



# CRICKET FUNDAMENTALS

AS TAUGHT BY KNCB COACHES

Koninklijke Nederlandse Cricket Bond





### Cricket Fundamentals as taught by KNCB coaches

The KNCB coaches are often asked questions about the coaching and selection policies of the Dutch Lions and Lionesses Programs. These are good questions and not always easy to answer. There are five components KNCB coaches look for in a player and they all play a part in coaching and selection:

#### Technical, Tactical, Physical, Mental and Lifestyle

All players have a certain individuality about them too and we like players to nurture and develop this individualism. The 'Basic Principles and Skills' remain the same though and we try to develop these in our coaching, the same national and international players do throughout the year. It is crucial for our Lions and Lionesses players to understand and develop these 'Basics Skills'.

Players are encouraged to grow both as people and as athletes within the Performance Program. To help this personal growth, we have come up with the following core values to assist in this process:

- Players carry and pack/unpack their own kit-bags.
- Players make themselves available for tours and practice matches and will attend the majority of training sessions.
- Players arrive 15 mins before the start of the session and ensure they have finished all aspects of their preparation once the session commences (changing clothes/shoes, filling water bottles, WC break etc.).
- Players listen to the coach, no statements of 'yes, but..'
- Players to make active use of their player diary/logbook to develop self-reflection and self-evaluation.
- Players are encouraged to develop a 'top-sport mind-set'.

The key technical components are hopefully written down in a simple and understandable way. The KNCB coaches hope these tools and guidelines will help cubs, club coaches and parents to understand what we look for in young players and how we coach and work in our programs. At the same time it can assist you in your own coaching.

### Bowling

#### Pace Bowling

Vision: To create an efficient technique resulting in a well coordinated and safe bowling action.

Key Coaching points:

- **Run up** - smooth and rhythmical – small steps leading into longer strides
- **Direction & momentum** – the bowlers forward momentum is always directed towards the target area
- **Use of arms** - arms work close to the body and within width of trunk - hands are kept above the waist line
- **Gather** - jump up and forward into gather position – strong front knee raise and engaged upper body
- **Alignment** - hips and shoulders aligned on back-foot contact (look at side-on, mid-way and open action)
- **Stability** - good core and back stability throughout action
- **Front arm** - pulling down strong – all components chain together in rhythmical flow
- **Tall** - bowler to stay tall and strong throughout action - high point of release
- **Head** - remains still and controlled throughout the action
- **Drive** – energy through the crease towards target area creating strong and positive forward momentum
- **Alignment feet** - check alignment of the feet during action - BF contact, FF landing and Follow Through
- **Follow Through (FT)** - good flow of arms in FT – head remains still

The basic stock ball the bowler is looking to bowl should be too short to drive and too long to pull or hook. It is great to work on variations and change ups, but if bowlers don't control their stock ball, they will always struggle to control the batsman.



Bound/Gather   Point release   Powerful Follow-Through   Open action and load   Side on action   Basic grip

# Cricket Fundamentals

## Spin Bowling

Vision: To develop spinners spinning the ball with energy and power and have a no fear mentality.  
Simple Basics – side-on action, strong shoulder action up and over, and completion of the action.

Key Coaching points:

- **Grip** – off-spin bowlers two fingers - leg-spin bowlers a three fingered grip
- **Run up** - easy and straight – not too fast as this makes it difficult to brace the front leg in delivery stride
- **Hands during action** - both hands out in front which encourages the use of front arm as well as rotation
- **Front arm** - pulls down hard past the front leg
- **Delivery stride** – comfortable with feet lined up in a straight line towards the target
- **Shoulders** - rotation of bowling shoulder up and over and not around (vertical rotation and not horizontal)
- **Bowling arm** - complete action to opposite side – bowling shoulder facing target
- **Flight** - spin up and invite batsman to drive

The spinner should try to entice the batsman to misread the length; stock ball to be bowled above batsman's eye level

**Key elements: Power – Energy – Pivot!**



Leg-spin grip



Leg-spin



Off-spin



Power - energy and pivot



Off-spin grip

## Off-spin bowlers

- Sideways-on – transfer into full side-on position
- Release – point of release high (12.00 o'clock) - not on other side of perpendicular to avoid over spin

## Leg-spin bowlers

- Body more open in action
- Release point lower (more at 13.00) (see Shane Warne)

## Wicket-keeping

Vision: To develop agile keepers with good eye-hand coordination, strong reflexes and an active presence in the field.

Key Coaching points:

- **Balance** - crouch position slightly to off side of batter.
- **Weight on balls of fee** - head and eyes level.
- **Position** - Head and body behind the ball, rise with the bounce of the ball.
- **Movement** - Good footwork and body movement in relation to reaction time (stumping work).
- **Pick up** - Attempt to take ball below eye line and on the inside hip.
- **Knowledge** - Read the wicket well as this will influence how the ball will travel.



Standing up



Standing back



Ball take



Agility

# Cricket Fundamentals

## Batting

Vision: to develop batsmen with a sound and basic technique and the ability to score runs.

There are certain key elements we are looking for in a batsman:

- Play the ball under the line of your eyes
- Bend your front leg into your front foot shots
- Head and shoulder leading and coming down into the ball at contact (FF shots)
- Good stride forward for FF shots and make good use the crease for BF shots
- Watch the ball all the way onto the bat
- Adjust to the line of the ball – keep your eyes level
- Run the first run hard, run with intent, good communications between batters

Key Coaching points:

- **GSB** – Grip (traditional V grip), Stance (stable with head, hips & feet in line), Backswing – high backswing/cocking of the wrist are crucial!
- **Stable base** - throughout shot maintain balanced position
- **Good transfer of weight** – both in FF and BF shots
- **Use of feet** - does the player get in line (look at the validity of trigger movements)
- **Use of hands** – do they work together? – hands leading through the shot on contact
- **Point of contact** – under the eyes or in eye line for wider balls
- **Soft hands** – let the ball come towards you and play with soft hands in defense
- **Awareness** – able to read condition, wickets, match situations etc.
- **Trigger Movements** – to be timed to perfection and completed just as the ball leaves the bowlers hand. A trigger movement should be natural and prepare and get the batsman for the next delivery. There are various trigger movements used by batsman: forward press, backward movement or a double trigger. Batters have to be very careful that the trigger doesn't become a commitment.



Strong base + check drive



Back-foot punch



Strong base and good arms



Working the ball



Sweep



Forward defence



Full Drive



High back-swing



Hook



Cut shot



Keeping everything in the box



# Cricket Fundamentals

## Fielding

Key attributes we are looking for in players:

- **Eye hand coordination**
- **Speed & agility**
- **Throwing technique**
- **Awareness in the field**



High catch – reverse



Keep eyes on the ball



Agility



High catch - traditional

## Fitness in cricket

Vision: to develop players with the physical attributes to deal with the rigors of top level cricket in all disciplines. The fitness elements are absolute crucial and the KNCB is putting a lot of time & effort into improving this part of the game. Players are encouraged to follow a home training program. To assist in this we have developed simple home training programs for the Dutch Lions and Lionesses to assist all players in this process.

Key attributes of great fielders:

- **Speed & agility**
- **Endurance**
- **Core strength**

Good core strength is a vital element of the fitness program which players need in all parts of the game:

- **Batter** – a strong base is the foundation of every shot he plays.
- **Bowler** – bowlers need to maintain good core stability and strength throughout their action to improve their accuracy and control.
- **Fielder** – need a strong base to move quick, pick up the ball and throw with power.



Lunges



Bowler warm up Power & speed



Bridge



Agility Ladder

## Tactical

Tactical skills are crucial for the development of top players. Having tactical knowledge as well as technical skills lead to a player having the aptitude to translate technical proficiency into results and game awareness.

- **Ability to make and execute plans** (as a batter or as a bowler).
- **Reading the game.**
- **Understanding their role** within the team and within the game.
- **Awareness of game situations.**
- **Ability to set tactical goals.**
- **Understanding of tactical principles** such as 'gapping the ball' and 'rotating strike'.
- **Understanding field-placements & positions** for different types of bowling and match situations.



# Cricket Fundamentals

## Selection

The Dutch Lions HPM committee (Tom de Grooth, Subir Shrestha, Farhad Sardha, Roland Lefebvre en Jos Heggelman) with the assistance of all the KNCB coaches will decide on selection of Dutch Lions teams. The committee aims to finalize selection in the second week of May. During the whole year club coaches are always encouraged to contact the KNCB HP coaches if they feel one of their players should be looked at more closely. Furthermore, during the season 'scouts' will be used to help identify talented young players.

For the Dutch Lionesses, the selection committee consists of: Miranda Veringmeier, Helmien Rambaldo, Esther de Lange, Sean Trouw & Caroline de Fouw. The head-coach for each age-group has the final word in selection. There are two clearly defined selection moments, at the start of the winter-training program and at the start of summer when the touring squads are announced. Throughout the year the coaches will be on the look-out for previously unknown talent and will sometimes invite players to attend a training session with the Dutch Lionesses to further assess them.

Below is a list of key attributes KNCB coaches look during the selection process:

- **Technical skill level** (Control of the basics technical elements of cricket)
- **Tactical awareness & game sense**
- **Physical attributes** (condition, speed, agility, physical make-up of the player)
- **Attitude** (commitment, discipline, coachability, open mind-set)
- Players from U17 upwards need to **excel in at least two of the three skills** (batting, bowling, fielding)
- **Long term potential** (based on the assessment within the above guidelines)
- **Strong team unity**



2009 T20WC vs England-Lords



2015 Div 2 Winners vs Namibia



2014 T20WC vs Ireland



Joint winners T20 WCQ Tournament Scotland/Ireland 2015





## Cricket Fundamentals

### Trademarks of players at the top

In the 'Players Diaries' which were handed out to the Dutch Lions and Lionesses players in U12, 13, and 15 age groups at the start of the winter training program, some of the trademarks of top players are written down as a guideline for the young players.

<b>BOWLING</b>	
<b>General</b>	<b>Algemeen</b>
Action	Actie
Run up	Aanloop
Control	Controle
Concentration / Composure	Concentratie en beheersing lichaam
Routine	Herhaalbaarheid
<b>Swing and seam bowlers</b>	<b>Swing and seam bowlers</b>
Bowl consistent length	Bowlen van een constante lengte
Bowl consistent line	Bowlen van een constante lijn
Swing the ball	De bal laten zwaaien
Seam the ball	De bal op de naat bowlen
Deliver a slower ball	Bowlen van een langzamere bal
Deliver a Yorker	Bowlen van een yorker
Deliver a bouncer	Bowlen van een bouncer
Set appropriate fields	Het juiste veld uitzetten
Bowl to left hand batsman	Op links handige batters kunnen bowlen
Bowl to right hand batsman	Op rechts handige batters kunnen bowlen
<b>Spin bowlers</b>	<b>Spin bowlers</b>
Spin the ball	De bal te laten spinnen
Vary your pace	De snelheid van de bal te variëren
Flight and dip the ball	De bal "lucht" kunnen geven
Vary the type of delivery	Het variëren van verschillende ballen
Bowl to left hand batsman	Op linkse batters kunnen bowlen
Bowl to right hand batsman	Op rechtse batters kunnen bowlen
Set appropriate fields	Het juiste veld uitzetten

WICKETKEEPING			
Footwork:	to quicks	Voetenwerk	op snelle bowlers
	to spinners		op langzame bowlers
Glove work:	to quick's	Goede handen:	op snelle bowlers
	to spinners		op langzame bowlers
Pride in performance		Trots zijn op je prestaties	
Ability to:		Vaardigheid om:	
Read the wicket quickly		De pitch kunnen lezen	
Identify batsmen's weakness		De zwaktes van batsman herkennen	
Motivate the team		Het team motiveren	
Assist captain in field placements		De captain helpen met het veld uitzetten	



# Cricket Fundamentals

## BATTING

### Front foot play:

Straight bat shots against pace  
Straight bat shots against spin  
Cross bat shots against spin (sweeping)  
Deflections

### Slagen van de voorste voet:

Rechte slagen tegen snelle bowlers  
Rechte slagen tegen spinners  
Horizontale slagen tegen spinners  
Bal laten afglijden van het bat

### Back foot play:

Straight bat shots  
Cross bat shots (cuts & pulls)  
Deflections

### Slagen van de achterste voet:

Slagen met een recht bat  
Slagen met een horizontal bat  
Bal laten afglijden van het bat

### Ability to:

Play with soft hands  
Weight the ball  
Gap the ball  
Hit over the top  
Hit boundaries when required in unconventional areas  
Read spinners  
Play short/fast bowling  
Use feet to spinners (both back and down wicket)

### Vaardigheid om

Batten met zachte handen spelen  
De snelheid waarmee je slaat controleren  
De bal tussen de fielders doorslaan  
Recht vooruit en door de lucht  
Het slaan van boundaries in onconventionele gebieden  
Het lezen van spin-bowling  
Het spelen van korte en snelle bowling  
Het gebruik van je voeten op spinners (zowel naar voren als naar achteren)

### Running between the wickets

Awareness of run opportunities  
Pace  
Turning  
Judgement  
Backing up

### Runnen

Bewustwording van mogelijkheden om te runnen  
Snelheid  
Draaien  
Beoordeling  
Oplopen

## FIELDING

Anticipation  
Pace across ground  
Sharpness (ability to change direction)  
Skill to eliminate 2 touches in outfield

Anticipatie/vooruitdenken  
Snelheid  
Beweeglijkheid  
Directe balcontrole

### Ability to:

Catch - infield/outfield  
Throw stumps down  
Throw over short distance  
Throw over long distance  
Throwing Technique

### Vaardigheid om:

Vangen – dichtbij en veraf van het wicket  
Het wicket kunnen raken  
Korte gooien  
Verre gooien  
Gooitechniek

## TACTISCH

### Ability to:

Know your own game  
Read the game  
Work out how to deal with a situation  
  
Best use your skills to deal with the situation  
Awareness of Laws of the game

### Vaardigheid om:

Je eigen spel kennen  
De wedstrijd kunnen lezen  
Weten hoe je met verschillende situaties moet omgaan  
Op juiste wijze je kwaliteit en techniek gebruiken  
Regelkennis

### Physical

Strength  
Agility  
Anaerobic (short bursts)  
Aerobic (endurance)  
Flexibility

### Fysiek

Kracht  
Beweeglijkheid  
Explosieve kracht  
Uithoudingsvermogen  
Lenigheid

# Cricket Fundamentals

## KNCB Key Performance Indicators U10 – U13

	U10	U12	U13
<b>Technical</b>	<p><b>Batting</b></p> <ul style="list-style-type: none"> <li>Develop a good understanding of GSB</li> <li>Develop the basics of the FF drive, the pull shot (PS) and the FF def.</li> <li>Have an understanding of shot selection – when do I attack or defend</li> <li>A complete understanding of running between the wickets</li> </ul> <p><b>Bowling</b></p> <ul style="list-style-type: none"> <li>A full understanding of the grip</li> <li>Basic bowling action</li> <li>An established run up</li> </ul> <p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>A basic understanding of the various fielding skills to include under-arm flick, close &amp; high catching, long barrier and throwing</li> <li>Identify WK and work in 1-2-1 situations</li> <li>Eye-hand coordination skills</li> </ul>	<p><b>Check U10 criteria in place</b></p> <p><b>Batting</b></p> <ul style="list-style-type: none"> <li>Play the FF drive correctly with power through both off and leg side</li> <li>Play FD shot correctly</li> <li>Have a good understanding of shot selection – when do I attack or defend &amp; which shot do I play to which ball</li> <li>Develop the pull shot (PS)</li> <li>Introduce the cut shot (CS)</li> <li>Develop an understanding of attack and defence playing off the back foot</li> </ul> <p><b>Bowling</b></p> <ul style="list-style-type: none"> <li>Bowlers to have a variation ball available</li> <li>Encourage spinners to bowl</li> </ul> <p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>Long barrier only as a last resort (trust hands)</li> <li>Introduce diving and correct technique</li> <li>Work with WK in 1-2-1 situations</li> <li>Eye-hand coordination skills</li> </ul>	<p><b>Check U12 criteria in place</b></p> <p><b>Batting</b></p> <ul style="list-style-type: none"> <li>Play the pull shot correctly with power and confidence</li> <li>Be able to defend and attack on both sides of the wicket playing off the BF</li> <li>Understand the concept of shot selection – when do I attack or defend &amp; which shot do I play to which ball</li> <li>Use feet to spinners and hit along the ground or over the top for four</li> <li>Short ball tennis ball drills</li> <li>Introduce the sweep, slog sweep and manipulation skills</li> <li>Develop the cut shot</li> </ul> <p><b>Bowlers</b></p> <ul style="list-style-type: none"> <li>Bowlers to bowl a Yorker and slower ball when required</li> <li>Have an understanding of how they are going to bowl at the end of an innings and why</li> </ul> <p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>Work with WK in 1-2-1 situations</li> <li>Develop an understanding of specialist fielding positions</li> </ul>





## Cricket Fundamentals

<b>Tactical</b>	<ul style="list-style-type: none"> <li>Develop the ability to work out situations through a range of thought based games</li> <li>Learn basic field placements for own bowling</li> <li>Understand the value of leaving the ball</li> </ul>	<b>Check U10 criteria in place</b> <ul style="list-style-type: none"> <li>Learn all bowlers fields for both attacking and defensive situations and for left and right handers</li> <li>Develop an understanding of “gapping” the ball using drills and middle practice</li> <li>Understand the value of leaving the ball</li> </ul>	<b>Check U12 criteria in place</b> <ul style="list-style-type: none"> <li>Be able to identify opposition weaknesses and expose them</li> <li>Warm down procedures understood and individually implemented</li> <li>Re-hydration strategies in place for training and matches</li> <li>Bowlers must be able to set their own fields</li> <li>Understand and stick to individual games plans</li> <li><b>Test on field placement knowledge</b></li> <li>Role and responsibilities players in team</li> </ul>
<b>Physical</b>	<ul style="list-style-type: none"> <li>Weight appropriate to height</li> <li>Have sound aerobic fitness level</li> <li>Correct running technique</li> <li>Learn basic core exercises – front plank, side plank, double/single leg, bridging (the technique learnt)</li> <li>Basic stretching routines</li> </ul>	<b>Check U10 criteria in place</b> <ul style="list-style-type: none"> <li>Advance the basic core exercises to a more advanced level</li> <li>Running with bat an turning mechanics</li> <li>Introduce basic core functional training for the bowlers</li> <li>Introduce fielding footwork drills</li> </ul>	<b>Check U12 criteria in place</b> <ul style="list-style-type: none"> <li>Fitness Test 1 Minimum Bleep Level 7</li> <li>Fitness Test 2 Minimum Bleep Level 8 Press ups 15 in one minute</li> <li>Introduce 10 exercise pre-hab routine</li> </ul>
<b>Mental</b>	<ul style="list-style-type: none"> <li>Ability to speak clearly in front of others</li> <li>Correct attitude to practise and play</li> <li>An basic verbal understand of personal goal setting</li> </ul>	<b>Check U10 criteria in place</b> <ul style="list-style-type: none"> <li>Understand the importance of learning to train and practice rather than the performance outcomes</li> <li>A written understanding of personal goal setting</li> <li>Introduction of a player diary</li> <li>No fear of failure mind-set</li> </ul>	<b>Check U12 criteria in place</b> <ul style="list-style-type: none"> <li>Understand all goal setting aspects and be able to write them down and evaluate the process. Give a five minute talk/activity to U10 beginners on a chosen aspect of the game</li> <li>Be comfortable with the use of visualisation</li> <li>Self evaluation and feedback forms to be held in players diary</li> </ul>
<b>Lifestyle</b>	<ul style="list-style-type: none"> <li>Cricket quizzes to develop knowledge</li> <li>Play other sports</li> <li>Fun games</li> <li>Carry own playing kit to and from activities</li> </ul>	<b>Check U10 criteria in place</b> <ul style="list-style-type: none"> <li>More difficult quizzes to further knowledge</li> <li>Introduce the “thought for the day” topic</li> </ul>	<b>Check U12 criteria in place</b> <ul style="list-style-type: none"> <li>Pack and carry own playing kit to and from activities</li> <li>Parents to understand nutritional importance and quality preparation and re-generation</li> </ul>

## Cricket Fundamentals

### KNCB Key Performance Indicators U15/U17

	U15 Squad	U17-23 Squad	Academy																												
Technical	<p>Check on U13 criteria to make sure all aspects are in place</p> <p>Batting</p> <ul style="list-style-type: none"><li>• Test fight or flight verses fast short pitched deliveries</li><li>• Further develop sweep, slog sweep and manipulation skills on turning pitches</li><li>• Introduce longer format of the game and tools required for success</li></ul> <p>Bowling</p> <ul style="list-style-type: none"><li>• Further develop control of Yorkers and slower balls as situation and coaches dictate</li></ul> <p>Fielding</p> <ul style="list-style-type: none"><li>• Develop and refine sliding and diving techniques</li><li>• Develop anticipation skills</li><li>• WK to stand up to all medium pacers as required</li></ul>	<p>Check on all U15 criteria to make sure that all aspects are in place</p> <p>Batting</p> <ul style="list-style-type: none"><li>• Ability to hit bad ball for 4 or 6</li><li>• Ability to hit length ball through the V, and mid wicket along the ground and in the air</li></ul> <p>Bowling</p> <ul style="list-style-type: none"><li>• To have good control of variation deliveries and have at least two changes of pace</li><li>• Understand how they are going to bowl in the first fifteen overs with fielding restrictions and at the end of the innings, and why that way</li></ul> <p>Fielding</p> <ul style="list-style-type: none"><li>• Be able to demonstrate correct technique for sliding retrieves (head &amp; feet first) around the boundary</li></ul>	<p>Batting</p> <ul style="list-style-type: none"><li>• Death hitting, be able to execute this skill so you can hit a four or six</li><li>• Be able to play all sweeps (fine and hard reverse, fine, hard, slog, conventional sweeps, plus fine lap seamer at end of innings</li><li>• To be able to move forward or back from desired press</li></ul> <p>Bowling</p> <ul style="list-style-type: none"><li>• Understand reverse swing</li></ul> <p>Fielding</p> <ul style="list-style-type: none"><li>• Correct throwing technique, diving technique, quick feet setting, aggressive angles of approach</li></ul>																												
Tactical	<p>Check on U13 criteria to make sure all aspects are in place</p> <ul style="list-style-type: none"><li>• Be able to fulfil role within the team as required or needed in any given circumstance</li></ul> <p>TEST: Knowledge of individual and team game plans</p>	<p>Check on all U15 criteria to make sure that all aspects are in place</p> <ul style="list-style-type: none"><li>• All bowlers to know their fields for all situations</li></ul>	<ul style="list-style-type: none"><li>• To be able to captain age group team as a minimum requirement in one-day cricket, be able to control and build run-rates through appropriate decision making</li><li>• Clearly identify opposition weakness and expose them</li></ul>																												
Physical	<p>Check on U13 criteria to make sure all aspects are in place</p> <p><b>Fitness Test</b></p> <table><tr><td></td><td><b>U14</b></td><td><b>U15</b></td></tr><tr><td>Min bleep test</td><td>9</td><td>10</td></tr><tr><td>Front plank in min 1.5 min</td><td></td><td>2</td></tr><tr><td>Side plank in sec</td><td>45</td><td>60</td></tr><tr><td>Press ups</td><td>15</td><td>20</td></tr><tr><td>Wall sit in min.</td><td>2</td><td>2.5</td></tr></table> <p>Weight training education and tuition, demonstrate correct lifting techniques and answer questions on physical issues</p>		<b>U14</b>	<b>U15</b>	Min bleep test	9	10	Front plank in min 1.5 min		2	Side plank in sec	45	60	Press ups	15	20	Wall sit in min.	2	2.5	<p>Check on all U15 criteria to make sure that all aspects are in place</p> <ul style="list-style-type: none"><li>• Warm up / down procedures understood and being applied</li><li>• Re-hydration being followed in training, during and post match</li></ul> <p><b>Fitness Test</b></p> <table><tr><td>Min bleep test</td><td>11</td></tr><tr><td>Front plank</td><td>2.5 min</td></tr><tr><td>Side plank</td><td>1.5 min</td></tr><tr><td>Press ups</td><td>25</td></tr><tr><td>Wall sit</td><td>3 min</td></tr></table>	Min bleep test	11	Front plank	2.5 min	Side plank	1.5 min	Press ups	25	Wall sit	3 min	To discuss
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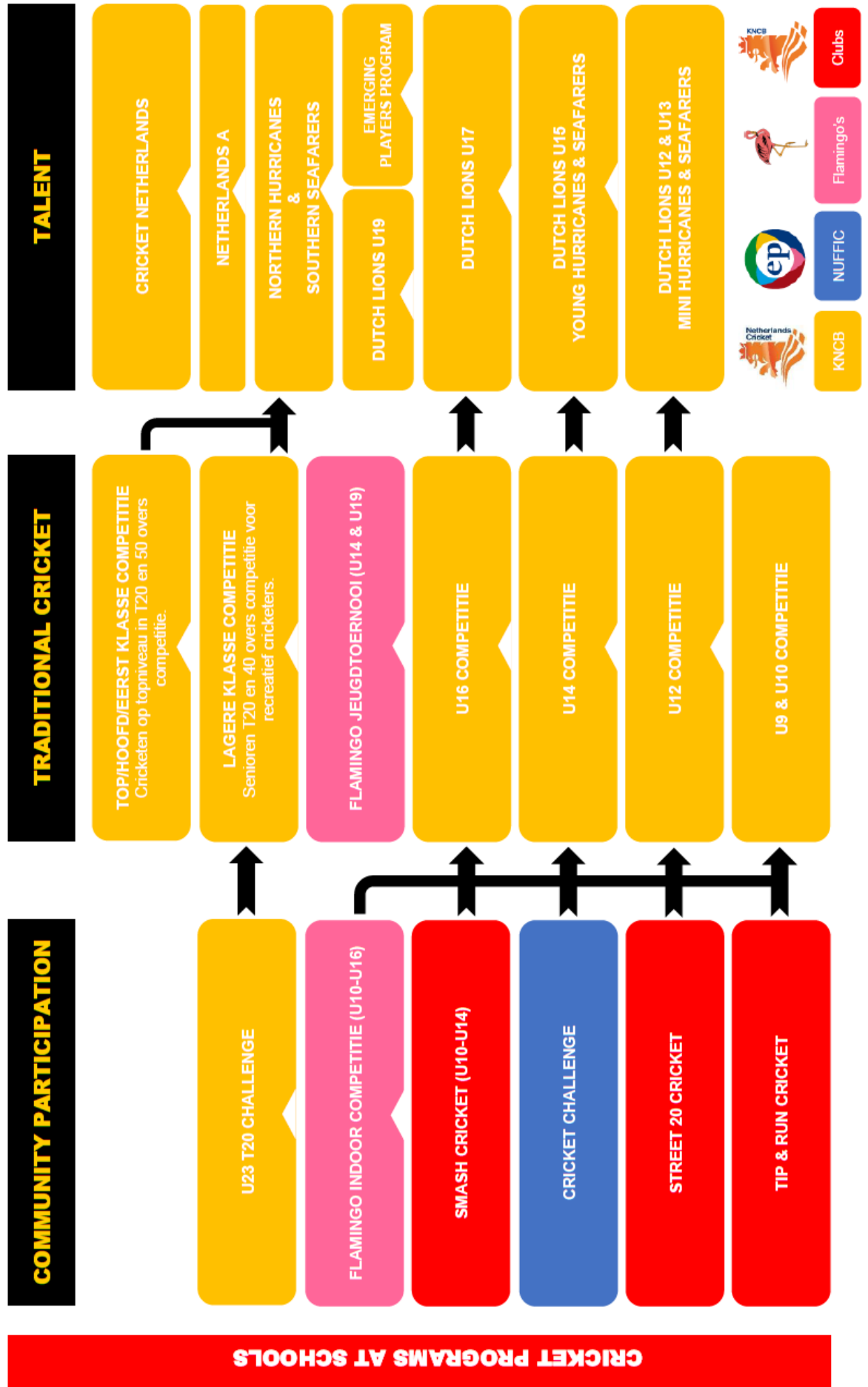


## Cricket Fundamentals

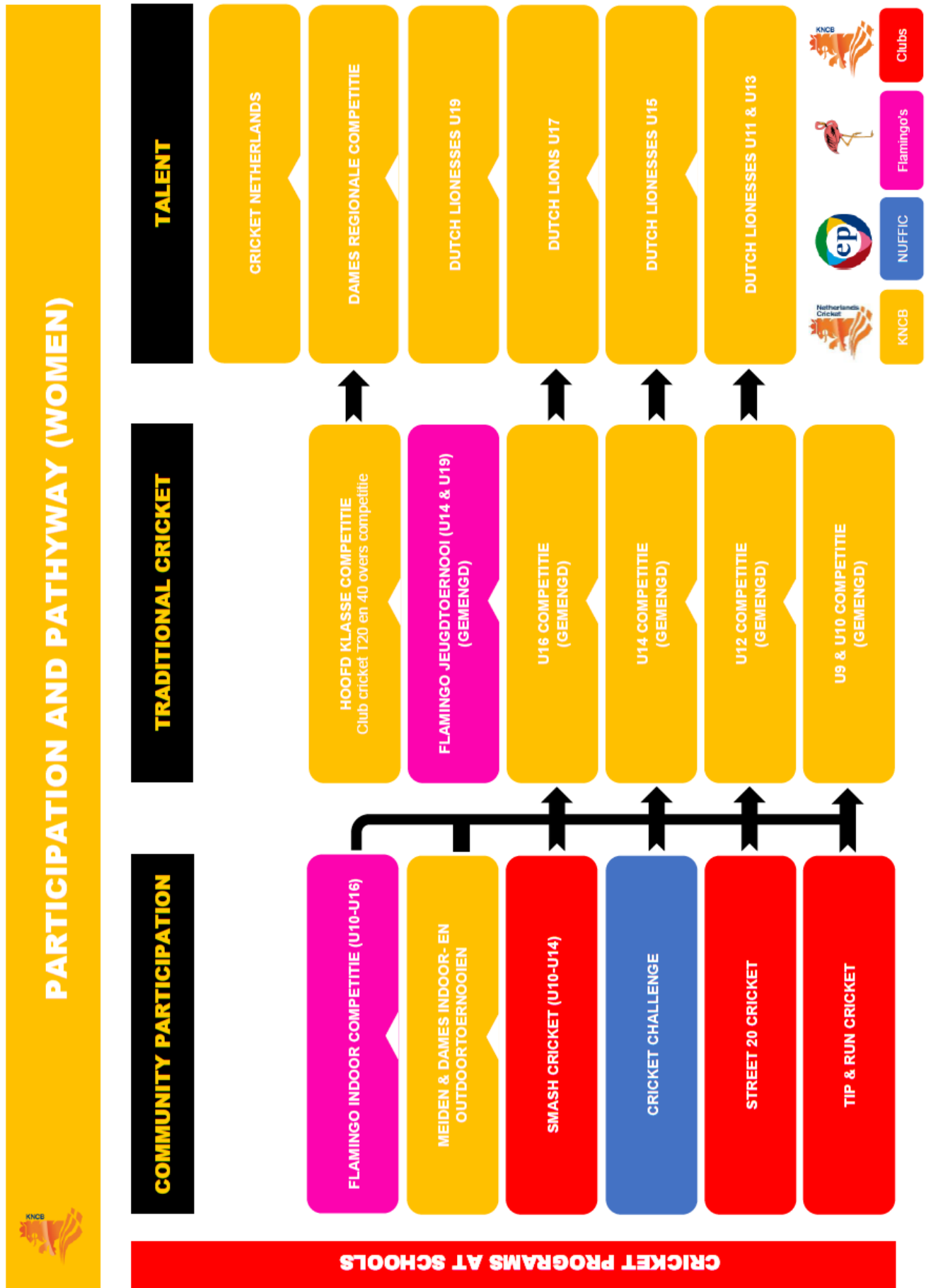
<b>Mental</b>	Check on U13 criteria to make sure all aspects are in place <ul style="list-style-type: none"><li>• Winning mind module</li><li>• Tough attitudes</li><li>• Self evaluation, feedback forms to be held by player in diary</li></ul>	Check on U15 criteria to make sure all aspects are in place <ul style="list-style-type: none"><li>• Winning mind module</li><li>• Tough attitudes</li><li>• Self evaluation, feedback forms to be held by player in diary</li></ul>	Greater exposure to <ul style="list-style-type: none"><li>• Winning mind module</li><li>• Tough attitudes</li><li>• Self evaluation, feedback forms to be held by player in diary</li></ul>
<b>Lifestyle</b>	Check on U13 criteria to make sure all aspects are in place <ul style="list-style-type: none"><li>• Be available for at least 90% of games</li></ul>	Check on all U15 criteria to make sure that all aspects are in place <ul style="list-style-type: none"><li>• Parents to understand nutritional importance and quality preparation and re-generation</li><li>• Watch and study the game of cricket</li><li>• Independence, wash, pack and carry own kit</li></ul>	Check individual targets from previous year are achieved <ul style="list-style-type: none"><li>• Experience with Nat team as 12<sup>th</sup> man</li><li>• Obtain Level 1 coaching certificate</li><li>• Look to spend a winter overseas at the end of school</li></ul>



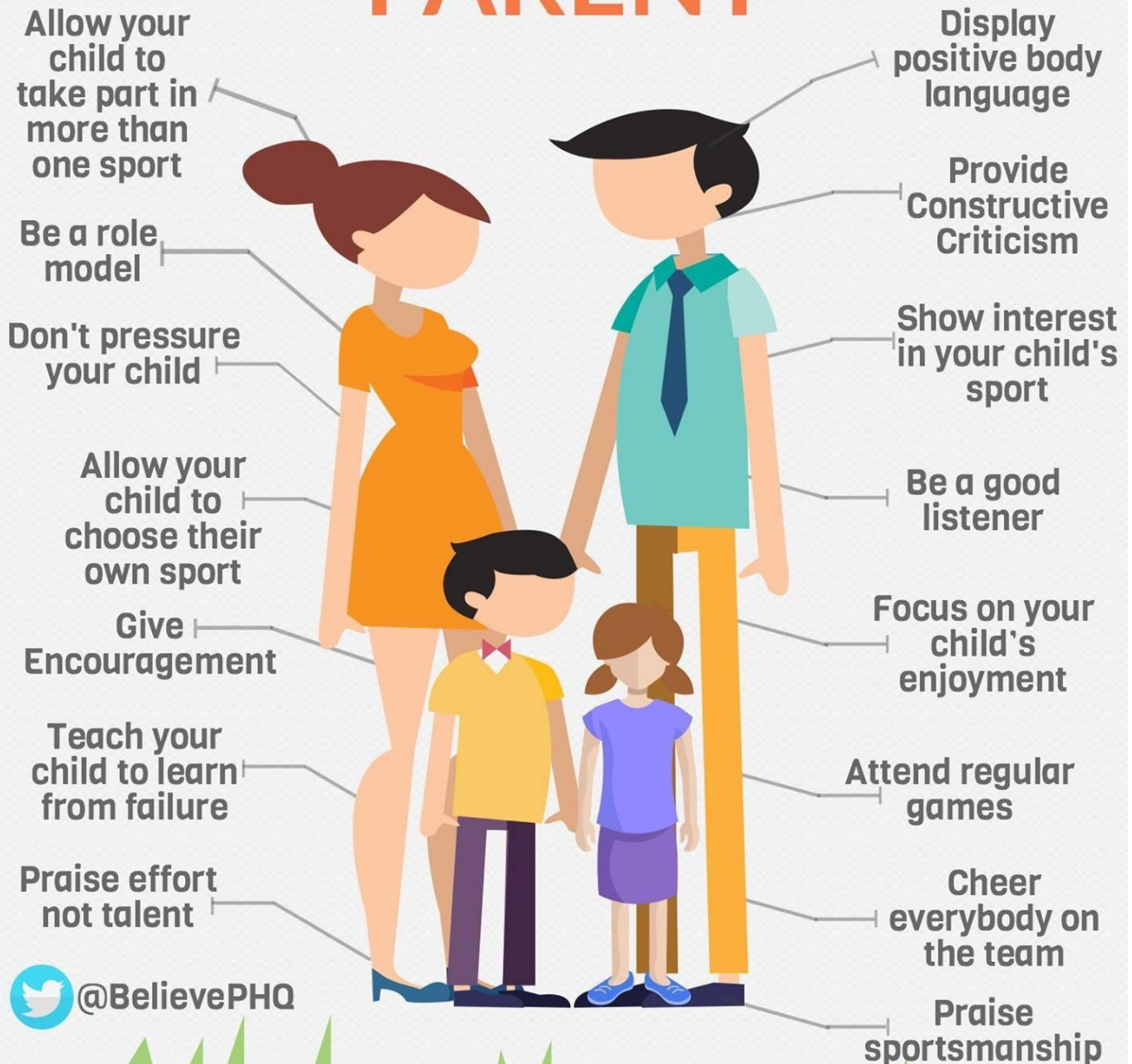
## PARTICIPATION AND PATHWAY (MEN)







# HOW TO BECOME A BETTER SPORT PARENT



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