

SAMPLE COACHING PLAN

CORE or FUNDAMENTAL SKILLS TO BE DEVELOPED

FOCUS	BATTING	BOWLING	FIELDING / WICKETKEEPING	TACTICS
GENERIC GAME and TEAM NEEDS	• Develop a sound technique and the ability to watch the ball closely • Learn to occupy the crease • Be positive and score runs consistently • Be more aggressive in running between wickets	• Develop a sound and safe action and the ability to concentrate on line and length • Be positive and take wickets consistently • Pace bowlers by learning to bowl fast and to move the ball • Spin bowlers by learning to spin the ball hard and developing a range of variations	• Develop sound techniques of catching, stopping, retrieving, throwing and wicketkeeping • Learn the requirements of different positions in the field • Be positive, alert and concentrate on every ball	• Develop a knowledge and understanding of a variety of strategies and tactics • Learn to use these to establish game plans and apply them to different situations and challenges • Be positive in looking to dominate and striving to win
YEARS 9-10	• Set up – grip, stance, backswing • Vertical strokes - Front foot defence - Front foot drive - Back foot defence - Back foot drive • Horizontal strokes - Pull shot - Cut shot • Building an innings • Placing the ball in gaps • Running between wickets – calling, turning	• Set up – grip, run-up, action • Different bowling actions • Pace bowling – seam presentation and swing bowling • Spin bowling – finger and wrist spinning • Line and length accuracy • Analysing different batsmen and bowling to a field	• Catching • Moving to the ball - Attacking fielding - Defensive fielding • Retrieving the ball • Underarm throwing • Overarm throwing • Wicketkeeping - Glovework - Crouch and positioning - Footwork standing back and up - Role of the wicketkeeper	• Batting tactics - Batting order and roles - Team batting plans • Bowling tactics - Bowling order and roles - Team bowling plans • Fielding tactics - Fielding positions and placements • Teamwork • Leadership
YEARS 11-13	• Review above skills • Vertical strokes - Lofted drive - Leg glance • Horizontal strokes - Sweep • Building partnerships • Playing pace and spin bowling • Running between wickets – creating a presence, pressurising the field	• Review above skills • Pace bowling – change of pace • Spin bowling – variations • Line and length – variations, using the crease, over and around the wicket	• Review above skills • Overarm throwing - Crow hop - Relays • Throwing across the body • Vision and anticipation • Wicketkeeping - Stumping - Diving - Glove off throwing	• Review above skills • Batting tactics - Individual batting plans and situational awareness • Bowling tactics - Individual bowling plans and situational awareness • Game understanding – scenarios • Team culture • Captaincy