

# ECB COACHES ASSOCIATION Newsletter

ENewsletter Autumn 2012 *"Raising Standards"*

Volume 15

<http://www.devoncricket.co.uk/page.asp?p=coaches-home>



## 2012 another successful year!

2012 has been another very busy year for the CA. As part of improving communications your committee has met with the District CAs. Your Chair has also attended the ECBCA Regional Meetings. Unfortunately due to pressure of work your Chair has not been able to produce the normal ENewsletters or update the website as frequently as in previous years but it is hoped that the District CAs and/or District Development Group Chairs are disseminating the necessary information.

On the Coach Education front 40 people attended Level 1 courses, 50 Level 2 and 23 including from our neighbours Cornwall and Somerset the CDWs. The 2012 programme is underway with Level 1s in Exeter and Plymouth in the New Year, a Level 2 and CDWs in Exeter again attended by coaches from outside the County. Paul Farnham, Alex Carr and Callum Whittaker are just about now completing their Level 3; Matt Hunt, James Bogue, Matt Cooke, Scott Chappell and Trevor Griffin have attended ECB Tutoring and/or Assessor courses and we welcome back to Devon James Carr and Ross Farrer who will also add to are C Ed workforce. 2013 will see the roll out of the new Coach Education Programme. Devon's C Ed tutors and assessors will be fully briefed during the year and the courses rolled out starting in the autumn.

We very sincerely thank the Devon Cricket Youth Foundation for their support of both coaches completing their CDWs/ Club Coach Award and the revised DCBYA winter coaching programme successfully rolled out and run by Matt Wood, Jon Pitts and Julian Wyatt. With the need to raise standards and the County encompassing skills acquisition, it is disappointing that certain Districts are not supporting their young players by also undertaking SA or have decide to revert to previous system of coaching. It is appreciated that some Districts may not however have the expertise which is why it is hoped that coaches, supported by the DCYF, may be available to help outside their own areas. The DCYF also generously supported the Chris Read coaches' wicket keeping workshop.

Andy Fairbairn who has given great service to Devon Cricket and C Ed has moved onto Somerset as their CDM; we thank him sincerely for all he has done and wish him well. Matt Cooke, a familiar face, who has come up through the Youth system and is a Level 3 coach, replaces Andy as CDO. Congratulations Matt on your appointment. Congratulations must also be given to Tim Western who has been involved in C Ed since 1996 or there about, on his appointment as DCCC Lions High Performance Director and most recently we must congratulate Keith Donahue on his appointment as Director of Cricket of the DCCC; Keith is a Level 2 coach and is attending his bowling CDW shortly.

During 2012 the Devon's coaches pay roll including for Districts has been centralised. It is hoped in due course that there will be a structured review of the DCBCA and Districts. The managers/coaches code of conduct is to be reviewed to state that alcohol should not be consumed in the presence of younger persons under his/ her charge. Due to a number of problems in the county, recommendations with regard to young players changing clubs and coaches behaviour have been made. Coaches are also reminded again of the County's recommendations with regards use of Facebook, Twitter, emails, mobile phones etc.

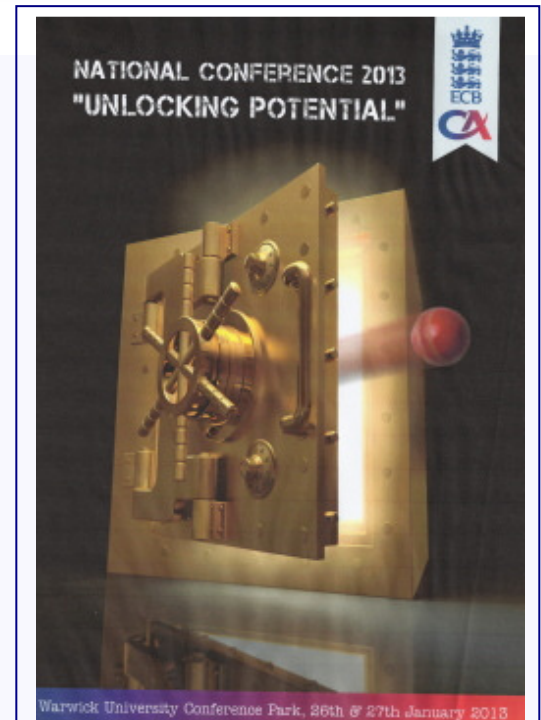
Martin Webb our Secretary and Chair of the ECBCA has stayed on in his post as Chair ECBCA for a further 12 months to try and get National Representation through, which has been supported by all but one County Boards.

The delayed ECBCA National Conference, "Unlocking Potential" will be held at Warwick University the weekend 26<sup>th</sup> January 2013. There is a booking link on this front page. Can we beat the 30 coaches we had there last time? In January 2014 the South West Conference will return, a one day event held in Taunton.

Please do not forget to keep your CRB, First Aid, Safeguarding and ECBCA Membership up to date?

Once more my considerable thanks to Martin Webb, Matt Theedom and Matt Cooke for all they do for Devon cricket; to Claire Colman for her assistance and to all of you, the coaches, for what you do for Devon cricket too.

Jonathan Mears Chair



Warwick University Conference Park, 26th & 27th January 2013

ECBCA National Conference  
26/27 January 2013  
Booking link- BOOK NOW!  
<http://www.ecbcanationalconference.co.uk/>



Have you joined the ECBCA or renewed your membership? If not, why not get your Club to pay your membership fee so that you all benefit! Not sure what the benefits are? Insurance, Technical Bulletins, Hitting the Seam, Wings To Fly DVDs, Membership Card, access to Licensed Clothing and Coaching equipment, National Conference, Website, Year Book and more.....  
The best £30 you or your Club will spend this year.  
**Join by following the links on the DCB Coaches' Home Web page.**

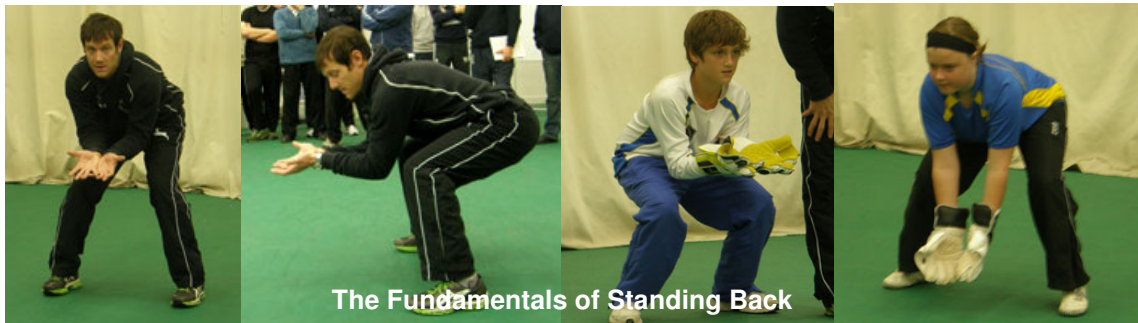
**When you renew your CRB and wish to renew your ECBCA membership you *must* advise the ECBCA office and your Bank as your Direct Debit will have stopped!**  
[Paul.Guest@ecb.co.uk](mailto:Paul.Guest@ecb.co.uk)

[www.devoncricket.co.uk](http://www.devoncricket.co.uk)



## Chris Read Wicket Keeping Workshop

Thanks to the support of the Devon Youth Cricket Foundation, England, Nottinghamshire and Devon's Chris Read gave a free wicket keeping master class to 45 coaches, keepers and people involved in Devon cricket at the Sir Christopher Ondaatje Indoor Cricket Centre on Sunday 28<sup>th</sup> October 2012. Using four County young players, two girls and two boys, he went through the techniques of standing back, one handed catching, the three types of dive, standing up and finished on keeping in the modern one day game. He passed on a wealth of tips and ideas to be taken back to clubs and schools, subject of course to them being appropriate for the young players involved, he had learned from his vast experience as one of the top keepers in World cricket and from the great Alan Knott, Rodney March, Ian Healy, Jack Russell, Bruce French, Steven Rhodes and others over the years. Chris encouraged those present to observe and analysis the young keepers and ask questions throughout. Like batting, bowling and fielding, wicket keeping is absolutely no difference everything starts technically from the player's set up, their stance/ crouch and so this is where Chris began.



The Fundamentals of Standing Back

- No longer the norm for keepers to go down into the crouch when standing back. Very tiring. Nowadays keepers tend to go down into a power Z position (look from side on) as late as possible, just before delivery. This is similar to a tennis player waiting to receive serve, a position in which you can move/ push off easily. Some walk into the position, giving them a routine and rhythm; others are stationary. It is an individual preference but the keeper should be still, head and eyes level, at the point the ball is released. If the feet are too wide the position will be too stable and it will be difficult to push off and conversely too narrow and unstable.
- The keeper should align him/herself so that he/ she can see the ball. Normally this would be the keeper placing his left foot in line or thereabouts with the off stump to a right hand bat and right hand over bowler. Chris used a piece of string running from the bowler's delivery position pass both sets of stumps to where the keeper would stand to show the angles for different types of bowlers. Clearly the position the keeper stands does depend on the type of bowler and the level the keeper is keeping at – consistency or rather inconsistency being an issue with some age groups. At the elite level 95%+ catches behind are outside nicks so elite keepers stand more to off so they can move with the nick.
- The height the player takes the ball, which is an individual thing, determines how far he/she stands back, as does the pitch conditions, type of bowler etc? However the keeper position does set the depth of the slips etc. Catching at knee height then possibly the slips might be too deep and the ball might not carry and catching at waste height or above then, possibly too close so less reaction time for the slips!
- Ideally the hands should be together, sometimes little fingers are crossed and thumbs back to open/ relax the hands and maximise the catching area. The shoulders and arms should be relaxed too and the arms slightly bent with the hands in front of the body/ head to enable the eyes to see the ball and react.
- The arms/ hands should be able to move. If the elbows are tucked into the chest too closely the arms tend to lock and cannot be moved. They should therefore have some bend in the elbows but not too much otherwise the hands are brought too close to the body to be able to see them and the ball. It can also take the body's weight away from the direction of the ball.
- The fingers should be pointing down but this will change depending upon individual keeper when the ball is at about chest height where the reverse cup catching method would come into play.
- Which hand do you catch the ball? Does your dominant or non dominant hand and eye make a difference? Hopefully in the middle although this again does vary individually.

A discussion was held on the appropriateness of the open stance, facing cover to a right bat/ right arm over bowler, as fashioned by Alan Knott and Jack Russell. It opened up the hip and made it easier to move towards the slips and was connected with the number of outside edges taken at the elite level. The process fell down, however, as the basic biomechanics do not work and it makes it much more difficult to move and to take down the leg side, particularly at non elite levels where there is not the consistency of delivery. It is therefore an advanced technique and possibly not suitable for young keepers.



Warm up specifics for keepers

Chris then took the young keepers through a warm up suitable for keepers, wicket keeper specific which is slightly different to other players, firing up the quads and glutes and the muscles keepers use. It started with a gentle jog to raise the body temperature, heels flicks, skipping using alternative legs/arms, skipping with knees across the body, skipping with knees open, lateral side to side movements, carioca. Ladders were then introduced; one foot in each, two feet in each, then sideways one then two feet and after each ladders sprinting two or three metres. Chris then introduced a drill he had seen on a recent Level 4 using two Kwik cricket stumps. Held at about knee height the keeper had to walk, step over the first then the second moving from side to side. The height of the stumps depends on the height of the keeper. He then raised the stumps and the keeper in a Z position walks through from one side to the other ducking under the stumps held out. He then combined the two methods stepping over and ducking altering the stumps after the keeper had reached the far side. Chris then introduced a mobility drill where the young keepers started in the middle and moved side to side between two cones about 4m apart whilst he through him/ her catches.

### Standing Back Drills

Chris then introduced some drills. He emphasised always use three stumps so the keeper can get his/ her bearings and when throwing take one or two steps don't stand still and throw so the keeper has a chance to pick up as many signals as he/ she can. Always throw from the approximate position the ball is meant to pitch/ bounce, to make it as realistic as possible. Each of the four young keepers had a go and their technique was analysed for both off and leg side takes, initially throwing the ball underarm, then hitting it with a tennis racket etc. Two distinct methods of catching came out and are the two most widely used. The hip line and mid line catching methods.

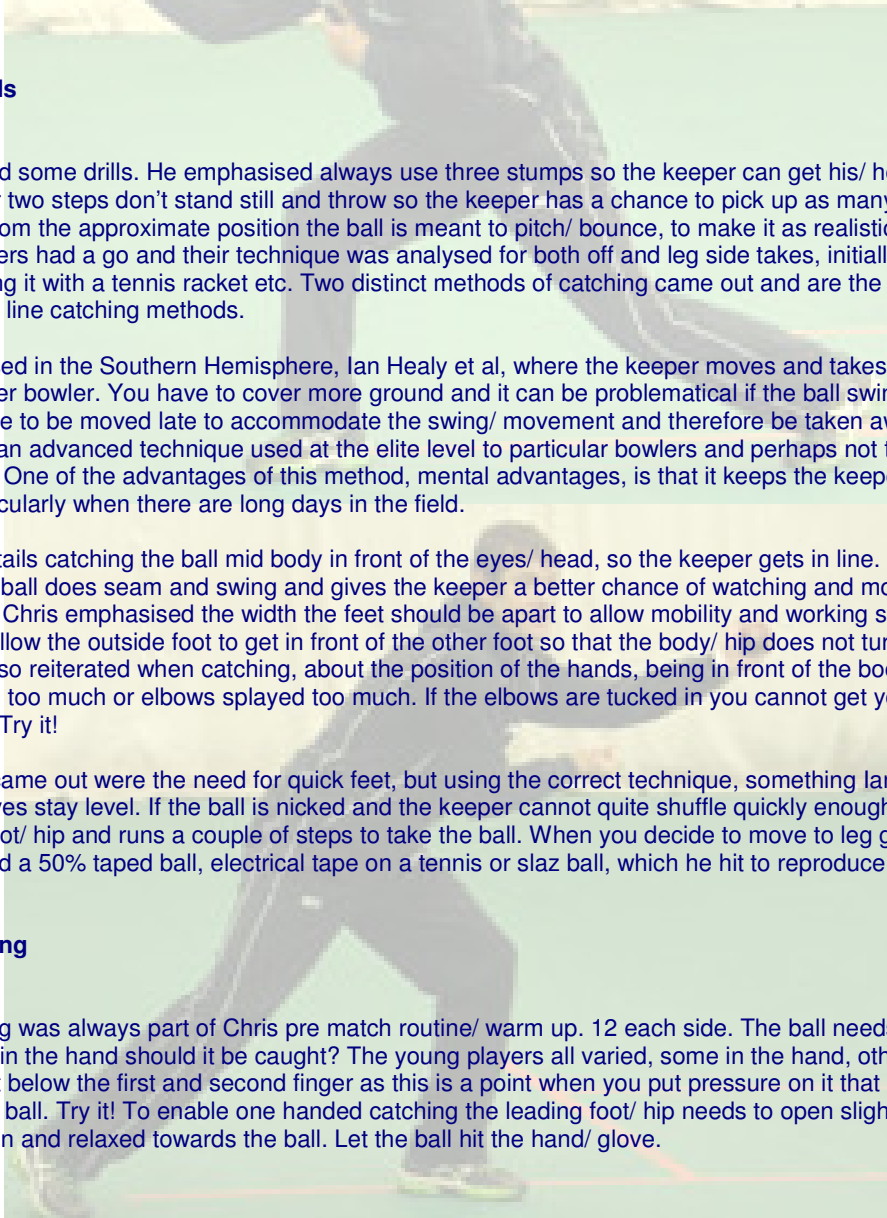
Hip line as widely used in the Southern Hemisphere, Ian Healy et al, where the keeper moves and takes the ball on the inside hip to a right arm over bowler. You have to cover more ground and it can be problematical if the ball swings and moves late as the hands might have to be moved late to accommodate the swing/ movement and therefore be taken away from the line of the ball. Again perhaps an advanced technique used at the elite level to particular bowlers and perhaps not the place where to start with young keepers. One of the advantages of this method, mental advantages, is that it keeps the keeper moving and gives him/her rhythm particularly when there are long days in the field.

Mid line catching entails catching the ball mid body in front of the eyes/ head, so the keeper gets in line. This is more traditional in the UK where the ball does seam and swing and gives the keeper a better chance of watching and moving late should the ball seam or swing. Chris emphasised the width the feet should be apart to allow mobility and working sideways along a straight line; not to allow the outside foot to get in front of the other foot so that the body/ hip does not turn reducing the catching area. He also reiterated when catching, about the position of the hands, being in front of the body, head and eyes and elbows not tucked in too much or elbows splayed too much. If the elbows are tucked in you cannot get your hands free to move upwards and catch. Try it!

Other points which came out were the need for quick feet, but using the correct technique, something Ian Healy majors on, so that the head and eyes stay level. If the ball is nicked and the keeper cannot quite shuffle quickly enough sideways he/ she opens the leading foot/ hip and runs a couple of steps to take the ball. When you decide to move to leg go as late as you can. Chris then introduced a 50% taped ball, electrical tape on a tennis or slaz ball, which he hit to reproduce swing movement.

### One handed catching

One handed catching was always part of Chris pre match routine/ warm up. 12 each side. The ball needs to be thrown at just arms length. Where in the hand should it be caught? The young players all varied, some in the hand, others in the webbing. Chris suggested just below the first and second finger as this is a point when you put pressure on it that naturally closes wraps the hand around the ball. Try it! To enable one handed catching the leading foot/ hip needs to open slightly and the head/ hands be taken, open and relaxed towards the ball. Let the ball hit the hand/ glove.





### Three types of dive

With the aid of two crash mats Chris took the four young players through the 3 type of diving techniques.

**Roll dive** - catch at arms length then the lower shoulder turns under the body and the hands are taken away from the ground. The shoulder absorbs the impact and the catch goes with the pace of the ball.

**Slide dive** - for lower catches at just above ground level, the keeper dives and catches at arms length and slides on his arms just above his elbows.

**Scope dive** – as the roll dive but the ball is falling short so the leading shoulder has to rotate forward and the hands scope up the ball.

Chris then introduce the Katchet for an element of inconsistency, which can be used progressively with throw downs, slide arm, fielding machine etc and using different types of ball. The position of the Katchet can also have an affect; closer - harder and further away - easier. He also put balls underneath the front of the katchet to raise adjust its height.



### Standing Up

Chris opened by asking the four young players to show their standing up stances, the two lads were different but the two girls not dissimilar. The modern method is with your backside up, feet a part and elbows tucked in. Chris suggested that he felt thnat this is a tiring position and prefers the more orthodox crouch. However there is nothing right or wrong. It is what works for you.

In the couch/ stance, traditionally the left foot would be placed on or about the off stump for a right hand bowler to right hand bat so as to be able to see the ball bounce. The position can/ should be altered depending upon if the ball turns and how much or just skids through which will be vary for different bowlers and pitch conditions.

Using a simple drill Chris then threw a ball on the bounce to one of the young players to see how he/ she took it, including wide of the stumps. The importance of anchoring the leg nearest the stumps and keeping the weight towards the stumps by bending that knee/ hip was emphasised whilst moving the outside leg to allow the keeper to take the wide ball. Most stumpings outside the off stump are fairly simple as the batter charges and misses the ball and there is time. Leg side stumpings are far more difficult, as the batsman's body gets in the way and you lose sight of the ball; movements, reactions including the hands have to be much quicker.

If a keeper comes up too quickly then getting him/ her to stay down and say "bounce" when the ball bounces is a good way of making the point as is "catch" when he/ she catch it. This is a technique that comes form the methods used by Tim Galway

When moving to leg, there are options. The keeper waits as long as possible then moves quickly to leg, the keeper moves his/ her hands first and the head follows, allowing him/ her to watch the ball for as long as possible and the keeper's feet go first a big stride and the head and hands follow. When the ball passes just down the leg side then there is no need to move just put the hands on the line of the ball and catch it! This is an advanced option, as is the way to get the hands back to the stumps quickly; the feet leave the ground and swing away from the stumps as the upper body/ head and hands swing back towards the stumps to effect a stumping (see the foot below).

If the ball turns or kicks then roll with the ball, open the hips and let the hands/ gloves go with the ball/ bounce. The K method used to be coached but this takes the hands/ weight away from the stumps. Chris used a tennis racket and hit short catches off the bounce/ half volley replicating spin and kick to both right and left handed bats. A nick bat held by a batter was then introduced for outside and inside edges and a pair of pads attached to stumps used as a batter if a third person is not present.

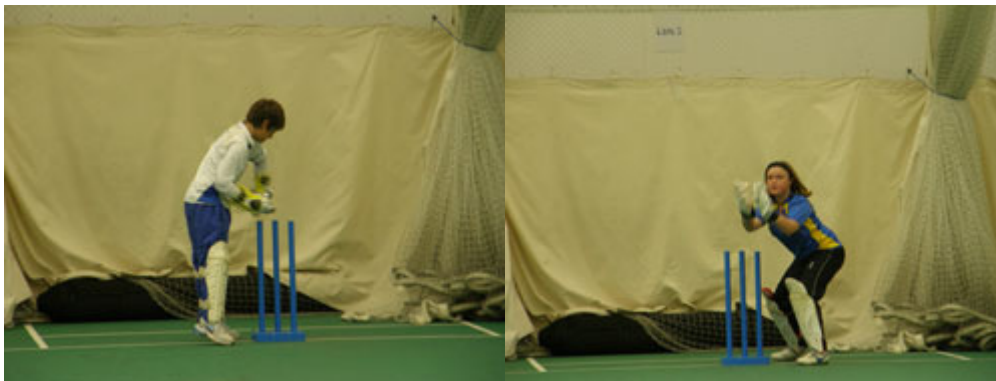
A discussion was held on when should a keeper stand up to the stumps? There was variety of answers, to put pressure on the batter, a mental thing; to stop a batter charging a delivery possibly when one is needed off the last ball; when the batter was batting down the track to try and nullify the swing. The technique no different to a pace bowler, you have to be brave though, if anything far more difficult standing up to a really good spinner.



## One day cricket

Did Chris practice under arm throwing at the stumps? Not really and with the IPL keepers were now taking their throwing hand glove off, before the delivery is bowled, catching the ball and over arm throwing at the stumps. Chris introduced a simple drill for the keeper to throw over arm at the other end/ the bowlers end. Two sets of stump and the coach stands as the batter with the keeper behind the stumps and drops the ball either on the off or leg and the keeper has to run around, pick the ball up and throw at the stumps at the bowler's end.

Chris finished with what a keeper might do when a ball is thrown in from the boundary by coming in front of the stumps towards the ball being thrown and taking the ball onto the stumps. The keeper does not move until the ball is on its way and so if it is thrown leg side the keeper simply moves leg side to take it. If the ball is going to hit the stumps he/ she simply lets it. When going to the ball, he suggested that a foot should be left behind the stumps so as not to disengage from stumps.



Alan Swift thanked Chris for giving of his time and the young keepers for their involvement. Thank you very much the Devon Cricket Youth Foundation for making the workshop possible. Where had the 4 hours gone?

# Devon Youth Cricket Foundation

Supporting Tomorrow's Cricketers in Devon



Devon Youth  
Cricket  
Foundation

Find out more about the Devon Cricket Youth Foundation.  
Are you a member, if not why not join?  
[http://www.devoncricket.co.uk/page.asp?p=dycf\\_home](http://www.devoncricket.co.uk/page.asp?p=dycf_home)



**Have you visited the DCB Coaches' Website? Drills, downloads; read the old ENewsletters for ideas and more..**

<http://www.devoncricket.co.uk/page.asp?p=coaches-home>



[www.devoncricket.co.uk](http://www.devoncricket.co.uk)