



Performance Matters Newsletter

Developing Players through the Performance Pathway in Derbyshire

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Outdoor Pre-Season Preparation

Moving from your winter indoor training to the outdoor pre-season phase does bring new challenges. And we all want to get outside as soon as we can.

Indoor training is very beneficial and useful as part of developing all your skills. There can obviously though be a few restrictions and challenges when it comes to working indoors that will need to be considered/adapted when you move to the outside environment.

The two main areas that change when you move to your outdoor training are the conditions and space. Even though you are bound to have more space outside, you still need to ease into the sessions and not go too hard too soon. There is no point practicing fielding drills seventy yards away

from the bat if you play regularly with small boundaries and it is not something you will do during a game, just because you have the space!! When you move in to outdoor nets then you will be confronted with completely different surfaces as a batter and bowler to what you have been used to over the winter. Technically, tactically and mentally you will have to overcome new challenges. Try to be as efficient and practical with your training as you can.

The weather in late March early April can be pretty bleak at times and getting used to the vastly different conditions from indoors should be considered carefully and, it may take you some time to adjust.

Suitable clothing and footwear is essential for a safe

and effective session. Your kit bag is your 'tool box'! You should have everything in it you think you may need during a training session as circumstances/conditions may change hourly and you do not want to be caught out through a lack preparation!!

You play cricket because you want to and I'm sure you all wish to give it your best and enjoy what you are doing. You will go along way to doing that if you make the most of whatever is available to you, whether it is favorable conditions and a beautiful day or a bit cold and windy. Good practice will only help you with your game!!

Hot TopicFootwear!!!

As mentioned in the main article, footwear is vital to fitness and performance.

And not just boots, good quality thick cricket socks are a must for comfort and protection of your feet. There is no room for thin little ankle socks on a cricketers foot!!!

Your boots should be comfortable, and well maintained as a lack of care will affect the condition drastically. Spike's should be checked regularly for any that are missing, loose or worn down. If possible pace bowlers should have proper bowling boots to help protect the ankle's from the stresses they have to withstand during bowling!!

The Role of the Wicket Keeper

The primary role of a wicket keeper is to catch the ball from the bowler. However there are many other aspects of wicket keeping which are equally as important. Collecting throws, effecting stumping's and run outs, scoring runs, and taking general charge of the fielding team. With regards taking charge of the fielding team the wicket keeper has the best view on the pitch-looking straight down the wicket he can tell if the ball is swinging, seaming, spinning etc and therefore he is often the eyes for the captain. The wicket keeper is often thought of as the heartbeat of the side acting as a motivational leader in the field. The times when the fielding side are struggling is the time for the wicket keeper comes to the fore. It is their job to encourage the fielding team generating noise and enthusiasm for his team mates to thrive off. The keeper is in charge of the fielding unit making sure ground fielding is of the highest quality.

Never before has the wicket keepers role as a batsman been so over emphasised. However important it is to score runs it's still vital that all the primary jobs of a wicket keeper are undertaken to the highest of standards.

