



# Performance Matters Newsletter

*Developing Players through the Performance Pathway in Derbyshire*

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## The Basics of Throwing

Throwing is a 'FUNdamental' skill in most ball sports. The ability to throw with accuracy and power is essential for any fielder. As the standard of fielding is improving, throwing has become more important. However throwing is the most under trained skill in cricket. From a County perspective it is essential to raise the standard of throwing and therefore have a positive 'knock on' effect to the fielding. From a players point of view, you have to be at least a 2 dimensional cricketer. This means that you must be able to Bat/Bowl and field at a high standard.

### Throwing Coaching Points:

1. Grip: hold the ball comfortably across the seam therefore stopping the ball swinging. The Grip should be established as the fielder balances and prepares to throw.
2. Eyes fixed on target, use the front arm to point in the direction of the target. This will create power, accuracy and also a sense of direction in the throw.
3. Create a solid base, feet inline and working towards the target. Throwing hand completes long backswing.

4. Hips and shoulders begins the throwing action. Front arm reaching out then pulling into the body
5. At the point of release, the elbow should remain level or above the shoulder.
6. Eyes remain fixed on the target. Fingers behind the ball. Trailing leg must not leave the floor until after the ball has been released.

**Summary:** Everything should be working together towards the target. Use your front arm, create a solid base and keep eyes fixed on the target.

From a County perspective we highlight the benefits of having a Baseball glove/mit as a tool to help you practice your throwing. We recommend that a Baseball glove should be included in your cricket bag for training sessions and match days.

The images (right) are of professional players practicing their throwing.



[www.baggygreen.com.au](http://www.baggygreen.com.au) (2007)

## Goal Setting (Short and Long Term Targets)

Goals Setting is all about setting realistic goals that you can achieve. Individual goals and targets can be short term (daily, weekly, monthly) or longer term (yearly). Professional players use Goal Setting as a method to focus their performance so that they can compare their performances to previous years and have a career plan which can span many years.

The aim of setting goals is that the player is continuously assessing their performance. The image right is a model used to explain Goal Setting, it is important to understand that different players will have different goals and may have a variety of goals that they want to achieve during the season or year. For example scoring over 300 runs at County Level, take over 20 wickets at County Level, be selected for the District or County Youth Teams. To work on their fielding, improve their bowling action or improve on batting against pace/ spin.

There are so many different types of goals that you can set yourself, however make them realistic and obtainable with hard work and determination. In summary, Goal Setting is a method to help you aim higher and focus on what areas of the game you want to improve, it does not matter if you are aiming for 'Outcome' or 'Process' goals. Goal setting can really help you achieve more.

(Action Plan: Write down between 1-3 goals that you want to achieve this year, then write down 1-2 long term goals then use the image (right) to map out your pathway to achieving those goals.

