



Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

Issue 1

Date 23rd February

Introduction to the Newsletter

I would like to welcome you to the first 'Performance Matters' Newsletter. This newsletter will be all about supporting you the player both as a feedback and development tool.

Throughout the course of the season individual areas of cricket will be looked at such as the 'Basics' of batting, bowling, fielding and wicket-keeping and a whole lot more.

Regards to coach's feedback to players

a special 'Hot Topic' column will highlight key coaching areas in which you can improve.

From a development point of view, a Sport Science Support area (See Right) will be used to highlight important areas of training such as the importance of warming up and game preparation. Also areas like nutrition and physical training will be highlighted and how it can improve your performance.

Overall this is a great opportunity to read

and pick out important coaching information. As a young cricketer in the Derbyshire Player Pathway its up to you to use this information in the best way you can. By preparing and training well, you will always be better prepared for matches.

On behalf of the Coaching Team all the best for 2007.

Howard Dytham
(Performance Manager)

Sports Science Support:

Why do we warm-up?

Three main reasons

1. To prevent injury
2. To improve performance
3. To prepare psychologically for the match

Hot Topic - Right arm away swing bowlers bowling to left-handed batsmen

You should continue to bowl over the wicket - this is to create a bowling angle that goes across the batter then swings back in. This creates more opportunities to dismiss the left handed batter - bowled, LBW, caught behind etc

Bowling around the wicket should only be used as a variation delivery when you mastered bowling over the wicket.

The Basics of Batting

Grip and Stance:

- Hands together
- V's in Line
- Relaxed, Balanced
- Head Still
- Side-on

Back Swing and Step:

- High Backswing
- Pre-delivery foot movement
- Rhythmical
- Eyes Level, Head Steady

Contact (Base):

- Contact made under the eyes
- In line with the ball
- Good base to hit from

Follow Through:

- Bat and hands finish
- Head, hands and feet in line
- Balanced

