

Hampshire Coaches Association

Reflections on 2011 summer season

2011 Has been a bittersweet year in the county of Hampshire. The Hampshire Royals managed to get to the T20 finals day once again, due to a fine group campaign but experienced heartache in being demoted to the LV Championship Division II for the 2012 season. There has been fantastic news for the club in terms of our home grown talent, given the recent selection of Danny Briggs and James Vince into the England Lions winter development squad.

With regards to county youth cricket, I am pleased to announce that Hampshire U17's won the ECB national trophy against Durham. Within this newsletter there is an intriguing interview with the U17's assistant coach Charlie Freeston.

In terms of club cricket at youth level, there has also been some notable success with Yateley CC and St Cross Symondians CC reaching the national finals in the Nat West U15's final and ECB U13's final respectively. Although they did not win the overall titles, this shows that grass roots cricket at club level must be of a very high standard and this can only be a credit to the coaching workforce in Hampshire.

With disability cricket also on the rise, Hampshire was very pleased with the selection of three players into the England physical disability squad and two players into the visually impaired England development squad.

Moving away from county cricket, the obvious notable achievement is of our very own national teams who hold world number one status in various formats. The male team holds top spot currently in the T20 and test formats whilst in the female game which is developing a rapid rate, reign as champions in the T20 and ODI format, making England by far the most successful playing nation on the planet.

HCBCA recruiting new chairperson

In terms of succession planning the HCBCA are now in the process of seeking a new chairperson to step into the role after the 2012 coaches development day on the 17th March, here at the Rose Bowl (you heard it here first and further details will be released in due course) We are ever so grateful to Keith Whiting for his time and dedication to ensure that the association firstly got up and running and secondly to Keith and the current committee who have sustained the prominence of the association. For the interim the role of chair person is held by John Cook, who is very happy to discuss the role in further detail should anybody wish to throw their hat into the ring. General responsibilities attached within the role include:

- Convening and chairing meetings (absolute minimum of 4 quarterly meetings)
- Becoming a signatory for the HCBCA's bank accounts and to liaise with the treasurer with regards to finance and cash flow
- Attendance to annual HCBCA development day
- Delegation of associative tasks concerned with the running and sustainability of the HCBCA

Full support will also be provided by John Cook at the Hampshire Cricket Board (Coach Education Manager)

To discuss the role further, please contact John on 07766838779 or email john.cook@rosebowlplc.com

England
disability squad
members



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Yateley CC U15's

Hampshire U17's National Champions!!

John Cook hooked up with Charlie Freeston to find out more about the recent achievements of the county U17 squad:

How important has the winter training schedule been for the boys and what do they work on over this period?

Very important, we split the sessions that we had, looking at one day cricket for half the winter sessions and two day for the other half. It is vital that the winter sessions are specific and high intensity - Practice purposefully!

All the players have grown up with this attitude and we don't need to say much to them for them do achieve this.

What challenges, as a coach do you face when working with high performing youth cricketers?

The players take U17 cricket very seriously, quite rightly as the next stage for these players is Academy and County 2nd XI cricket. As a result of this they can put a lot of pressure on themselves to perform. Trying to get them to play with freedom and to relax was one of our biggest challenges. There will be small amounts of technical work to do in the winter but in the summer it is predominately all about being there for the players if they come to you for some advice, or want to bounce some ideas off you.

How do you overcome these?

Understanding some of the pressure that these players are under (Cricket, exams, parents, etc) is vital. When you are coaching at this age group you are dealing with quality cricketers and creating relaxed and enjoyable atmosphere in the changing room is key. If they can feel that they are playing cricket with mates and they are there to enjoy the challenges, then they will all want to play for each other and play with freedom. All our players were under no pressure to score runs or take wickets/catches. They were expected to play for each other, concentrate on performing the basics well and give 100% in whatever they did. As long as they did this, win or lose, the atmosphere remained positive at all times

How important is the coaching and support that they receive at their club, school and district to their development?

Vital, even though at this age the clubs, districts don't get to see a lot of the players, they have all come through that system, and the fact that they have reached this point, and are this talented is a credit to every stage in the system. School cricket is an interesting topic for me as the two finalists, ourselves and Durham, both have an academy side that plays in the top league in the area (eg Southern Premier League Div 1) and I don't believe that this is a coincidence. Even though half our team were U16's, they were more experienced than most at playing hard adult cricket. It was very noticeable when we played against teams whose players mainly played school cricket on Saturdays compared to our players who played SEPL. We were more cricket mature. As long as the county has a good relationship with the school and the school have the players best interests at heart then it can work well.

How do you set up a winning environment?

Having every player understand what their role is in the team and how important each and every one of them are (the whole squad) is vital. Every player took responsibility for their own game. If someone is injured or unavailable it is vital that the person who comes in keeps contributing to the team. As stated earlier, creating a relaxed atmosphere in the changing room adds to a winning mentality.

What is your role as a coach on match days?

I attended every game this year and Tony Middleton also attended most games. We would both get to the ground before the players to look at the pitch and discuss previous games and game plans for the day. I would lead a warm up for the players, group and then more individual. We would then both talk with the players pre toss to discuss their thoughts on the game ahead and if we were going to do anything different from the last game. Once the game was on, we would have very little input. We would observe and occasionally go on at drinks to see if the captain wanted to discuss his thoughts with us. Post match would be quite relaxed with a 5 minute chat (win or lose) looking forward to the next day or game. Then myself and Tony would grab a pint to discuss the day. Very important..... the pint, that is!!!

How important is pre-match preparation?

We would always follow a routine. Player led warm up, group warm up game, group fielding drill, 2 catching groups, bat/bowl, individual work, time to chill. After that the players had the responsibility to make sure that they were ready for the game. We were there to help them prepare.

What advice would you give to coaches who have county cricketers returning to their clubs for coaching in the off season?

Use them as examples to others, encourage them to develop and take responsibility, be there to support their development, keep it simple and understand that they are still young and trying to gain experience in cricket. Communicate with them and other coaches. Enjoy it!!

What's your favourite sandwich?!

Rare Steak and Onion!!!!!! Yum



Look out for these guys, should you play them at club level!!!



Look out for us on Facebook and Youtube

England's Rise to Top Test Nation

The journey to the top of the world has been plotted with forensic focus by Andy Flower and Andrew Strauss. Their huge – and largely hidden – advantage has been the unrivalled expertise they have been able to tap into. Here is a brief insight into the intricate work of the coaches and analysts who have transformed the team and their outlook.

Batting

According to Graham Gooch, the England batting coach, the trick is to keep training sessions short and intense, with enough variation to prevent boredom sneaking in. “We do a lot of overs practice,” Gooch said, “so that the lads bat for a certain number of overs while we switch the bowling from over the wicket to around. It creates a similar environment to the middle.

“We also get them running between the overs, carrying bricks, or doing physical exercises. That’s really to test their mind and their concentration - it’s nothing to do with fitness. We call it distraction.

“Sometimes we put coloured discs down on a length when we are throwing to the batsmen. If you hit that coloured disc, the ball deviates a bit and misbehaves. But the main lesson for the players is that they’ve got to concentrate on the ball, not what might be sitting on the surface of the pitch.”

“You don’t want practice to feel like just another hour spent hitting balls,” Gooch says, “so you have to keep the players stimulated.”



Bowling

England’s analysis has become deeper, more scientific and infinitely more eye-catching. Today, the backroom staff equip the bowlers with a series of colour-coded pitch maps. There is one for every member of India’s batting unit, breaking the pitch up into a grid of 20 squares and revealing how well he is likely to perform when you land the ball in each area.

The power of England’s data maps can be seen from India’s batting struggles this summer. They also played a major role during last winter’s Ashes series, when England bowled with such controlled focus that of all Australia’s batsmen only Mike Hussey was able to cope with their relentless probing.

Even in Hussey’s case, England had all the information they needed to shut down his scoring options. His personal grid revealed that, against good-length balls aimed at his middle-and-leg stumps, his batting average was a modest 17. But against wide, short balls that passed outside his off-stump, he would score around 120 runs for every time he got out.

Fielding

In the field, India and England could hardly have looked more different. The tourists have to find hiding spots for several creaky old batsmen; as a result, the overworked seamers, Praveen Kumar and Sreesanth, spent much of the third Test in the busy spots of extra-cover and cover-point.

For England, there have been no weak links. Even the bowlers are fine athletes and catchers, to the point where Anderson, Tim Bresnan and Graeme Swann are all more than capable of standing in the slips. They have become a group of strong all-round cricketers.

England’s fielding has been improving ever since Peter Moores introduced Richard Halsall as a fielding coach in 2007. Halsall immediately started measuring the performance of his charges according to four indicators: catches, clean takes, diving stops and successful throws. The data revealed that England were behind the rest of the world in close catching and diving to save runs — areas where they now excel.

If Cook has been the shining light of England’s batsmen, and Anderson the exemplary fast bowler, then Paul Collingwood was the role model for the fielding unit, leading them in their gradual transformation from heifers into panthers. Although, surprisingly, his scores across Halsall’s four categories were regularly beaten by Ian Bell.

Wicket Keepers

When the keeper is up to the stumps there is an extra close fielder right behind the batsman. If you have ever batted with the keeper up you know how cramped you feel.

You know you have to keep your foot behind the crease, and it becomes much harder to play tip-and-run tactics because the keeper is onto anything you block. Runs dry up and the batter is more likely to try a big shot to a ball that is not there.

Quick Singles!

Here are some short sharp snippets of information for your diaries, interest and reference.

HOWZAT!!!

If you are an ECBCA member, you should have received your copy of the fantastic HOWZAT resource. However there are disappointing statistics, nation-wide stating that only 3,000 copies of the resource have been activated within the 12,000 that have been distributed. Please take the time (and patience) to download your copy onto your laptop. If you have tried and the download has been unsuccessful, please double check the following:

- You have distinguished the difference between the letter "L" and the number "1" when entering the password
- You have a minimum of 10 GB free on your laptop
- Make sure that you contact the number on the disc box. The staff at Tacklesport are very willing to provide support leading to a successful download.
- If all else fails, contact the ECBCA on the following number 0121 4404332

FORTHCOMING EVENTS

The HCBCA will be delivering pre-Christmas workshop at Perins Community School, Alresford.

The date is the 27th November and is targeted towards ECB Level one, UKCC2 and ECB "Club Coaches" The session is called "Maximise, Involve and Enjoy" The course has been designed to provide new ideas for making the most of the people, space and time that you have for your winter coaching sessions.

The course is three hours long and will be delivered by Paul Taylor (Hampshire U10 head coach and UKCC3 coach)

The cost to attend the course is £5

ECB YOUNG LEADERS AWARD

The HCBCA Committee have released funds to allow the delivery of four ECB Young Leaders courses (one in each district) The courses will be delivered after Christmas by the Hampshire Cricket Board's Community Coaches. Once each district has sourced a venue and date for delivery, they will be in contact with clubs in their district. The age range is 14-15 years of age and the length of the session is one day. This is a fantastic venture and the HCBCA are very grateful to both the Hampshire Cricket Board and the four district associations for their assistance.



Caption Competition

And this time there is a prize. The three best responses will gain free entry to the HCBCA annual development day, taking place at the Hampshire Rose Bowl on Saturday the 17th of March.

The day provides lots of things to see and do plus meet up with many other coaches with a whole host of quality guests delivering key note speeches and workshops.

The competition will close on the 31st Dec and winners announced on the web-site in the new year. Send your caption to

hcb.coaches.association@gmail.com

cricketworld

"Click on the coaching section"