

QUINNS ROCKS JUNIOR CRICKET CLUB



TEAM COACH HANDBOOK

QUINNS ROCKS JUNIOR CRICKET CLUB



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QUINNS ROCKS JUNIOR CRICKET CLUB



WELCOME

Thank you for volunteering to take on the position of Team Coach for this season at the Quinns Rocks Junior Cricket Club.

Coaches play a vital role in helping young cricketers to learn new skills, whilst also teaching their players about the etiquette of the game. Your role in helping players and parents to understand and respect the *Spirit of Cricket* can't be underestimated. After all, it's why cricket remains a much-loved and much-followed game around the world.

You will be assisted in your role by a Team Manager, who will take on many of the administrative tasks that need to be completed. They will also help encourage other parents to become involved at training and during games, to help lighten the load on you as Coach.

This handbook contains items that are designed to help you establish effective relationships with your players and their parents, as well as tools and techniques that you can use at training and on Match Day. Feel free to pick and choose what you use from this handbook – it is intended only as a guide. If you ever need help or advice about your Team Coach role, please feel free to make contact with a member of the Junior Committee – their contact details can be found on the next page. They will be only too happy to help!

The Committee would like to thank you for being willing to devote the time, effort and energy that are involved in coaching junior sport. Competitive sport, played in the right spirit, is a wonderful teacher, and you will be imparting many valuable lessons to the youngsters in your team that will stand them in good stead for the future.

Best wishes for the coming season.

QUINNS ROCKS JUNIOR CRICKET CLUB



COMMITTEE CONTACTS

TITLE	NAME	EMAIL ADDRESS	PHONE
President	Daniel Shortill	gricc.president@gmail.com	0410 455 292
Vice President / Volunteer Coordinator	Serena Spadaro	gricc6030@gmail.com	0419 049 366
Secretary	Michelle Hendry	gricc.secretary@gmail.com	0421 086 374
Treasurer	Geoff Hendry	gricc.treasurer@gmail.com	0413 007 001
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Beginners Coordinator	Nigel Edwards	gricc.beginners@gmail.com	0419 928 362
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Sponsorship Coordinator	Jodie Willsea	gricc.sponsorship@gmail.com	0407 204 046
Social Cricket Coordinator	Debbie Goldberg	gricc.social@gmail.com	0424 351 464
Team Manager Liaison	Linelle Peacock	gricc.tml1@gmail.com	0406 553 630
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Child Safety Officer	Sarah Clancy	sarahclancy@live.com.au	0403 825 233
Newsletter & Yearbook Coordinator	Allyson Pedley	gricc.news@gmail.com	0428 922 885
Uniform Coordinator	Michelle Hendry	gricc.uniforms@gmail.com	0421 086 374
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NWMCA Liaison	Daniel Shortill	gricc.president@gmail.com	0410 455 292
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Trophies Coordinator	Toby Morrell	gricc.doc@gmail.com	0406 526 088
General Committee	Stewart O'Connor	stewieoc@yahoo.com	0414 473 747



OUR MISSION

We work with Junior Cricketers, their families and the wider community to foster a positive, supportive and engaging sporting environment.

Every person involved with our Club will feel included and valued.

Each individual, whether player, parent or coach, will be encouraged to develop their potential, with the emphasis always placed on fun and skill.

OUR VISION

Our Club is built upon a culture of inclusion and a strong commitment to the continuous holistic development of our Players and Members.

Our reputation as the Club of Choice in the northern suburbs will be based upon our active promotion of the Spirit of Cricket and a belief that every individual has a valuable contribution to make to the team.

QUINNS ROCKS JUNIOR CRICKET CLUB



THE STINGRAY WAY

PLAYERS

Listening to and supporting the Team Coach

Playing because you love the game

Putting the team before the individual

PARENTS

Abiding by the Code of Behaviour

Helping out around the Club

Supporting the Umpires

COACHES

Encouraging participants

Displaying control, respect and professionalism

Communicating clearly to Players and Parents

COMMITTEE

Giving all young players a fair go

Communicating clearly to Members

Leading by example

QUINNS ROCKS JUNIOR CRICKET CLUB



TEAM COACH JOB DESCRIPTION

ROLES

Our Coaches will:

- focus on skill development and individual improvement, rather than winning as the outcome;
- remember that all children deserve time and attention, not just the most talented;
- promote cooperation, teamwork and fair play during activities;
- reinforce the contribution all children make to the group;
- provide a supportive environment and show sensitivity to individual differences;

RESPONSIBILITIES

Our Coaches will;

- introduce one thing at a time, keep instructions or questions short and simple;
- be aware that growth periods will alter the child's coordination and skills;
- ensure children wear adequate clothing, use protective equipment and drink enough fluids;
- maintain interest with varied activities, maximum participation and limited talk;
- be positive, compliment effort and the skills that were performed correctly;
- always promote the Spirit of Cricket and enforce the relevant Codes of Behaviour.
- communicate with all relevant stakeholders in a timely and effective manner;
- be prepared to commit the necessary time to training and matches;
- allow time for children to absorb information and practise skills;
- use role models to demonstrate good performance;
- listen to what the children say;
- cater for varying ability levels.

With thanks to the Western Australian Cricket Association www.waca.com.au

QUINNS ROCKS JUNIOR CRICKET CLUB



CODE OF CONDUCT TEAM COACH

THE SPIRIT OF CRICKET

Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the Spirit of the Game. Any action which is seen to abuse this spirit causes injury to the game itself.

COACHES CODE OF CONDUCT

A coach must;

- remember that young people participate for pleasure and winning is only part of the fun;
- never ridicule or yell at a young player for making a mistake or not coming first;
- be reasonable in your demands on players' time, energy and enthusiasm;
- operate within the rules and Spirit of Cricket and teach your players to do the same;
- ensure that the time players spend with you is a positive experience;
- avoid overplaying the talented players; all young players need and deserve equal time, attention and opportunities;
- ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players;
- display control and respect to all those involved in cricket. This includes opponents, coaches, umpires, administrators, parents and spectators.

Encourage your players to do the same;

- obtain appropriate qualifications and keep up to date with the latest cricket coaching practices and principles of growth and development of young people;
- any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development;
- respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion;
- coaches are to abide by Clubs/Associations/Councils Healthy Club Policies.

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COACH CHECKLIST

WHAT TO TAKE TO EACH GAME

- Team Kit Bag
- Practice Balls
- First Aid Kit
- Boundary Markers
- Boundary Measuring Rope/Tape
- Chalk
- Shade Tent
- Scorebook
- Pens/Pencils/Rubber
- JLT Insurance Forms
- Match Ball
- Umpire's Counter
- Batting and Bowling Rotation/Order
- Toilet Key (Home Games)
- Drink/Snack
- Hat/Sunscreen
- Mobile Phone

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COACHING REFLECTION

	Mostly	Sometimes	Never
Coaching style			
1 Did I smile, praise and encourage to reinforce the actions of the participants when they performed correctly?			
2 Did I reward effort as well as outcome?			
3 Was I consistent and fair in my treatment of all participants?			
4 Did I encourage the participants to have an input into team decisions and did I listen to them when they had something to say?			
5 Did I reinforce team rules fairly and consistently?			
6 Was I patient and supportive of the participants as they learn?			
7 Did I show the enthusiasm while coaching that I expect from the participants?			
8 Did the participants have fun during the training/game?			
9 Did I emphasise winning too much?			
10 Did I exercise self-control in situations that made me angry?			
11 Was I sensitive to the individual needs of all the participants?			
12 Did I personally demonstrate good sporting behaviour?			
13 Did I argue with, or complain about, officials?			
14 Did I encourage parents to attend games?			
15 Was I patient and tolerant with all participants, regardless of individual skill levels?			
16 Did the participants have equitable game time or did I over-play the more skilled participants?			
Session Planning and Implementation			
17 Was I well prepared and organised for training sessions?			
18 Did I keep the participant's level of maturity in mind when planning the session?			
19 Was I prompt in arriving at training/competition?			
20 Was the equipment organised and did the session run smoothly?			
21 Was my training session varied and interesting so that it challenged all participants and developed their confidence?			
22 Were the demonstrations appropriate? (i.e. was a good model provided, could everyone see, did everyone understand the instructions)			
23 Was I able to assist participants to correct errors when they occurred?			
24 Did the participants have a chance to play with minimum guided instruction?			
25 Did I use a variety of teaching / coaching methods?			
26 Did I group participants appropriately, and give everyone the chance to develop their skills?			
27 Did I give constructive and specific feedback?			
28 Did what I said to the participants match my non-verbal actions towards them?			
29 Did I over-coach during training/game by giving too many instructions?			
30 Did I change my communication methods to suit the needs of the participants?			

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CRICKET SAFETY

Ground and Weather Conditions

Ground and weather conditions can have a significant impact on the safety and enjoyment of cricket at both junior and senior levels. Sometimes, as is the case with weather, these conditions are somewhat unpredictable and uncontrollable and appropriate care should be taken to avoid weather-related injuries. Umpires, coaches and team managers should exercise a conservative approach to continuing play in the rain, where lightning is present or where the field conditions have reached a point where they pose danger to participants. If you notice that the facilities are not up to standard, let someone on the Committee know and they will address this with the City of Wanneroo.

Boundaries

All boundaries must be designated by a series of cones. Where appropriate the cones should be a required minimum distance of 3 yards (2.74 metres) inside the perimeter fencing or advertising signs.

Facilities

Sometimes, you might arrive at a ground and find that there is an issue with the facilities that is beyond your control to address. An example might be a large amount of broken glass, a vandalised pitch or a toilet block that won't open. If safety is a concern and the issue needs immediate attention, you can make a call to the Wanneroo Ranger Hotline. Their response is usually very good and very fast. It might be a good idea to put this number into your phone right now!

WANNEROO RANGER HOTLINE

1300 138 393

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CRICKET SAFETY

Helmets

Players will not be allowed to bat, field within 10m of the bat or wicket-keep up to the stumps, during a match or at practice where a hard ball is being used, without wearing a cricket helmet with a face guard. Any individual taking responsibility for players should take all reasonable steps to ensure that the above recommendation is followed. Players are recommended to wear a specifically designed proper-fitting cricket helmet with a face guard. It is also in the players' best interests for the helmet to comply with relevant Australian standard (currently AS/NZS4499: 1997 'Protective Headgear for Cricket').

First Aid

Within each Team Kit Bag you will find a First Aid Kit. This has been designed to carry essential items that are most used by cricketers. If you run out of any items, please get in touch with our Equipment Coordinator who will organise replacement items for you. Simply send an email to qrjcc.equipment@gmail.com and arrangements will be made to deliver items to you at an appropriate time.

Heat

Players' health must always be considered in the scheduling of matches. Climatic conditions vary throughout Australia and individuals' tolerance of heat and humidity varies significantly. Cricket Australia recommends that clubs, schools and associations apply common-sense guidelines to climatic conditions that exist within their respective regions and consult with the respective Sport Medicine Australia or health promotion organisation within their state or territory to assist in the development of local policies. Sports Medicine Australia recommends that for children and adolescents, activities should be postponed or cancelled if the temperature reaches the temperature designated by the local or state association. Action should be taken promptly by umpires to cease play under any conditions that may be dangerous to the players and officials.

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CRICKET SAFETY

Hydration

Due to the vast range of body composition, fitness, and states of acclimatisation represented in childhood and adolescence, no single recommendation on the volume of fluid to be consumed is appropriate. More fluid appears to be consumed by young people when the drinks offered are perceived as palatable to them. Regular and effective drinking practices should become habitual to young athletes before, during, and after activity.

Guidelines for fluid replacement are:

- Drinks breaks occur every 60 minutes (every 30 minutes in conditions of extreme temperature);
- Water is the most appropriate drink for re-hydration. However, diluted cordial or sports drinks may be supplied;
- Drinks should be available for individual players between drinks breaks. Umpires should be advised that additional drinks are sought and players should make every effort to ensure no time is wasted;
- Players should be encouraged to have their own drink bottles. This ensures that each player has access to an adequate level of fluid replacement and reduces the risk of contamination.

With thanks to Cricket Australia

<http://www.e-brochures.com.au/cricketaustralia/wellplayed2012/>

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INDIVIDUAL GOALS

BATTING

Protecting Wickets
Scoring Runs

BOWLING

Taking Wickets
Restricting Runs

FIELDING

Catches & Run Outs
Building Pressure

TEAM

Helping Out
Sportsmanship

LEADERSHIP

Setting an Example
Encouraging Others

Remember...cricket is a simple game!

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TEAM GOALS & TEAM RULES

1. Participation

There will be equal time for all players. Get in and have a go.

2. Fun and Skill

Give your best at training. Have fun and learn new skills.

3. Match Awareness

Learn more about the game. Stay alert and listen to the advice of the Coach.

★ Respect

Remember to always respect yourself, your teammates and opponents.

Parents, coaches and umpires must be also be respected.

★ Discipline

No silly stuff. Give your best effort at all times. Demonstrate a disciplined approach.

Follow the Player's Code of Behaviour at all times.

★ Only Positives

There is never a place for negative comments. Be constructive.

Demonstrate mateship and look for leadership opportunities.

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TEAM TARGETS

BATTING TARGET

20 Runs per Wicket

During our innings, we should see scores like 1/20, 2/40, 3/60, 4/80 or 5/100.

HOW TO REACH OUR TARGET

- Defend good balls
- Hit bad balls hard
- Look for gaps
- Call early and call clearly – ‘yes’, ‘no’ or ‘wait’
- Run hard between wickets
- Back up at the bowler’s end

BOWLING TARGET

Less than 25% No-Balls and Wides

During a two over spell, aim to bowl less than 2-3 No-Balls and Wides.

HOW TO REACH OUR TARGET

- Mark your run up
- Build up speed towards the crease
- Focus on the spot on pitch where you want to bowl the ball
- Reach up high with your front arm
- Brush your ear with your delivery arm
- Follow through towards the batsman’s stumps

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BATTING FUNDAMENTALS

Building 'better batters' will require focus in a number of key areas. Watching the ball and presenting the full face of the bat are fundamental to success, as is correct weight transfer. Progress should be tracked with the 'In-Game Measures'.

WATCHING THE BALL

- Focus on seam of the ball in bowlers hand
- Eyes level - ensures 20/20 vision at ball release
- Balanced and relaxed stance - knees bent, tapping bat
- Gather information as early as possible so you can move accordingly

PRESENTING THE FULL FACE OF THE BAT

- V's aligned down outer splice of bat
- Hands in close to the body - enables straight lines
- Top hand dominant in pick up - only thumb and forefinger in use on bottom hand
- Free swing finishing with high hands through the line of the ball

FOOTWORK AND WEIGHT TRANSFER

- Decisive, comfortable stride towards the line of the ball
- Push off insteps to transfer weight into the shot - stable base and knee bend
- Point of contact under the nose for optimal power and control

IN-GAME MEASURES

- Partnerships
- Rotate the strike

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BOWLING FUNDAMENTALS

Building 'better bowlers' will require focus in three key areas. In order for bowler's to achieve the 'Game Focus', they will need to be directed to the 'Training Focus'. It is also important to track progress towards goals with the 'In-Game Measures'.

GAME FOCUS

- 2 Lengths (4m, Yorker) - own these areas!
- Set the scene for your spell - how are you going to do this?
- Start and finish well - 1st ball and 6th ball
- How is your field set and why? Bowl to your field!
- Bowl in partnerships - build pressure!
- Off strike ball for the set batsman - when and how?

TRAINING FOCUS

- Execution
- Under pressure
- What are you bowling each ball? You will be asked!
- Death bowling focus - every session
- Change up ball focus - every session

IN-GAME MEASURES

- % Maidens > 25%
- Back-to-back Maidens (brings wickets)
- Extras ↓
- Boundaries ↓

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TRAINING PLAN 1

2 NET SESSION

OVERVIEW

Number of Players	12 (one team)
Time Required	60 minutes
Aim of Session	To rotate all players through a net session.
Facilities	Two nets, operating simultaneously.
Format	One batsman and four bowlers per net.

SKILL ACQUISITION

Batsmen	Defend the good balls, play straight.
Bowlers	Develop a consistent line and length.

FORMAT

Before	<ul style="list-style-type: none">• Pad up the first two batsmen.• Allocate four bowlers per net.
During	<ol style="list-style-type: none">① Batsmen to bat for 10 minutes.② Pad up two more batsmen as each batting pair commences.
Variations	<ul style="list-style-type: none">• Hang hula-hoops from the side nets to target specific scoring shots.• Place markers on the pitch to target specific bowling lengths.• 'Score' batsmen and bowlers for meeting set criteria.

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TRAINING PLAN 2

2 NET + CENTRE

OVERVIEW

Number of Players	24 (two teams)
Time Required	120 minutes
Aim of Session	To rotate all players through a net session and centre wicket scenario.
Facilities	Two nets, operating simultaneously, plus a centre wicket.
Format	One batsman and four bowlers per net. Two batsmen, one bowler and seven fielders on the centre wicket.

SKILL ACQUISITION

Batsmen	Shot selection (nets). Scoring (centre wicket).
Bowlers	Line/length (nets). Dot balls (centre wicket).
Fielders	Walking in and building pressure on the batsmen (centre wicket).

FORMAT

Before	<ul style="list-style-type: none">• Pad up two batsmen for nets and two batsmen for the centre wicket.• Allocate four bowlers per net.• Allocate one bowler, six fielders and one keeper for the centre wicket.
During	<ol style="list-style-type: none">① Start timing.② After 5 mins, two fielders come to nets and pad up, and at the same time, two bowlers leave the nets to field in the centre.③ After 10 mins, net batters move to the centre wicket, and at the same time, previous centre wicket batsmen un-pad and bowl in nets.
Variations	<ul style="list-style-type: none">• Set scoring scenarios for centre wicket batsmen.• Set wicket taking goals for centre wicket bowlers.• Vary these based on ability.• Practice 'death bowling' scenarios.• Award points to fielders for creating dismissals.• Make centre wicket singles worth double!

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TRAINING PLAN 3

SKILLS TRIAL

OVERVIEW

Number of Players	12 (one teams)
Time Required	60 minutes
Aim of Session	To rotate all players through a net session where they are 'scored'.
Facilities	Two nets, operating simultaneously.
Format	One batsman and four bowlers per net.

SKILL ACQUISITION

Batsmen	Points are scored for 'bat on ball' and 'scoring shots'.
Bowlers	Points are scored for 'bowling accuracy' and 'taking wickets'.

FORMAT

Before	<ul style="list-style-type: none">• Mark out targets within the nets to indicate 'scoring shots'.• Mark out targets within the nets to indicate 'bowling accuracy'.• Pad up the first two batsmen.• Allocate four bowlers per net.
During	<ol style="list-style-type: none">① Batsmen to bat for 10 minutes.② Pad up two more batsmen as each batting pair commences.③ Coach to 'score' players based on the skills demonstrated using the Scoresheet provided on the next page.

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TRAINING PLAN 3

SCORESHEET

PLAYER'S NAME	BOWLING SKILLS		BATTING SKILLS		TOTAL POINTS
	Bowling Accuracy	Taking Wickets	Bat on Ball	Scoring Shots	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					

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TRAINING PLAN 4

POINTS BASED

OVERVIEW

Number of Players	12 (one teams)
Time Required	60 minutes
Aim of Session	To rotate all players through a net session where they score 'points'.
Facilities	Two nets, operating simultaneously.
Format	One batsman and four bowlers per net.

SKILL ACQUISITION

Batsmen	1 point scored for 'bat on ball'. 5 points lost each time the batsman is dismissed.
Bowlers	1 point scored for each ball 'in the tramlines'. 5 points added for each wicket taken.

FORMAT

Before	<ul style="list-style-type: none">• Mark out tramlines (a 'corridor') on the pitch for 'bowling accuracy'.• Pad up the first two batsmen.• Allocate four bowlers per net.
During	<ol style="list-style-type: none">① Batsmen to bat for 10 minutes.② Pad up two more batsmen as each batting pair commences.③ Players to keep their own 'score' while batting or bowling.④ Players to write up their scores using the Scoresheet provided on the next page. Calculate 'Total Points' at the end of training.

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TRAINING PLAN 4

SCORESHEET

PLAYER'S NAME	BOWLING POINTS	BATTING POINTS	TOTAL POINTS
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

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TRAINING PLAN 5

TAKING SINGLES

OVERVIEW

Number of Players	12 (one team)
Time Required	60 minutes
Aim of Session	To promote intent with running between wickets.
Facilities	Open grass area or centre wicket.
Format	Two teams of 6 players, each batting for 30 minutes or until dismissed.

SKILL ACQUISITION

Batsmen	1 point scored for each successfully completed 'run'.
Fielders	Can dismiss batsmen with a catch or a run out.

FORMAT

Before	<ul style="list-style-type: none">• Mark out a rectangle with dimensions 40m x 25m.• Place stumps regular distance apart in centre of rectangle.• Batting team select first batting pair as well as a 'feeder'.• Fielding team to arrange around pitch, at least 5m from batsmen.
During	<ol style="list-style-type: none">① The feeder (one of the batting team) throws the ball (tennis, incrediball, hard ball) to the batter, who must catch it and then throw the ball underarm into a space.② The batters MUST run at least ONE run, but may run more if they choose.③ Batters can run overthrows (even if the ball goes over the boundary).④ Batters are out if they throw the ball across the boundary.

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TRAINING PLANNER

Date:	Equipment:	
Venue:		
Duration:		
Introduction:		
Warm-up:	Drills/Games:	Scenarios:
Strategy:		Cool-down:
Review:		

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FIELDING DRILL 1

KINGS & JOKERS

OVERVIEW

Number of Players	6-8
Time Required	10 minutes
Aim of Session	To practice close catching.
Facilities	Grassed area, bat, ball.

FORMAT

Before	<ul style="list-style-type: none">• Fielders arrange in a semi circle, 5 metres in front of coach.• The fielder at the 'top of the arc' on the coaches left, is the 'King'.• The fielder at the 'bottom of the arc' is the 'Joker'.
During	<ol style="list-style-type: none">① The coach hits short, sharp catches to the fielders, at random.② Fielders return the ball to the coach, with underarm throws.③ If the fielder drops a catch, they move to the bottom of the arc and into the 'Joker' position.④ The coach should hit the 'King' some fairly difficult catches, with the idea being that the fielder has to earn the right to stay in this position for as long as they can.
Variations	<ul style="list-style-type: none">• Opposite hand catches, one hand catches, move up a spot for dives.

SKILL ACQUISITION

Fielders	<ul style="list-style-type: none">• Soft, cupped hands when taking close catches.• Return throws should be underarm and aimed toward the bat.
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FIELDING DRILL 2

UNDERARMING

OVERVIEW

Number of Players	6-8
Time Required	10 minutes
Aim of Session	Fielders aim to field a ground ball quickly and accurately, picking it up cleanly and returning it over the top of a stump, using the 'flick' method to save time.
Facilities	Grassed area, ball, stump.

FORMAT

Before	<ul style="list-style-type: none">Fielders arrange in a single file line, approximately 10 metres in front of the coach, who is standing behind a stump.
During	<ol style="list-style-type: none">The coach rolls the ball along the ground to the first fielder in the line.The fielder gathers the ball and aims to underarm it back to the coach, over the top of the stump that is in front of the coach.The fielder then moves to the back of the line and the next fielder takes their turn.
Variations	<ul style="list-style-type: none">Opposite hand throws, start backwards/laying down.

SKILL ACQUISITION

Fielders	<ul style="list-style-type: none">Fielders flick the ball to the coach without moving their arm backwards.The fielder should use their momentum and a forward movement of the gathering arm to assist.
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FIELDING DRILL 3

CALLING

OVERVIEW

Number of Players	8-10
Time Required	10 minutes
Aim of Session	To practice infield catching and calling.
Facilities	Grassed area, bat, ball.

FORMAT

Before	<ul style="list-style-type: none">Fielders arrange into two single file lines, about five 10 metres apart from one another and 15 metres in front of the coach.
During	<ol style="list-style-type: none">The coach hits a skied ball into the space in front of and between the fielders, in such a way that either fielder could potentially take the catch.The fielders at the front of each line must move forward in a positive way to take the catch. One fielder should 'call' (mine) based on the fact that they think they have the ability to take the catch.The other fielder should move into a 'backing up' position, supporting the fielder in front with positive talk (steady, yours).Fielders return the ball to the coach, and then move to the back of the line.

SKILL ACQUISITION

Fielders	<ul style="list-style-type: none">Cupped hands behind the ball to assist catching.With skied balls, fielders should try to catch the ball above head height, with fingers of the cupped hand pointing skyward.Once they call, the fielder must commit to the catch.
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FIELDING DRILL 4

FIELD SOCCER

OVERVIEW

Number of Players	8-10
Time Required	10 minutes
Aim of Session	To practice close catching, anticipation, movement and calling.
Facilities	Grassed area, cones, 2x stumps, ball.

FORMAT

Before	<ul style="list-style-type: none">• Set out a rectangular pitch, with dimensions of 10m x 20m.• Place a stump at each of the short ends of the pitch.• Fielders arrange into two teams of even numbers.
During	<ol style="list-style-type: none">① Starting from the base line at one end of the pitch, the first team must progress the cricket ball to the other end of the pitch by using underarm throws to their teammates.② Players cannot move with the ball once they catch it.③ If a team is able to hit the stump target at the opposite end of the pitch, they score a goal.④ Interceptions or dropped/missed catches result in a turnover and play moves the other way.

SKILL ACQUISITION

Fielders	<ul style="list-style-type: none">• Cupped hands behind the ball to assist catching.• Players should anticipate where the next pass is going to be made and move into an intercepting position.
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QUINNS ROCKS JUNIOR CRICKET CLUB



FIELDING DRILL 5

FIELD TENNIS

OVERVIEW

Number of Players	8-10
Time Required	10 minutes
Aim of Session	To practice high catches, anticipation, movement and calling.
Facilities	Grassed area, cones, ball.

FORMAT

Before	<ul style="list-style-type: none">• Set out a rectangular court, with dimensions of 10m x 20m.• Mark a centre line (representing the 'net') across the court with cones.• Fielders arrange into two teams of even numbers.
During	<ol style="list-style-type: none">① Each team is to occupy one side of the court.② One team begins with the ball, and using an underarm throw only, they throw the ball across court, targeting a vacant area.③ If the ball hits the ground, the throwing team scores a point.④ If, instead, a catch is taken, the opposing side score a point of their own.⑤ Throws continue back and forth until one side reaches 10 points.

SKILL ACQUISITION

Fielders	<ul style="list-style-type: none">• Cupped hands behind the ball to assist catching.• Overhead catches should be taken with fingers pointing up.• Players should concentrate on making clear, definite calls.
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QUINNS ROCKS JUNIOR CRICKET CLUB



FIELDING DRILL 6

OUTFIELDING

OVERVIEW

Number of Players	8-10
Time Required	10 minutes
Aim of Session	To practice high outfield catches, long throws and pinch hitting.
Facilities	Grassed area, cones, ball.

FORMAT

Before	<ul style="list-style-type: none">Using cones, mark out a 40 metre arc of boundary line an appropriate distance from the centre wicket.Allocate one batsman, one thrower and one keeper from the group.
During	<ol style="list-style-type: none">The thrower should send 'hittable' length balls to the batter from half pitch.The batter should practice their pinch hitting, aiming to hit the ball to the boundary, over the head of the fielding group.Fielders should attempt to catch the ball, and, regardless of where the ball lands or whether or not the catch is taken, return the ball over the stumps to the keeper.Rotate player positions, move the position of the fielding group, or ask batsman to hit to different parts of the field to vary the drill.

SKILL ACQUISITION

Fielders	<ul style="list-style-type: none">Cupped hands behind the ball to assist catching.Overhead catches should be taken with fingers pointing up.Look for good throwing technique to model to group.
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QUINNS ROCKS JUNIOR CRICKET CLUB



CONSTRAINT LED BATting DRILLS

Game	Objective	Description	Equipment	Rules	Scoring	Variations
Defend or Attack	Develop a bat swing and explore contact points to hit ball where you want	Hit drop balls, fed by coach or peer	<ul style="list-style-type: none"> Balls & markers 	Hit balls in direction identified at various strengths	One point for each time ball travels intended path Quality standards for each set (measured as %)	Pace & Place – locations Front or Back foot Bat / ball types Delivery type (feed)
Top Hand	Awareness for top hand position and its impact on bat face at impact	Hit underarm feeds Top hand technique bat Two hands technique bat Calibration with real bat	<ul style="list-style-type: none"> Balls, markers & technique bats 	Hit balls in direction identified Each transition for 4-8 feeds until some pattern stability	One point for each time ball travels intended path Quality standards for each set (measured as %)	Pace & Place – locations Front or Back foot Bat / ball types Delivery type (feed)
Batter Up	Awareness for body position and contact points...playing the ball later	Hit underarm feeds Top hand technique bat Two hands baseball bat Calibration with real bat	<ul style="list-style-type: none"> Balls, markers & various bats 	Hit balls in direction identified Each transition for 4-8 feeds until some pattern stability	One point for each time ball travels intended path Quality standards for each set (measured as %)	Pace & Place – locations Front or Back foot Bat / ball types Delivery type (feed)
Beam Me Up	Awareness for feet position and stability prior to commencement of downswing	Hit underarm feeds. Two hands technique bat. Two hands “your” bat. Calibration off beam	<ul style="list-style-type: none"> Balls, markers & various bats Balance beam 	Hit balls in direction identified from on beam Each transition for 4-8 feeds until some pattern stability	One point for each time ball travels intended path Quality standards for each set (measured as %)	Different balance tools Front or Back foot Bat / ball types Delivery type (feed)

QUINNS ROCKS JUNIOR CRICKET CLUB



CONSTRAINT LED BATTING DRILLS

Game	Objective	Description	Equipment	Rules	Scoring	Variations
Batting – Sniff It	Awareness for body position and value of being on top of the ball...weight forward through contact / long swing	Hit underarm feeds Two hands catch bat Two hands “your” bat	<ul style="list-style-type: none"> Balls, markers & various bats 	Hit balls in direction identified Each transition for 4-8 feeds until some pattern stability	One point for each time ball travels intended path Quality standards for each set (measured as %)	Delivery type (feed)
Batting – One Leg Only	Awareness for body position and value of being on top of the ball...weight forward through contact / long swing	Hit feeds on front leg only Two hands technique bat Two hands “your” bat Calibration on two feet	<ul style="list-style-type: none"> Balls, markers & various bats 	Hit balls in direction identified Each transition for 4-8 feeds until some pattern stability	One point for each time ball travels intended path Quality standards for each set (measured as %)	Different balance tools Bat / ball types Delivery type (feed)
Batting – Die On Your Feet	Awareness for hand & body position when playing off the back foot	Hit underarm feeds Two hands catch bat Two hands “your” bat Calibration on feet	<ul style="list-style-type: none"> Balls, markers & various bats 	Hit balls in direction identified Each transition for 4-8 feeds until some pattern stability	One point for each time ball travels intended path Quality standards for each set (measured as %)	Different bat planes Bat / ball types Delivery type (feed)

QUINNS ROCKS JUNIOR CRICKET CLUB



CONSTRAINT LED BOWLING DRILLS

Game	Objective	Description	Equipment	Rules	Scoring	Variations
Bowling – Hit the Handker chief	Develop control of line and length & awareness for what is required to hit targets/areas	In a traditional net setting, with 2 bowlers and a bat, place various targets for bowlers to hit	<ul style="list-style-type: none"> • Stumps & balls • Stump sleeve, tape, plastic stumps 	Hit the designated target as many times as possible Compete against other bowler in net	One point for each target hit Scores added over by over Bowling pairs compete net v net	Change targets Random targets Delivery position Ball & pitch conditions
Bowling – Train Tracks	Develop forward momentum with all body movements in intended direction	In a traditional net setting, with 2 bowlers and a bat, set markers for guide bowlers to delivery position	<ul style="list-style-type: none"> • Stumps, balls & markers • Stump sleeve, tape, plastic stumps 	Hit the designated target as many times as possible Compete against other bowler in net	One point for each target hit Scores added over by over Bowling pairs compete net v net	Key Technical Points: Front arm – lock up Arm pathways Follow through – dead arse
Bowling – X marks the spot	Develop awareness for vertical shoulder rotation	Hit the cross marked on the pitch at a location of 3-5 metres	<ul style="list-style-type: none"> • Stumps, balls & tape 	Hit the designated target as many times as possible Observe ball's direction of travel and adjust accordingly	N/A or One point for each time ball travels intended path Scores added over by over	Different lengths Different delivery positions

QUINNS ROCKS JUNIOR CRICKET CLUB



CONSTRAINT LED FIELDING DRILLS

Game	Objective	Description	Equipment	Rules	Scoring	Variations
Fielding – Goal Ball	Allow individuals to explore & discover movements and positions required to catch	Underarm throw to beat opponent to score Catch & return the favour...drop & miss turn	<ul style="list-style-type: none"> Markers & balls Establish two goals 3-5 metres apart Games are 1 v 1 	Catch ball Beat opponent with throw	Beat opponent (+1) Drop ball – miss turn First to five Winners play winners etc.	2 v 2; 3 v 3 Distances Ground balls
Fielding – Drop Ball	Allow individuals to explore & discover movements required for different types of catch	Using a tennis/badmint on court space or similar, divide the group into pairs for a series of small sided catching games	<ul style="list-style-type: none"> Markers, balls & nets Games are 1 v 1, 2 v 2 & 3 v 3 	Land the ball in opponents court	Ball lands in opponents court or ball is dropped (+1) Best of seven – highest score wins	Move to different location on court to experience change of flight path
Fielding – End Ball	Developing catching in motion with external pressures	Maintain possession & advance the ball across the court/field using a series of catches to an end zone	<ul style="list-style-type: none"> Mark a grid (40m x 25m) Various balls 4 v 4; 5 v 5; 6 v 6 or uneven numbers 	Advance the ball to end zone without losing possession Rules are endless – time, ball, space, movement, transfer	One point for reaching end zone in possession of ball	Criss-cross two games Continuous – end to end Passes – type Add targets or goals or both Dual task, stimulus response

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U10, U11 & U13 Girls

BATTING	BOWLING	
1.	Over 1 <i>Keeper 2</i>	Over 11
2.	Over 2	Over 12
3.	Over 3	Over 13
4.	Over 4	Over 14
5.	Over 5	Over 15
6.	Over 6	Over 16
7.	Over 7 <i>Keeper 2</i>	Over 17
8.	Over 8	Over 18
9.	Over 9	Over 19
10.	Over 10	Over 20

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U12 (1 DAY)

BATTING	BOWLING		
1.	1.	10.	19.
2.	2.	11.	20.
3.	3.	12.	21.
4.	4.	13.	22.
5.	5.	14.	23.
6.	6.	15.	24.
7.	7.	16.	25.
8.	8.	17.	26.
9.	9.	18.	
10.	WICKETKEEPERS		
11.	Wicket Keeper 1	Wicket Keeper 2	
12.	_____.	_____.	

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U12 (2 DAY)

BATTING	BOWLING			
1.	1.	13.	25.	37.
2.	2.	14.	26.	38.
3.	3.	15.	27.	39.
4.	4.	16.	28.	40.
5.	5.	17.	29.	41.
6.	6.	18.	30.	42.
7.	7.	19.	31.	43.
8.	8.	20.	32.	44.
9.	9.	21.	33.	45.
10.	10.	22.	34.	46.
11.	11.	23.	35.	47.
12.	12.	24.	36.	48.

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U13 & U14 (1 DAY)

BATTING		BOWLING	
1.	1.	11.	21.
2.	2.	12.	22.
3.	3.	13.	23.
4.	4.	14.	24.
5.	5.	15.	25.
6.	6.	16.	26.
7.	7.	17.	27.
8.	8.	18.	28.
9.	9.	19.	29.
10.	10.	20.	30.
11.	Wicket Keeper 1		Wicket Keeper 2
12.	_____.		_____.

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U13 & U14 (2 DAY)

BATTING	BOWLING			
1.	1.	14.	27.	40.
2.	2.	15.	28.	41.
3.	3.	16.	29.	42.
4.	4.	17.	30.	43.
5.	5.	18.	31.	44.
6.	6.	19.	32.	45.
7.	7.	20.	33.	46.
8.	8.	21.	34.	47.
9.	9.	22.	35.	48.
10.	10.	23.	36.	49.
11.	11.	24.	37.	50.
12.	12.	25.	38.	Keeper 1:
13.	13.	26.	39.	Keeper 2:

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U15 (1 DAY)

BATTING	BOWLING		
1.	1.	11.	21.
2.	2.	12.	22.
3.	3.	13.	23.
4.	4.	14.	24.
5.	5.	15.	25.
6.	6.	16.	26.
7.	7.	17.	27.
8.	8.	18.	28.
9.	9.	19.	29.
10.	10.	20.	30.
11.	Wicket Keeper 1	Wicket Keeper 2	
12.	_____.	_____.	

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U15 (2 DAY)

BATTING	BOWLING			
1.	1.	15.	29.	43.
2.	2.	16.	30.	44.
3.	3.	17.	31.	45.
4.	4.	18.	32.	46.
5.	5.	19.	33.	47.
6.	6.	20.	34.	48.
7.	7.	21.	35.	49.
8.	8.	22.	36.	50.
9.	9.	23.	37.	51.
10.	10.	24.	38.	52.
11.	11.	25.	39.	53.
12.	12.	26.	40.	54.
13.	13.	27.	41.	Keeper 1:
14.	14.	28.	42.	Keeper 2:

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U16 & U17 (1 DAY)

BATTING		BOWLING	
1.	1.	11.	21.
2.	2.	12.	22.
3.	3.	13.	23.
4.	4.	14.	24.
5.	5.	15.	25.
6.	6.	16.	26.
7.	7.	17.	27.
8.	8.	18.	28.
9.	9.	19.	29.
10.	10.	20.	30.
11.	Wicket Keeper 1		Wicket Keeper 2
12.	_____.		_____.

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING U16 & U17 (2 DAY)

BATTING	BOWLING			
1.	1.	15.	29.	43.
2.	2.	16.	30.	44.
3.	3.	17.	31.	45.
4.	4.	18.	32.	46.
5.	5.	19.	33.	47.
6.	6.	20.	34.	48.
7.	7.	21.	35.	49.
8.	8.	22.	36.	50.
9.	9.	23.	37.	51.
10.	10.	24.	38.	52.
11.	11.	25.	39.	53.
12.	12.	26.	40.	54.
13.	13.	27.	41.	55.
14.	14.	28.	42.	56.

QUINNS ROCKS JUNIOR CRICKET CLUB



GAME PLANNING T20 (All ages)

BATTING	BOWLING	
1.	Keeper 1	Keeper 2
2.		
3.	Over 1	Over 11
4.	Over 2	Over 12
5.	Over 3	Over 13
6.	Over 4	Over 14
7.	Over 5	Over 15
8.	Over 6	Over 16
9.	Over 7	Over 17
10.	Over 8	Over 18
11.	Over 9	Over 19
12.	Over 10	Over 20

QUINNS ROCKS JUNIOR CRICKET CLUB



MATCH ANALYSIS 1

MATCH DETAILS		
Versus		
Venue		
RESULT	Score	Average
Opposition		
Quinns Rocks		
KEY AREAS	Team Goal	In This Match
Our Batting	20 (runs/wicket)	
Our Bowling	25% (wides/no-balls)	
HIGHLIGHTS		
Retirements		
Boundaries		
Best Partnership		
Best Bowling		
Catches		
Run Outs		

QUINNS ROCKS JUNIOR CRICKET CLUB



MATCH ANALYSIS 2

MATCH DETAILS

Date	
Versus	
Venue	
Scores	

SKILLS

Batting	TARGET 25 runs/wicket	
Bowling	TARGET 25% wides/no-balls	
Fielding	TARGET Catches win matches Run outs are a bonus	

GAME AWARENESS

Batting	
Bowling	
Fielding	

COMPETITIVE EDGE

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QUINNS ROCKS JUNIOR CRICKET CLUB



PLAYER AWARDS

PLAYER OF THE MATCH AWARD

At the end of each match, the Team Coach/Manager will present a Player of the Match Award in recognition of an excellent effort. These awards are usually in the form of vouchers and will be given to you before the start of the season. This can be used to recognise effort, improvement, demonstrating the Spirit of Cricket, or it could be given for an outstanding performance.

MATCH INCENTIVE AWARDS

Light Blue Club Caps are given to players who achieve;

Under 13s = 3 wickets or 30 runs in one innings.

Under 14s = 3 wickets or 35 runs in one innings.

Under 15s = 4 wickets or 40 runs in one innings.

Under 17s = 5 wickets or 50 runs in one innings.

A member of the Committee will come to your next training or game to drop off the award.

SEASON PARTICIPATION AWARDS

Every playing member of the QRJCC will receive a Participation Award at the End of Season Presentation Evening in recognition of their efforts throughout the cricket season. This award is typically a medallion or a small trophy and is given to remind players that cricket is a team game and everyone's efforts count!

QUINNS ROCKS JUNIOR CRICKET CLUB



PLAYER AWARDS

SEASON PERFORMANCE BASED AWARDS

In each age group from Under 13's and above, the following trophies will be presented;

Batting Award = The player with the highest aggregate runs.

Bowling Award = The player with the highest aggregate wickets.

Coaches Award = As determined by the Team Coach.

QRJCC 50 and 100 GAME MILESTONE MEDALS

Playing 50 or 100 games for the a Junior Club is a very significant achievement in any sport. At the Quinns Rocks Junior Cricket Club we recognise these important milestones with specially engraved medallions which are presented to the player on the day of their milestone match. A member of the Committee will get the medal to you before the match.

QRJCC VOLUNTEER AWARDS

Each season we make sure that we recognise the efforts of the many volunteers who help out. Our 'Coach of the Year', 'Team Manager of the Year' and 'Club Person of the Year' are awarded each year at our Season Wind-Up. The efforts of these people are reflective of the team effort that it takes to run our Club.