



# Derbyshire Cricket Board

## Coach Education Booklet

ECB Coach Award  
(UKCC 2)

## Pre-Course Information

Derbyshire Cricket Board  
County Ground  
Nottingham Road  
Derby  
DE21 6DA  
01332 388111



Dear Candidate,

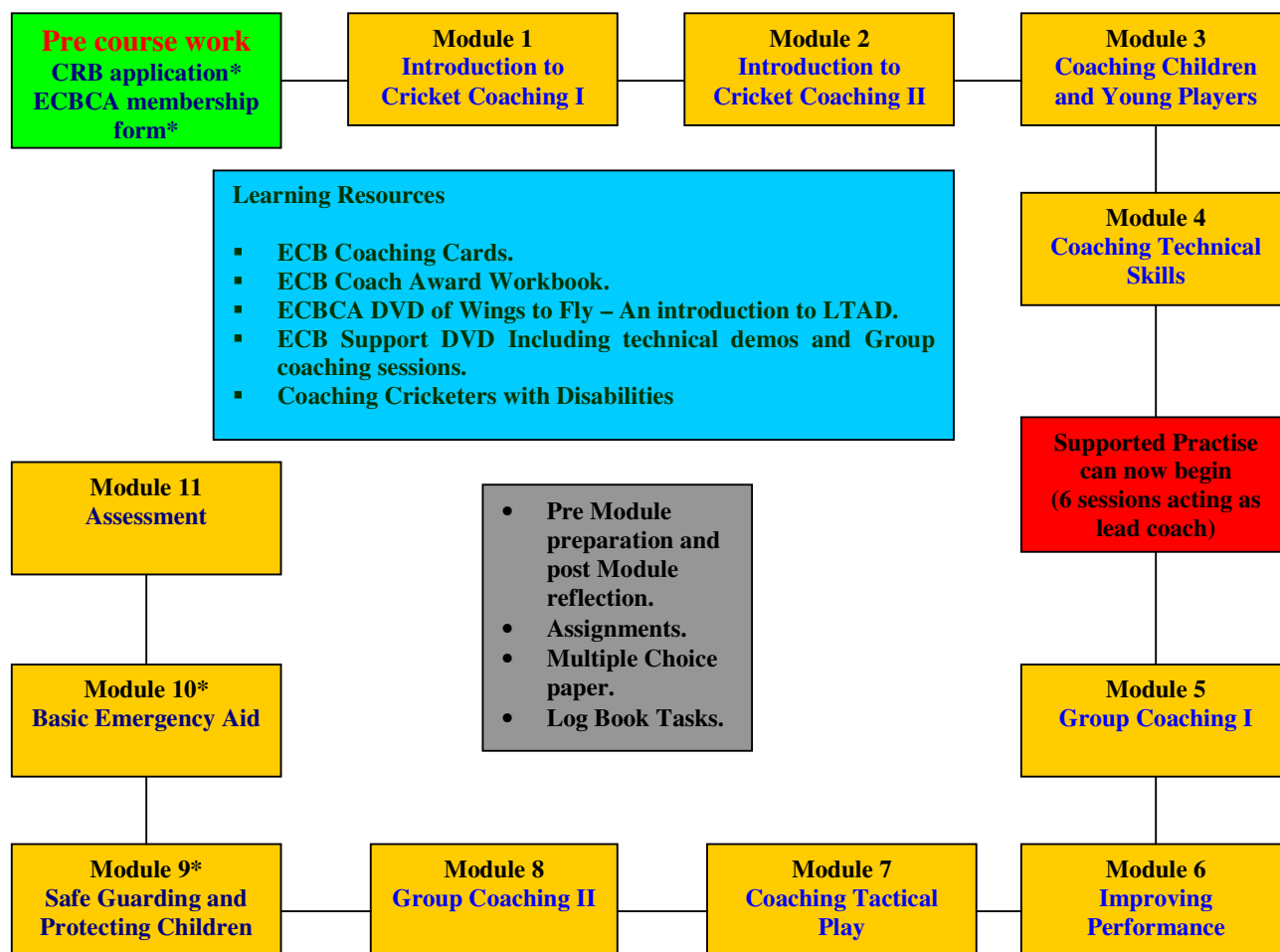
Welcome to the ECB Coach Award. The course has been designed to help you plan, prepare for, deliver and review cricket coaching sessions. It will enable you to:

- Introduce and develop the game of cricket to people of all ages in a safe and enjoyable way.
- Develop **Fundamental** movement skills.
- Develop and improve players (as people as well as cricketers).
- Develop your coaching skills, knowledge and qualities.
- Plan, Prepare, Deliver and evaluate Cricket Coaching sessions.
- Demonstrate competences against UKCC/National standards for coaches.

**The course consists of 11 Modules, ALL OF THESE, CERTAIN PRE AND POST COURSE WORK AND A MULTIPLE CHOICE QUESTIONNAIRE MUST BE COMPLETED TO THE REQUIRED STANDARD TO ACHIEVE CERTIFICATION. \***

### ECB Coach Award (UKCC 2 in Coaching Cricket).

**Course Outline** (Please be aware the delivery order for the modules may vary, check with your tutor for the delivery order of your course)



**\* Unless evidence of prior attendance or current valid certification can be produced.**

Your tutors will provide additional information at the start of each module and your course workbook will provide you with even more help as well as being used regularly throughout the course as an aid to your learning. The entire programme is designed to be a learning experience and you will have opportunities to practise your coaching in a supportive environment during the course. There will be chances to work in small groups and time to reflect upon your coaching.

The following gives you a brief outline of each course module:

- **Module 1 – Introduction to Cricket Coaching I**

This module provides an opportunity for candidates to get involved in practical coaching activities after discussing the ECB coaching philosophy and the types of skills required by coaches. Candidates have the chance to work on how they provide demonstrations and give explanations and instructions.

- **Module 2 - Introduction to Cricket Coaching II**

This module builds on work carried out in module I and emphasises observation and analysis skills as well as helping candidates generate and provide feedback when working with their players.

- **Module 3 – Coaching Children and Young Players**

This module introduces key aspects of the Long Term Athlete Development Model and gives candidates the opportunity to run drills based on the movement skills associated with the Fundamentals stage. It also gives candidates the opportunity to be exposed to some principles behind the Playing Games for Understanding approach.

- **Module 4 – Coaching Technical Skills**

This module allows candidates the opportunity to practise their demonstrations and observation and analysis skills with the key principles of batting and bowling. Tutors draw out the basic principles behind these skills and then candidates have the chance to practise coaching in small groups.

This module contains a section on supported practise as candidates can now begin after this module.

- **Module 5 – Group Coaching I**

This module concentrates on the coaching of specific batting shots using group coaching. Tutors demonstrate the suggested teaching sequence associated with best practise and candidates are given the chance to lead sessions on specific shots with a small group of their peers. The final parts of this module highlight how to deal with difficult behaviour and how to structure session plans and make them progressive.

- **Module 6 – Improving Performance**

This module covers physical and mental performance factors and the implications for coaches at this level. Candidates are given the chance to run fitness drills and adapt them to meet player needs. Knowledge of bowling is developed by introducing spin and swing. Finally, candidates are provided with a chance to discuss net management.

- **Module 7 - Coaching Tactical Play**

This module allows candidates the chance the chance to develop opportunities to enhance their players tactical understanding. A number of games are introduced and candidates have the chance to actively influence and adapt the games to meet player needs. Consideration is given to some basic umpiring and field placings.

- **Module 8 – Group Coaching II**

This module includes the first opportunity for candidates to display specific competences whilst leading a group coaching session. They will work with their peers in small groups and receive peer feedback as well as tutor feedback. There is also an opportunity to practise their 5 demonstrations and gain feedback from their tutors.



- **Module 9 – *Safeguarding and Protecting Children***

Theory based module, which introduces the issues surrounding Coaching and Child Welfare. Candidates have an opportunity to share personal opinions and experiences, and learn best practise.

- **Module 10 – *Basic Emergency Aid***

Combination of practical and theory giving candidates an opportunity to learn the basics in emergency first aid procedures.

- **Module 11 – *Assessment***

Final module giving candidates an opportunity to coach and run a coaching session on one of 3 pre allocated skills with a group of children.

During this module candidates will have an opportunity to achieve the competences required in the group coaching session, personal review and debrief with their assessor.

Candidates will also have to perform 5 technical demonstrations and highlight key coaching points linked to the skill they are demonstrating.

- **Supported Practise**

Candidates will be expected to deliver a minimum of 6 sessions in a suitable coaching environment in order to supplement their learning programme. This may include their local cricket club, school, sports centre or district cricket development programme. Working with a more experienced support coach, the candidate will be expected to plan, deliver and review a series of coaching sessions. Candidates will submit a record of their supported practise as part of their final assessment. Candidates will be offered support if they feel they will struggle finding a suitable opportunity to deliver these sessions.

The course will combine practical coaching with theoretical aspects. You will need to bring a pen with you and wear suitable clothing for practical activities. At times, you will be asked to act as players to help your peers undertake coaching roles. If you are unable to take part in specific practical activities, please let your course tutor know at the start of the course.

If you have a cricket bat, please bring this with you to the course. Bats will be provided for those who do not have access to one.

Before you attend Module 1, please take a moment to consider the attached individual coach profile. In order to match your coaching behaviour to the specific situation you are in you need a number of “coaching tools”. Some of these tools are included in our knowledge, skills and qualities. The course will provide chances to work on all these areas. This is an opportunity for you to consider where you stand at the moment and self reflect on your coaching.

Please bring with you your completed profile to Module 1.

Thank you for enrolling on the course. Your commitment is valued and appreciated and we look forward to working with you in the future.

Best wishes,

DCB Coach Education Development Team.

**Coordinator – G. Wright**

**Telephone: 01332 388130**

**Administrator – J. Hendrick**

**Telephone: 01332 388111**

**Tutoring Team:**

**P.J. Bown. J. Dyson. H. Dytham. R. Kay. M. Stones. G. Wright**



## ECB INDIVIDUAL COACH PROFILE

Please answer the following statements as honestly as you can to self reflect on your coaching.

<b>My Knowledge in following areas:</b>	<b>1 = low to 10 = high</b>									
<b>Cricket techniques (what to coach)</b>	1	2	3	4	5	6	7	8	9	10
Cricket tactics	1	2	3	4	5	6	7	8	9	10
Cricket Rules	1	2	3	4	5	6	7	8	9	10
Fitness factors	1	2	3	4	5	6	7	8	9	10
Mental factors	1	2	3	4	5	6	7	8	9	10
Children	1	2	3	4	5	6	7	8	9	10
Learning	1	2	3	4	5	6	7	8	9	10
Coach responsibilities	1	2	3	4	5	6	7	8	9	10
<b>My Skills/ability to...(How to Coach)</b>										
Make sessions fun	1	2	3	4	5	6	7	8	9	10
Plan/Organise	1	2	3	4	5	6	7	8	9	10
Instruct/explain	1	2	3	4	5	6	7	8	9	10
Demonstrate	1	2	3	4	5	6	7	8	9	10
Observe	1	2	3	4	5	6	7	8	9	10
Analyse	1	2	3	4	5	6	7	8	9	10
Generate and provide feedback	1	2	3	4	5	6	7	8	9	10
Use questions	1	2	3	4	5	6	7	8	9	10
<b>My qualities as a coach:</b>	1	2	3	4	5	6	7	8	9	10
Fair	1	2	3	4	5	6	7	8	9	10
Accountable	1	2	3	4	5	6	7	8	9	10
Player-centred	1	2	3	4	5	6	7	8	9	10
Open minded	1	2	3	4	5	6	7	8	9	10
Committed	1	2	3	4	5	6	7	8	9	10
Honest	1	2	3	4	5	6	7	8	9	10
Trustworthy	1	2	3	4	5	6	7	8	9	10
Caring	1	2	3	4	5	6	7	8	9	10

