

October 2011 Issue 9

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PATS ON THE BACK ALL ROUND

Lancashire County Cricket Club winning the County Championship for the first time in 77 years this season has been a fantastic achievement, which has been made all the

sweeter in the knowledge that the majority of the team with their roots at clubs in Lancashire



have come through our Youth Cricket system. Starting off by working with coaches at their clubs, then moving on to District and County Age Group cricket and then into the County Club set-up under the guidance of Peter Moores and his team, who must be congratulated in having

the confidence to give them their opportunity.



This means that many of the members of our County Coaches Association have had a positive affect on the cricketing development of nearly all the Championship winning team. So you can all give yourselves a little extra pat on the back and walk with a spring in your step for the next few months.



Not only did the County Club win the County Championship but unprecedented success was

achieved at other levels as well. The Boys Under 14's and Girls Under 13's were both crowned County Champions



this season and the Disability squad won the County Championship in both hardball and softball versions of the game.

This is a reflection of how much hard work is being done by coaches at clubs throughout the county producing a constant stream of talented young players who are the future of cricket in our region. **Keep up the good work!**

“HOWZAT”

Howzat is the new DVD-Rom resource which has been sent out to all members of the ECB CA.

Here in Lancashire we have over 2000 members, many of whom have not yet registered their copy of Howzat. Please take the time to load it up onto your computer and register it. You will find it extremely useful as an aid to your coaching.

USEFUL HINTS

- *Make sure that you have Quicktime installed on your computer.*
- *When you register look carefully at the numbers and letters the l's and 1's look quite similar (the l's are slightly taller)*
- *We are planning some Howzat Orientation evenings for coaches. Please see the survey on Page 3.*

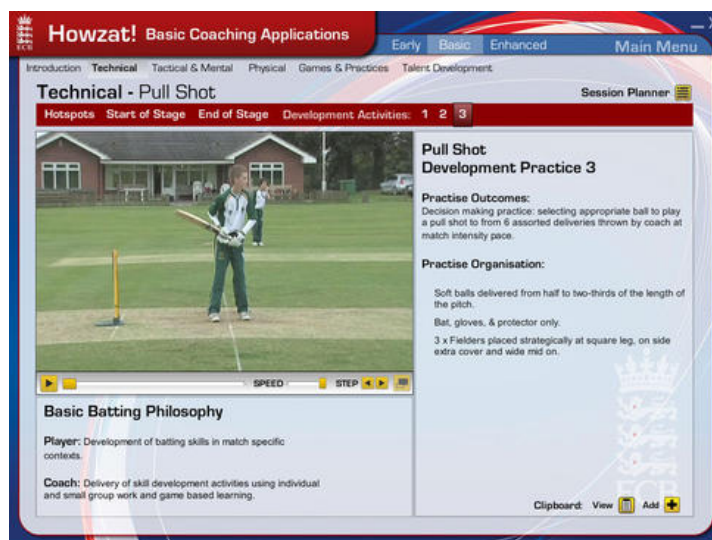
Howzat is a comprehensive resource covering all areas of coach development and contains a wealth of technical information and supporting tools to aim coaches.

For the past two years ECB Coach Education, in conjunction with other ECB departments and Sports Coach UK (scUK) have been examining cricket's playing population in order to determine how cricket, through coaching can best meet the needs of their participants.

Following this work, a clearly mapped Player Development Model (PDM) has been created. The PDM captures each stage of player development, displays each of the performance domains and links them to other aspects of

cricket performance. The PDM is underpinned by a comprehensive technical syllabus which clearly identifies the nature of the player's needs in each domain including Technical, Tactical, Mental, Physical and Lifestyle facets, how these can be supported through coaching, what form and type of cricket is played in each domain and how these elements link to other areas of playing such as facilities, competition and talent development

The new structure is at the heart of the new 2011 'Howzat!' package. Howzat! was originally designed and developed by Tacklesport for the ECB in 2000 when it was launched by the then Minister of Sport Kate Hoey. Since then Howzat! has undergone several developments. The latest was in 2008 when it was re-launched by then Minister of Education, Ed Balls.



The completely new Howzat! will enable coaches to learn in new and innovative ways, on and away from formal courses.

Coaches Survey

At our last LCBCA Committee Meeting we discussed various ways in which we could gather information from coaches in the county about how we could serve them better.

We came up with the idea of sending out a survey to all coaches. As a paper and pencil exercise this would prove fairly costly with us having over 1200 members so we have come up with the idea of using a web-based survey which you can access using the link below.

Please take the time to complete the questionnaire. It will only take about ten minutes of your time because there are only 10 questions.

Once we have gathered in all the results of the survey we will get back to the membership with our plans on how to move forward as an association.



Use this link in order to get to our survey.

<http://www.surveymonkey.com/s/MRBQXBP>

Specialist Sessions

We are looking to put on some Specialist Fielding Sessions for members this winter and will email you as soon as we have things finalised.

Use your Iphone as a Coaching Tool

Staff Coach David Lees has led several Coach Development Workshops and understands how difficult it can be for coaches especially when working with bowlers. They move too quickly and it's difficult to focus on one part.

In recent weeks David has used the iphone4 as a powerful video coaching tool to provide immediate visual feedback to players during his 1-1 training sessions. A delayed timer setting provides players with a valuable insight into their bowling action. Clicking through Frame by frame allows analysis at the key points; Back Foot Contact, Front foot contact and Point of Delivery. Instant feedback to a player rather than having to wait to export footage into an analysis package takes 1-1 coaching to a new level.



The iphone allows Video clip management features include trimming, renaming, transferring the footage into iMovies so comparison of videos from different angles can be arranged.

Using the footage from the iphone in iMovies is quick and simple and David benefited from the video editing workshops that Apple hold in their Arndale store.

An 8x zoom lens that clips onto the case of the iphone is available so footage can be taken from a safe environment i.e. the other end of a net.



The iphone enables batting, bowling, throwing and fielding technique analysis with immediate clip replay in real time, slow motion or frame by frame. Each recorded video clip can be replayed and David uses a coloured drawing tool to highlight problems.

There are seven common problems with fast bowlers and using the iphone it is now a lot easier to resolve problems and move onto intervention drills.

There is also a Speedometer function which allows users to measure thrown and bowled ball speed. A sure way to resolve disputes about who delivers the fastest balls.

Membership

Our LCBCA membership currently stands at **1200**.

It is important to us to keep all our members year on year. The benefits of being an ECBCA member are many and varied.

Benefits include:

Technical Bulletins - Coaches Matter

- A visual poster for display
- Technical information and photos provided in easy to follow instructions

'Wings to Fly' DVD Series

- Practical skills and practices
- Up to date coaching methods and styles
- Presented by top coaches and players

Membership Card

- Wallet sized card providing useful contact information

Licensed Clothing & Equipment Catalogue

- Wear the three lions - it's priceless
- Coaching equipment and resources
- Online shop

National Conference

- Every two years - not to be missed
- A residential conference held biennially
- Practical and theory sessions presented by top coaches and players
- Four star accommodation, conference pack and conference gala dinner

This website

- Keep up to date with what's going on in the coaching world

Hitting the Seam

- Newsletter in March & September
- Local, Regional and National news and events

Yearbook

- Cricket reports
- Domestic and national fixtures plus ground locations
- Local and Regional Coaches Association Representatives

Insurance

- Introduced to give you peace of mind when coaching
- Public Liability - £5,000,000
- Employers Liability - £10,000,000
- Personal Accident Cover
- Legal Expenses
- Legal & Tax Helpline 24 hours a day, 365 days a year.

The LCBCA aims to help members in Lancashire

- By communicating through a regular newsletter
- Creating email links with as many members as possible
- By putting on special events to help coaches' personal development
- By keeping coaches up to date with all new initiatives in coaching
- By passing on information received by us from ECBCA
- By offering news and information via the Coaches section on the LCB website

KEEP YOUR ECBCA MEMBERSHIP UP TO DATE BY

- Remembering to renew your CRB when it expires
- Keeping your First Aid and Child Protection qualifications up to date
- Paying your annual membership by Direct Debit

Sky Sports Reward and Recognition



In the near future we will be asked again to nominate for the National Sky Sports Reward and Recognition Awards.

The three categories are as follows: -

1. OUTSTANDING COACHING ACHIEVEMENT
2. OUTSTANDING CONTRIBUTION AND SERVICES TO COACHING
3. YOUNG COACH OF THE YEAR

There are lots of coaches working in Lancashire who would be worthy of nomination. You may have somebody in mind who would be worthy of one of these awards. As soon as the nomination forms are published we will email them out to all members.

**PLEASE TAKE THE TIME
TO COMPLETE
OUR COACHES SURVEY**

<http://www.surveymonkey.com/s/MRBQXBP>

ECBCA Conference 2012

The National Conference 2012 will be held at Warwick University over the weekend of January 22nd and 23rd.

This is always a popular event due to both the content and conviviality. Your opportunity to book will be coming in the post shortly so act quickly to secure a place.

LCBCA AGM and Dinner

The LCBCA AGM and Annual Dinner will take place sometime around the middle of March 2012.

Please keep an eye on your emails for news of the exact date and guest speakers