



Performance Matters

Developing Players through the Performance Pathway in Derbyshire

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Mini Academy Player Gareth Davies Selected for Midlands U15

Gareth Davies, 15 (see picture), has been selected to represent the Midlands in the 2008 Bunbury Festival.

Gareth, a current Mini Academy Player has been able to score over 300 runs in five matches which included an impressive 115 against Leicestershire.

Howard Dytham (*Mini Academy and Emerging Player Head Coach*) said 'Great effort by Gareth again to make it into the Midlands U15 side. His sheer weight of runs this year has earned him a place. I'm sure he'll really enjoy the Bunbury Festival. Good Luck'

Chris Porter (*Performance Manager*) added, 'After all the hard work during the winter with the DCB Coaches it's great to see Gareth performing, and achieving the outcomes he set out to accomplish, I wish him all the best at the Bunbury Festival.'

3 Derbyshire Academy Players Picked for Midlands U17

The DCB and DCCC are happy to report that 3 Academy Players have been selected to play for the Midlands at the Friends Provident National U17 Festival at Loughborough University.

Alex Hughes, Michael Hill and Atif Sheikh are all current Academy Players for Derbyshire and have performed at a high standard during the 2008 season.

Karl Krikken (*Academy Director*) said 'It's great to see positive outcomes and success for the players, all three players have worked hard during the winter and deserve this opportunity to play in the Friends Provident National Festival; on behalf of the Coaching Team we wish them success at the festival. Great Effort'



Hot Topic— The Need for Speed!

Speed means the maximum velocity a player can achieve and maintain. In most humans the ability to maintain this maximum velocity if for a short period of time and distance only. Speed can also be measured by the amount of time it takes a player to cover a particular distance.

Training to improve maximum speed requires a great deal of focus on correct running mechanics, stride length and frequency. Drills such as 'high knees' and 'hear flicks' can be useful to develop an economical running technique. The best sprinters spend very little time in contact with the ground and what contact they do make is extremely efficient and powerful.

The Basics of the Game....Keeping It Simple!

It is often said that cricket is a simple game and that we, the players complicate it!

At any age/level it is so important to keep the game as simple as possible and do the basic skills as well, and as often as possible. This builds the foundations for players to develop, and gradually learn more advanced skills as they progress.

As a young player it is easy to get confused. You may have two or three different people telling you different things about your skills/game. The higher the level you play at, the more you are expected to think for yourself and work out

what is the best thing to do in a given situation. We all know though that this does not always happen, especially as a young player.

Need to remember the basics and keep it simple

As a young bowler you should not try to bowl two or three different deliveries or try to vary it too much whether you are a spinner or a seamer. There is no substitute for bowling the ball as straight as possible to the best of your ability. Batters are there to score runs and if you as a bowler can stop that by keeping it simple then you will get your rewards.

When it comes to batting, again think of the basics. Your grip, stance and backlift are important to your game. Don't try to play every shot in the book, stick to what you do well. Play the ball on merit, if the ball is straight, hit straight. If it's a poor delivery look to punish it. This is all part of learning, mistakes will always be made but if you do the basics well the mistakes will gradually get fewer and fewer!!!

Mat Dowman (*Derbyshire Cricket Board Under 15 Coach*)