gain from being unfit?

Front Planks

Aim: To increase core stability
Muscle Group Used: Abdominals
Exercise: Can you hold this position for 1 minute?

Key Points:

- Shoulder level with elbow
- Core pulled inwards
- Straight line from heel through spine

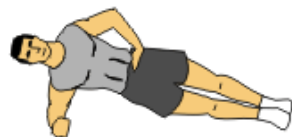


Side Planks

Aim: Improve core stability/strength
Muscle Group Used: Obliques
Exercise: Can you hold this position for 1 minute?

Key Points:

- Line from shoulder to foot
- Pull in core
- Shoulder/elbow level

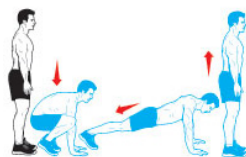


Squat Thrusts

Aim: Develop lower body strength and power
Muscle Group Used: Quadriceps/Hamstrings/Gluteus
Exercise: How many can you do in 1 minute?

Key Points:

- Starting in press up position
- Legs extended backwards
- Knees bend to bring legs back in



Balancing

Aim: Maintain core strength
Muscle Group Used: Abdominals
Exercise: Can you balance for 1 minute?



Key Points:

- Choose strongest foot
- Stand on the middle of the cushion

Press Ups

Aim: To develop upper body strength
Muscle Group Used: Pectorials
Exercise: How many can you do in 1 minute?

Key Points:

- Head in level with finger tips
- Hands shoulder width apart
- Bend elbows until chest is 'fist from floor'



Squats

Aim: Develop lower body strength
Muscle Group Used: Gastrocnemius, Hamstrings, Quadriceps
Exercise: How many can you complete in 1 minute?

Key Points:

- Hands either in front or behind
- Feet stay flat on floor



Star Jumps

Aim: Develop cardiovascular endurance
Muscle Group Used: Heart
Exercise: How many can you complete in 1 minute?

Key Points:

- Extend arms and legs out straight
- Head remains level at all times



Step Ups

Aim: Lower body power and cardiovascular endurance
Muscle Group Used: Gastrocnemius
Exercise: How many can you do in 1 minute?

Key Points:

- Start facing bench
- Step onto and then down from the bench



LET'S TALK

If you have any ideas on events we could organise or anything else that may benefit yourselves and other coaches please talk to your area representatives.

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