

NEWSLETTER

HCBCA

OCT 2010 ISSUE 02



HUNTINGDONSHIRE

COACHING NEWS

THE RETURN OF CRICKET



I enrolled on the UKCC Level 2 course so our club could provide some coaching to the youngsters in the village of Little Paxton who enthusiastically supported the return of cricket.

I felt anxious as the 8 week course started – ‘would my technical ability be sufficient for such a course?’ However after a couple of weeks it became clear that becoming a coach is not just about ‘batting and bowling’ but, as importantly, communicating effectively at all levels to all abilities. As coaches and participants gelled the weekly sessions became something to look forward to.

My placement for the practical application of what had been learnt ‘in the classroom’ with a coach, whose experienced eyes and voice guided me was a highlight. It gave me a real buzz to see a group of young cricketers respond so positively to my input!

The assessment was, unsurprisingly, a nervous time. However the examiner was excellent, communicative and constructive with his feedback during the technical demonstrations.

To qualify gave me a great sense of achievement and, crucially, a determination to take that new learning back to the club and make playing cricket an even better experience for all players. A big thanks to Dave Summers and Nick Andrews for their support throughout the course!

Wayne Huttly - Little Paxton Cricket Club (L2 Coach)

HCB DINNER FRIDAY 22 OCTOBER

Guest Speaker

Charlotte Edwards

The Holiday Inn Peterborough 7 for 7.30pm

Tickets £30

Contact HCB Office Tel: 01487 773926

AN EVENING ON LITTLE PAXTON REC

David Summers

Friday 25th June saw me head off to Little Paxton Cricket Club following my offer to support and help not only Wayne's efforts in getting the clubs youth section off the ground but also importantly to provide Wayne himself with some back up. He was the only qualified coach at the club on the practice evening and quite rightly needed some words of encouragement to support his own coach development following him passing his Level 2 in the Spring.

I met Wayne nice and early at the recreation ground and he gave me an overview of what he had planned for the two different age groups, each containing some 15-20 young players, pleasingly both boys and girls. What I liked about Wayne's coaching style is he readily recognises that whilst he hasn't played the game to any significant level he is organised, has the respect of the young players, he is a good communicator with lots of enthusiasm and ideas to go with it.

The sessions that we developed on the night were around the fundamentals of bowling and it quickly became clear that there was some talent in both groups particularly in terms of youngsters with a natural ability to spin the ball, we covered some of the key coaching points and things moved forward nicely. We then developed this into a competitive team activity involving target areas with point scoring, each session finished off with the traditional game where Wayne importantly managed the involvement of everyone. It was great to see so many parents in attendance watching on a nice sunny evening with a glass of wine or two in evidence, one or two who will be coming on a Level1 course soon!

Wayne is one of a number of coaches I have supported in 2010 at many different stages of their development as part of my role in Coach Education as Huntingdonshires Cricket Development Officer.

COACHING COURSES

UKCC Level 2 - OCTOBER 2010

HCBCA will be running a UKCC Level 2 Coach Award Course starting on the 21 October. The course consists of eight modules plus a multiple choice paper, along with an assessment and involves 24 hours work. The modules will be held at Stanground Specialist Sports College, Peterborough on the following Thursday evenings; 21, 28 October, 4, 11, 18, 25 November, 2, 9, and 16 December between 6.30 and 9.30pm. This will be followed by assessments on the 3 and 10 March 2011

We will also be running two UKCC Level 1 Coaching Assistant Award in 2011. The first course will run over four Thursday evenings in January. The second course will run over the February half-term, detail below.

UKCC Level 1 - JANUARY 2011

The course will be held at Stanground Specialist Sports College, Peterborough between 6.30 and 9.30pm on the following Thursdays 6, 13, 20, and 17 January. Assessments on Thursdays 3 February and 17 February again at Stanground College between 6.30 and 9.30pm

UKCC Level 1 - FEBRUARY 2011 HALF-TERM

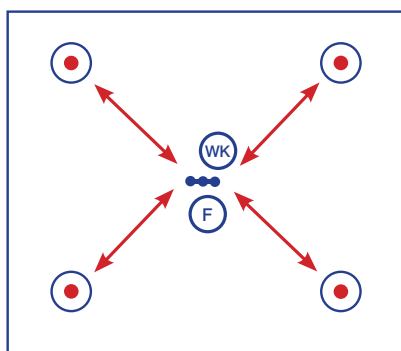
The course will be held on Tuesday 22 February and Wednesday 23 February at Stanground Specialist Sports College, Peterborough between 10am and 5pm with assessments taking place on Thursday 24 February at Stanground College between 10am and 2pm.

*Interested candidates for any of the above courses should contact **Dave Summers, HCB Cricket Development Officer Tel: 01487 773926***

COACHING DRILL

Corner Ball Drill

For speed, fitness and throwing skills



Place 4 balls in a square with a stumps in the middle. Starting in the middle the fielder runs to a corner, picks up and returns the ball to the keeper then runs back to the stumps. Repeat for each ball then rest by putting the balls back. Do three sets.

Variations:

Don't use a ball, instead pad up and run to the marker and back as if you were running two quickly.

Don't have a keeper, simply shy at the stumps.



SKY SPORTS AWARDS

Above Nick Andrews receiving his Sky Sports Award from Mike Atherton for 'Outstanding Contribution and Services to Cricket Coaching'

Earlier on in the summer Ed Ward and Matt Milner both received Sky Awards for 'Outstanding Coaching Achievement' and 'Young Coach of the Year.'

SPECIALIST COACHING AGM AND A FREE LUNCH

HCBCA AGM will be held on the **7th November** at Stanground College. Like last year the AGM will take place over a free buffet lunch. Either side of the AGM we will be delivering two specialist coaching sessions, the first on '**Wicket Keeping**' by Paul Davidge, the second on '**Fast Bowling**' by the Leicestershire bowling coach Lloyd Tennant. The event will start at 11am and we hope to finish by 3pm.

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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