



Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

Issue: 11th February 2011

'Observe, Observe, Observe some more and then Analyse'

Make your coaching more effective

Observation and Analysis are key parts of the 'Coaching Process'. How we work with our players is integral to our whole philosophy of coaching. The ability to watch (Observe) somebody perform a skill objectively is a much underestimated part of that process because of the perception that intervention (Providing Feedback) is what coaching is really all about. Once, and only once we have really observed well enough for long enough should we collect and prioritise the information that we have seen; make sense of it; and decide how (or if) to communicate to the player in simple terms. But without the skill of effective observation, a coach, however well-meaning, is often 'groping in the dark'. We are trying to do the best for our player but we shouldn't do so blindly and haphazardly without any basis of understanding what a player needs at that point in time. So like the skill itself let's break it down when we observe and consider a sequence to be followed and some processes which in time and with experience will become second nature.



Some key tips for effective Observation:

Coaches need to take as long as they need to observe accurately. We should be careful about jumping to conclusions too early – we owe it to our players to try and get it right first time if at all possible. Their development and enjoyment of the game may depend on it. Video support can really help this as it allows coaches to slow things down and repeat where necessary. If not, resolve to spend as long as you need observing before deciding about any intervention, or if you're unsure ask another coach. Remember, 'Observe, observe, observe, think about it and then observe a little bit more'.

Five tips for Observation:

1) Look at outcomes

Are the outcomes effective? Are the outcomes consistent? If they are a batter do they make good decisions about what shots to play? Does the batsman score runs? What are they like on the offside and onside of the wicket in both attack and defence? Do they appear confident and in control of

what they are doing? If they are a bowler do they hit the right areas of the pitch? If they are a pace bowler – what sort of pace do they bowl and do they have control? If they are a spin bowler do they actually try and spin

the ball and can they land it accurately? Notice here we are not even looking at technique – we are looking to see if they are successful or not at what they are trying to do.

2) Try to build on what they do well

What are the players strengths? More often than not a player has had some success with the way they currently play. This could be linked to their self confidence and how they feel about themselves. Be wary about changing things without due consideration that could change that feeling of self confidence. Make sure that you look closely at what they do well and try to build on it.

3) Appreciate individuality and unorthodoxy

Do they do something 'different' that is still effective and will 'hold up' over time and pressure? We are often told to check a player against a technical model and look for matches and mismatches. But whose technical model should we be comparing it to? Pietersen or Bell? There is room for both of them in the game. With players now playing so many different formats of the game, players can look very different to each other and still be successful. Your role, as coach, is not to stifle individuality but to accommodate it and make it even better. After all the most unorthodox players can sometimes be the most effective.

4) Systematically check what is actually happening.

Do you have a method to your Observation?

Observe objectively start, from either the top down or bottom up. Make simple but specific and precise observations about what you are seeing. Where are the feet on the crease in the set up? Together, shoulder width apart or wider? Are the knees straight or flexed? Are the hips and shoulders aligned to the bowler, open or closed? What happens to the head at release? Take a line beyond the head and see

whether it remains at the same level, rises or dips, or moves to the off or on side. Gather as much information as possible and spend as long as you need to build your picture. Make sure you observe from different and appropriate positions / angles depending on what you are observing.

Use simple and precise cricket language to make yourself understood

Be specific and use key reference points.

Use crease markings, stumps, fielding positions or the batsman himself as reference points. For instance, if I was to say that in stance a batter's feet are "shoulder width apart, either side of the crease, on leg stump and aligned to mid-on" most people in cricket, including the player, would get an accurate picture.

Once you've collected and store this information check that it remains consistent. Then combine it with your outcome information mentioned before taking a deep breath and thinking before acting. But before you act, you can never observe too much.

Making your analysis effective:

- Analysing accurately can be a tough part of the job. There are a number of questions you should be asking yourself:
- What, if anything, is stopping this player from being more successful?
- Recognising their current strengths, how can I also help them move forward?
- Do I need to change things or leave well alone?
- If it's the middle of the season do I want the player to be working on changing technique now? How fundamental is the change and should I wait until I have enough time to embed it?
- What are the knock-on effects that, if they are attended to, will have a positive effect in other areas?
- How can I distil all the information at my disposal into simple terms that the player will relate to, understand and be able to achieve?

Five Tips for Analysis:

1) What are the key knock-on effects that if I attend to will have a positive effect on other parts of the performance?

What is the one thing that, if I could help the player do, would benefit other parts of their game? For example if a batter is continually falling over and getting hit on the pads when playing on the on side, if we encourage a more upright position at the point of release would it result in the batter's head moving more towards the ball and therefore being better placed to get the bat at the ball? Conversely, remember sometimes you might change one thing and it might have a negative effect on other parts of the player's game.

2) Keep it simple

Coaches should strive to convey the information in the simplest terms. The temptation is to show the player how much knowledge they have. But as most players will tell you it turns them off and players want simplicity from solutions not complications.

3) Work on a player's strengths as well as their areas to develop

If we don't acknowledge what a player does well and continually work on perceived weaknesses, it can put self doubt into a player's mind. Always tell them what they do well and what you like about their game. Once a player feels that you are on their side and have their interest in mind they are likely to 'buy into' your suggestions and interventions.

4) Be realistic about where the player is in their stage of development and think longer term

While we may want to move quickly towards helping a player develop, this process can take a long time. A player is often where they are due to their personal stage of emotional, physical and cognitive development and there is no point in rushing them until they're ready. They may not be ready to take on some areas of development required for top performance such as strength and conditioning or being able to pace an innings to win a game. That doesn't mean that they won't get there. It requires patience from both player and coach.

5) Help players learn by raising their levels of awareness

Much of the analysis we do should be communicated in ways which raise player's awareness of where they currently are in terms of performance, understanding their own game and what they need to do to improve. We should see ourselves as educators or teachers of the game not instructors. The answers will come from the players and our job is to help them find the best ones. To master Observation and Analysis skills and feel confident is tough and even the best coaches admit that they are always learning how to improve. But with these suggestions and tips we'll make sure that we keep the player at the heart of our coaching.



DCB Coaching Resources

Please note: The prices below are for CA Members only (see order form)

50 SPACE SPORT TRAINING MARKERS CONES & STAND: Set of 50 multi-coloured 200mm plastic discs, supplied with carry stand (£12). Essential coaching



THROW DOWN NETS (£42): The 4ft net is a great addition to any coaches kitbag. Sold in pairs they are excellent used as a warm up tool for games and in sessions are great as a target area for batters, bowlers and fielders.



KATCHET BOARD: Katchet (£35) is practical, portable and offers a constant challenge to cricketers of all ages and abilities. Suitable for use with soft or hard ball, Katchet will provide situation specific train-

SINGLE TARGET STUMP: Single Plastic Stump Base (£15) has removable spike which makes this ideal for indoor/outdoor use. Ideal for Fielding or Bowling Practise.



SKYER RANGE: The revolutionary half rubber bat is helping to raise the standard of fielding drills at all levels. The Skyer (£70) is the more powerful and is suitable for all levels, the Skyer Lite (£52.50) is ideal for skim catches or younger age groups.



Coaching Bags

Pack 1 (£310)

Coach's pack 1 (starter)

CONTAINS:

- 18 SS tennis balls - different colours)
- 6 Storm balls - Mens,
- 6 Storm balls - Youth
- 6 Soft balls - Mens
- 6 Soft balls - Youth
- 6 Practice balls - 51/2oz
- 6 Practice balls - 43/4oz
- 6 Reaction balls
- 1 Ball bag
- 6 Batting tees
- Set of 40 markers
- 2 Rubber based target stumps
- 1 duffle bag



Pack 2 (£475)

Coach's pack 2 (Midi)

CONTAINS:

- 18 SS tennis balls (different colours)
- 6 Storm balls - Mens,
- 6 Storm balls - Youth
- 6 Soft balls - Mens
- 6 Soft balls - Youth
- 6 Practice balls - 51/2oz
- 6 Practice balls - 43/4oz
- 6 Reaction balls
- 1 Ball bag

- 6 Batting tees
- Set of 40 markers
- 2 Rubber based target stumps
- 1 Duffle bag
- 1 Rubber based target set
- 1 Mens catching mitt
- 1 First aid kit
- 1 Large holdall
- 1 Midi holdall

Pack 3 (£600)

Coach's pack 3 (large)

CONTAINS:

- 18 SS tennis balls (different colours)
- 6 Storm balls - Mens,
- 6 Storm balls - Youth
- 6 Soft balls - Mens
- 6 Soft balls - Youth
- 6 Practice balls - 51/2oz
- 6 Practice balls - 43/4oz
- 6 Reaction balls
- 1 Ball bag
- 6 Batting tees
- Set of 40 markers
- 2 Rubber based target stumps
- 1 Duffle bag
- 1 Rubber based target set
- 1 Mens catching mitt
- 1 First aid kit
- 1 Accident book
- 1 Large holdall
- 1 Midi holdall
- 1 Set of ladders
- 12 Piece set of poles & bases in bag
- 6 Hurdles - 6"
- 1 Fielders bat



VARIOUS TRAINING BALLS: Various balls from used tennis to new match balls are available with prices available on request.



- 1:1 Coaching Bag:
- 1 Bag
 - 1 Hurdle
 - 1 Box of Chalk
 - 10 Cones
 - 6 Red/White Balls
 - 6 Throw Down Balls
 - 12 Tennis Balls
 - 6 Incrediballs
 - 2 Zolt Balls
 - 1 Mitt
- (£150)



Derbyshire Cricket Board have managed to secure a number of (slightly used but in excellent condition) Wilson & Slazenger tennis balls. Our offer is 8 balls for £3 (RRP £12). They are an essential item for indoor & outdoor club training.



Date for the diary: Sunday 17th April 2011

DCB Coaches Association Bi-annual Coaches Conference

More details released soon

Order Form:

Item	CA Member Price	Non CA Member Price	Quantity required	Total Cost
50 x Sport Training markers, cones & stand	£12	£15		
Throw down nets	£42	£48		
Katchet Board	£35	£40		
Single Target Stump	£15	£18		
Skyer Bat	£70	£75		
Skyer Lite Bat	£52.50	£60		
Coaches Pack 1	£310	£375		
Coaches Pack 2	£475	£550		
Coaches Pack 3	£600	£675		
1:1 Coaches Pack – DCB Recommended	£150	£175		
DCB OFFER 8 balls for £3 (RRP £12)	£3	£3.50		
DCB Backpack	£17	£20		
Various Training Balls	Prices Available on request			
			Total	£

Prices don't include postage & packaging (prices available on request). Collection is advised. Send order forms to: Derbyshire Cricket Board, The County Ground, Nottingham Road, Derby, DE21 6DA or email to greig.wright@derbyshireccc.com

1:1 Cricket Coaching

DCB is delighted to announce that the very popular 1-1 Coaching Programme will be taking place again this winter at Chellaston Academy (formerly Chellaston School). There is a full programme of sessions available for the New Year.

Current prices have been held once again at £25 for each session.

To book one or more session, please contact Howard Dytham on 07771 718998 or at

howard.dytham@derbyshireccc.com

