

## New Coach Education Pathway

In our previous coaches newsletter issue we mentioned that the coach education pathway is changing. The old pathway has been replaced by a new, more player-centred approach to coach education.

The philosophy and therefore changes that underpin the evolving Coach Education Pathway recognises that all players are individuals in different settings and at different stages of development, and hence need different approaches to support their learning and development. One fundamental example is that there is a 'Child' pathway and a 'Young Person and Adult' pathway within the new courses, as well as other content and coaching approach changes. As a result of the changes within the Coach Education Pathway the structure will help coaches achieve the following goals:

- Players will more likely have access to a coach than ever before
- Increased likelihood that a highly skilled and qualified coach will be in the right place at the right time
- Coaches will have the right knowledge, skills and understanding to meet the needs of the players they are coaching
- Improvement in the performance of coaches, players and teams
- Coaches will have an enhanced understanding of their players
- Players will have an increased understanding of the game and their own performance

In September the ECB launched the new courses and they are being rolled out in the UK during the autumn. All the KNCB tutors have been oriented to this new course. The next ECB Level II course in the Netherlands will take place in March 2014.

**Date: Two full weekends on 8/9 and 29/30 March 2014**

**Location: Gymzaal Goeree 6, 3524 ZZ, Utrecht**

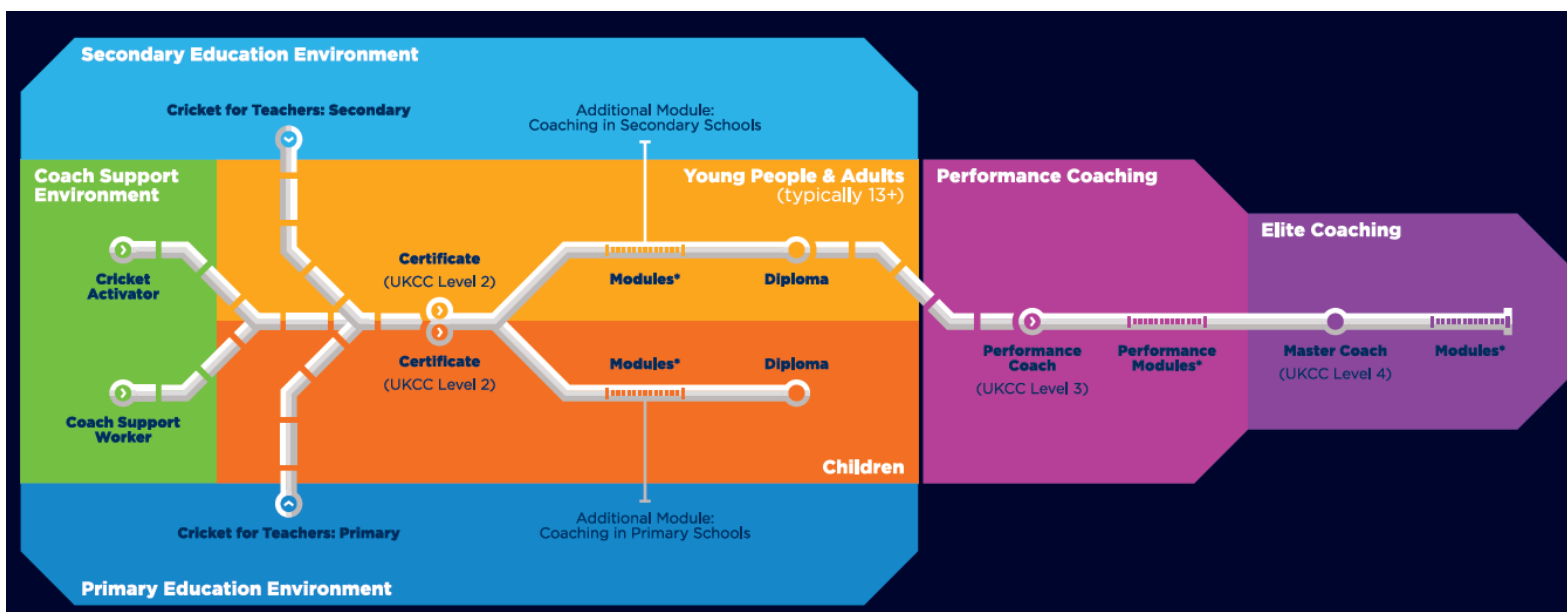
For further inquiries, registration and payment send an email to: [subir.shrestha@kncb.nl](mailto:subir.shrestha@kncb.nl)

## KNCB

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### For more information:

KNCB Facebook  
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**Name:** Anton Roux

**Age:** 32

**Teams Coached:**  
Assistant Coach –  
Netherlands Cricket

Northern Hurricanes  
(Noord Holland)

Amsterdamsche  
Cricket Club (ACC)

Kwa-Zulu Natal Inland  
(1<sup>st</sup> Class team in  
South Africa)

University of Pretoria  
(Tuks)

Tuks Cricket Academy  
Director

## Coaching Experience

### Anton Roux

Three seasons ago I got offered the honour, and privilege, to work with the national players of Holland. The experience for me has been absolutely amazing to say the least, but it is the bond with the players that I cherish most.

As Peter Drinnen's assistant, not only have I learnt a great deal from him, but also owe a great deal of gratitude for this opportunity. I can honestly say that I have the best job in the world, and relish my role in our quest to qualify for two World Cups.

My role within the team has a few sides to it.

**Assistant Coach** – as assistant, I do what the name says really; I try to assist wherever the National Coach needs me. This could include helping during net sessions, fielding sessions, and/or team talks, as well as working with players one to one. What I really like is that the Coach has sort of given me the responsibility of the bowlers and fielders. I am entrusted to prepare the players as best as possible to any upcoming fixture, be it technical or tactical. This is something that I cherish and have great pride in. I am thankful that the Coach allows me this responsibility.

**Performance Analyst** – All top teams in the world have a performance analyst, and we are no different. This basically entails the setting up of video equipment that captures every ball of every match we play. During the game, the live video feed is broadcasted to my laptop (which is in the players tent/change room), and a very in depth match analysis system allows me to code every ball in a specific way. On average, each ball requires about 8 to 9 clicks of the mouse, where certain information is fed in the program. This took plenty of training to master, and is a vital tool for the team, especially when it comes to analyzing the opposition.

**Opposition Analyst** – A role that I absolutely love, but most of the time is done in the shadows, and behind closed doors. Out of the normal office hours so to speak. This entails going through countless pieces of footage of opposition players and coming up with tactics to try and overcome our opponents. This includes working out the dismissals of batters, and trying to find anything special the bowler might have up his sleeve. I take particular pleasure when all these plans come to fruition. A massive pat on the back has to go to the bowlers and team for executing these plans, and when the plans succeed, the joy is insurmountable. A few games come to mind: ODI's vs Afghanistan as well as the 4Day game, the series vs UAE, and the recent two ODI's vs Ireland, where our bowlers were just awesome. A lot of hours are spent on this side of the job, but every wicket and run is worth it.

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## Useful Video 's form Youtube:

James Anderson  
Bowling Tutorial  
[Part 1](#), [Part 2](#)

[Ricky Ponting Batting Tips](#)

[Ian Bell teaches the 3 sweep shots](#)

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## Basic Batting Technique

### Roland Lefebvre

We are about to embark of another winter training programme for our Lions and this is always a moment to reflect on the past season, our programmes and coaching methods.

If we look at the three disciplines needed to be successful in cricket, batting, bowling, wicketkeeping and fielding, it is evident that in all age-groups, and this includes the National Team, batting is the area which causes us most problems. This is not a surprise. If you look closely at the Kleefstra Almanak over the last 30 years, the number of players who learned their cricket in The Netherlands and featuring in the top of the batting averages has dropped significantly. Looking at the top 30 batsmen in 1983 we see a total of 19 players having learned their cricket in this country, featuring in the top of the batting averages.

In 2010 we see that this number has dropped to 8 players. In 2013 we see an improvement in the top 20 and 30 players (8 and 15 respectively) but only 1 batsman features in the top 10 of the batting list (in this list we haven't included Nat XI players like Wesley Berresi and Eric Szwarczynski who have come to Holland in their late teens).

Not taking away anything from the other disciplines the High Performance Programme has to have a real focus on the development of our batsmen.

Over the last few years we have started to focus on "fewer" players getting "more" contact time. The 10,000 hours rule often spoken about in sport to develop world class competitors spring to mind. If you don't put anything in, it is very hard to expect results. Players have to train more and with the best coaches! There are limited resources, so it is vital to use our resources to the max. Unfortunately this isn't always easy as there are many factors influencing this. However these factors can be used advantageously by working closely in small groups.

Looking at our batters, we put a high level of emphasis on developing the Basic Batting Techniques of our players and will drill these over and over again.

The main elements are based around the following aspects:

- Grip, Stance and Backswing
- Balance (from basic stance until completion of the shot)
- Transfer of weight into the shot
- Use of the hands through the ball

If we look at these aspects in more detail, some of the areas we might focus on are:

- Grip – V grip versus O grip, is there a dominating hand?
- Stance – look at line of head, shoulders, hips, knees and feet and the associated balance that is required with the body parts.
- Backswing – height of the backswing, cocking of the wrist, strength of top-hand, bat pathway

## ICC Europe Coaches Association

Over the past three years ICCE have invested in the ECB Coaches Association and offered free membership to new coaches in Europe. It was not a long term plan. Now ICCE provides a support package to Coaches within Europe. A new ICC Europe Coaches Association is established to support coaches in developing cricket.

Check out on the right-hand side for the benefits of ICC Europe CA membership.

Conditions for the membership of the ICC Europe Coaches Association;

- Qualified Active Coach
  - o Beginner Coaches = Introduction to Cricket Course
  - o Intermediate Coaches = Level 1 or Level 3 equivalent
  - o Advance Coaches = Level 3 equivalent or above
- Current Self Dec, Police Check or CRB Form (VOG – Verklaring Omtrent het Gedrag)
- Applicant should be a resident of ICC European Member Country

Coaches in The Netherlands can contact KNCB for further information and the membership procedure.

- Quick and light footwork – use of feet and balance
- Good judgment of length – when to play forward or back
- Play the right lines and right angles – use of feet, head position, balance
- Movement – when does the batter start to move, balance during movement, commitment?
- Strong Back-Foot play and the use of breadth and depth of the crease
- Good Forward Defence
- Ability to adjust technique for playing pace and spin
- Batsman has to be able to play straight – depends a lot on the grip (is thumb rolled around handle)
- Good use of hands – understand how the hands work together, able to play with soft hands
- A player that knows how to 'make' runs' not just 'score' runs

The success of all the batting shots can be brought back to the Basic Batting Techniques being in place. You can compare this with a baby learning to walk. Baby's don't climb stairs at once but have to learn to sit, crawl and stand first before progressing to the next stages like walking /running and climbing stairs.

In the next issues we will discuss some of these techniques in more detail and talk about the way we practice these, but for now these very aspects are required for all players (whether male or female) to play consistent national team cricket.

## ICC Europe CA Membership

Benefits include:

Coaching Insurance

ECB Resource Pack

Access to ICCE LinkedIn Website

In- Country Resources

ICCE Monthly Newsletter

Bi- Annual ICC Europe Newsletter

ICC Europe Coach of the Year Awards

Country Based National Conference

ICC Europe Website and Emails

Mentoring Support Programme

Clothing and Equipment Offers

