



# Berkshire Cricket

[www.berkshirecricket.org](http://www.berkshirecricket.org)

## Coach Education Courses 2009/2010

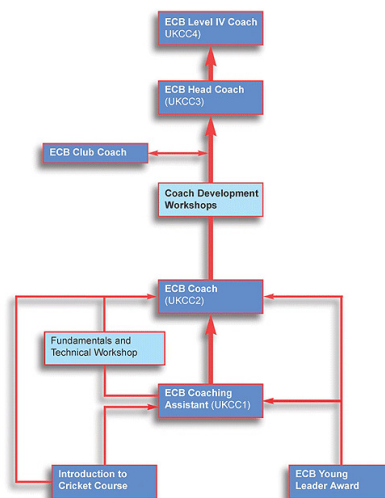
This years Coach Education Programme will see three UKCC1 courses (Coach Assistant) and three UKCC2 courses (Coach Award). This is based on the anticipated demand from clubs. In addition to these courses we will also be running the Coach Development Workshops, and the Club Coach Assessment for the first time, which is the qualification that sits between UKCC2 and UKCC3 in the ECB coaching pathway.

You will see below a diagram of the ECB Coaching pathway, which demonstrates the progression that is available for coaches at all levels. Candidates can start on the pathway at either Level One or Level Two, depending on age, experience, knowledge and coaching skills.

We believe with this programme and structure we can begin working towards having a minimum quality standard of coach working with all our representative squads and club youth cricket.

Part of the mandatory requirements for assessment on the UKCC1 and 2 courses is a current qualification in First Aid, and attendance on a 'SCUK Safeguarding & Protecting Children' course – both of these are available through Berkshire Sport, [www.berkshiresport.com](http://www.berkshiresport.com)

ECB Coaching Pathway



You will see from the course date information that there are three different prices for each course, depending on your Cricket clubs 'status'. Candidates from Berkshire Focus Clubs receive a large subsidy via ECB and Berkshire Cricket, whilst non focus clubs who are affiliated to Berkshire receive a subsidy from Berkshire Cricket. Clubs who are not affiliated to Berkshire Cricket are not eligible for any subsidies through ECB, or Berkshire Cricket. Please note that these subsidies have already been applied to the course cost, no further subsidies or reductions will be applied. You may be able to access additional funding for courses through your Local Authority.

Candidates from Berkshire focus clubs and affiliated clubs will be given priority on places, with applications from clubs and individuals outside of Berkshire Cricket allocated any spare places approx 3 weeks prior to the commencement of the course. Once a place on a course has been booked, the fee is non refundable.

This year Focus Clubs are able to book places prior to having candidate names confirmed, to allow them to secure the required number of course places. Again, once these places are booked, fees are non refundable. Candidate names will be required 4 weeks prior to the course as a minimum.



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## UKCC1 Course – Coaching Assistant

This course is aimed at beginner coaches who will be able to 'assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'. This role may include running warm ups, cool downs, small sided games and small group work. The course is essentially designed for parents and volunteers starting on the coaching pathway.

The course will help coaches prepare for, deliver and review cricket coaching sessions. It will enable them to:

- introduce and develop the game of cricket to people of all ages in a safe and enjoyable way
- develop and improve players (as people as well as cricketers)
- develop coaching skills, knowledge and qualities
- demonstrate competence against UKCC/National standards for coaches

**The minimum age for attendance on this course is 16 years old.**

Module One – Introduction to Cricket Coaching.

This module provides an opportunity for coaches to get involved in practical coaching activities after discussing the ECB coaching philosophy and the types of skills required by coaches. Coaches have the chance to work on how they give explanations and instructions when running warm up activities.

Module Two – Using games to promote learning.

Coaches have the chance to develop, modify and run small sided games in this module. One of the key roles of a coach is to make their sessions enjoyable and this part of the course highlights how coaches can achieve this.

Module Three – Develop Technical skills using Group Coaching.

During this module, coaches will have the chance to work on how to provide demonstrations of key technical skills. They will also undertake the role of the coaching assistant by setting up and running group coaching batting sessions.

Module Four – Group Coaching Practice.

The final module allows coaches the opportunity to develop their coaching by running group coaching sessions on bowling. In addition they will start the assessment process by running a group session for a small number of their peers.

Assessment

This takes the form of the candidate delivering an allocated activity to their peers, lasting around 15 minutes. There is also the assessment of four 'shadow demonstrations', and a multiple choice question paper.



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## UKCC1 'Coaching Assistant' Course Details

### COURSE ONE ref (L1/1)

Venue: Reading Blue Coat School  
Holme Park, Sonning Lane, Reading, RG4 6SU

Date	Time	Syllabus
Saturday 14 <sup>th</sup> November 2009	9.30am – 4.30pm	Modules 1 & 2
Saturday 21 <sup>st</sup> November 2009	9.30am – 4.30pm	Modules 3 & 4
Saturday 28 <sup>th</sup> November 2009	9.30am – 2pm	Assessment

### COURSE TWO ref (L1/2)

Venue: Langley Grammar School  
Reddington Drive, Langley, Slough, Berkshire, SL3 7QS

Date	Time	Syllabus
Sunday 28 <sup>th</sup> February 2010	9.30am – 4.30pm	Modules 1 & 2
Sunday 7 <sup>th</sup> March 2010	9.30am – 4.30pm	Modules 3 & 4
Sunday 14 <sup>th</sup> March 2010	9.30am – 2pm	Assessment Day

### COURSE THREE ref (L1/3)

Venue: Reading Blue Coat School  
Holme Park, Sonning Lane, Reading, RG4 6SU

Date	Time	Syllabus
Saturday 6 <sup>th</sup> March 2010	9.30am – 4.30pm	Modules 1 & 2
Saturday 13 <sup>th</sup> March 2010	9.30am – 4.30pm	Modules 3 & 4
Saturday 20 <sup>th</sup> March 2010	9.30am – 2pm	Assessment Day

### Course Costs

Berkshire Focus Clubs - £90 per candidate  
Berkshire Affiliated Clubs - £140 per candidate  
Non Berkshire Clubs - £180 per candidate

**Attendance on First Aid and a Safeguarding & Protecting Children courses is a mandatory requirement prior to assessment**

**For details on these courses, [www.berkshiresport.com](http://www.berkshiresport.com)**

**Attendance on all course dates is mandatory**



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## UKCC2 Course – Coach Award

The role of the ECB Coach Award (UKCC 2) holder is to be able to:-

*“Prepare for, deliver and review coaching sessions”*

This course will help you to be able to:

- Introduce and develop the game of cricket to people of all ages in a fun and enjoyable way
- Develop FUNdaMENTAL movement skills and improve players (as people as well as cricketers) particularly at FUNdaMENTAL and L2T stages of the LTAD model
- Develop your coaching skills, knowledge and qualities
- Demonstrate competence against UKCC2/National Standard for coaches

### **Summary of Coach Award Requirements**

To fulfil the course requirements, you have to:

- Complete the assignments set following Modules 1/2, 3/4, 5/6 and 7/8
- Complete the home study packs and associated assessments prior to Module 4 and prior to Module 5
- Complete successfully the support practice module (minimum of 10 sessions of at least 30 minutes each, rising to one hour) in a club environment with the support and supervision of an existing level two coach
- Attend an assessment day where you will be asked to coach a group of players and have a follow up viva on this and your record of coaching and assignments with an ECB assessor
- Demonstrate all the competences required for an ECB Coach Award (UKCC2)

Candidates must be aged 18 on the assessment day to attend this course. It is possible for candidates to attend the level two course without holding the level one qualification, subject to satisfactory experience, knowledge and skills. For more detail, please contact Mark Roche on 07785 722242 or [mark.roche@ecb.co.uk](mailto:mark.roche@ecb.co.uk)

## Level Two ‘Coach’ award – Course Overview.

The role of the ECB ‘Coach’ Award (UKCC 2) holder is to be able to:-

*“Prepare for, deliver and review coaching sessions”*

Module One – Introduction to Coaching 1.

This module provides an opportunity for tutors to set a supportive environment and get coaches involved in practical coaching activities after an hour of introductory activities in the classroom.

Module Two – Introduction to Coaching 2.

This module builds on work carried out in module one and emphasises observation and analysis skills as well as helping coaches generate and provide feedback with their players. The remaining fielding skills and an introduction to key wicket keeping skills are covered during this module.

Module Three – Coaching Children and Young Players.

This module introduces key aspects of the LTAD model and gives coaches the opportunity to run drills based on the movement skills associated with the FUNdamentals stage. It gives coaches the opportunity to be



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exposed to some principles behind the Teaching Games for Understanding approach as well as explaining three specific coaching styles.

## Module Four – Developing Technical skills.

This module allows coaches the opportunity to practise their demonstrations and observation and analysis skills with the key principles of batting and bowling. Tutors draw out the basic principles behind these skills and then coaches have a chance to practice coaching in small groups. The concepts of shaping and chaining are introduced before coaches are made aware of the implications for their behaviour of different learning stages.

## Module Five – Group coaching 1.

This module concentrates on the coaching of specific batting shots using group coaching. Tutors demonstrate the suggested teaching sequence associated with best practice and coaches are given the chance to lead sessions on specific shots with a small group of their peers. The final parts of the module highlight how to deal with difficult behaviour and how to structure session plans to make them progressive.

## Module Six – Improving performance.

This module covers physical and mental performance factors and the implications for coaches at this level. Coaches are given the chance to run fitness drills and adapt them to meet player needs. Knowledge of bowling is developed by introducing spin and swing. Finally, the coaches are provided with a chance to discuss net management.

## Module Seven – Coaching Tactical Play.

This module allows coaches the chance to develop opportunities to enhance their player's tactical understanding. A number of games are introduced and coaches have the chance to actively influence and adapt the games to meet player needs. Consideration is given to some basic umpiring and field placing. Tutors also outline the role of the coach during their supported practice before finalising arrangements for module 8 by reinforcing some key group coaching principles.

## Module Eight – Group Coaching 2.

This module includes the first opportunity for coaches to display specific competencies whilst leading a group coaching session. They work with their peers in small groups and receive peer feedback as well as tutor feedback. There is also an opportunity to practice their five demonstrations and gain feedback from their tutors.



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## UKCC2 'Coach Award' Course Details

### COURSE ONE (ref L2/1)

Venue: The Clere School

Earlstone Common, Burghclere, Newbury, Berks, RG20 9HP

Date	Time	Syllabus
Sunday 15 <sup>th</sup> November 2009	9.30am – 4.30pm	Modules 1 & 2
Sunday 22 <sup>nd</sup> November 2009	9.30am – 4.30pm	Modules 3 & 4
Sunday 29 <sup>th</sup> November 2009	9.30am – 4.30pm	Modules 5 & 6
Sunday 6 <sup>th</sup> December 2009	9.30am – 4.30pm	Modules 7 & 8
Sunday 28 <sup>th</sup> March 2010	9.30am – 3pm	Assessment Day

### COURSE TWO ref (L2/2)

Venue: Langley Grammar School

Reddington Drive, Langley, Slough, Berkshire, SL3 7QS

Date	Time	Syllabus
Sunday 24 <sup>th</sup> January 2010	9.30am – 4.30pm	Modules 1 & 2
Sunday 31 <sup>st</sup> January 2010	9.30am – 4.30pm	Modules 3 & 4
Sunday 7 <sup>th</sup> February 2010	9.30am – 4.30pm	Modules 5 & 6
Sunday 14 <sup>th</sup> February 2010	9.30am – 4.30pm	Modules 7 & 8
Sunday 18 <sup>th</sup> April 2010	9.30am – 3pm	Assessment Day

### COURSE THREE ref (L2/3)

Venue: Reading Blue Coat School

Holme Park, Sonning Lane, Reading, RG4 6SU

Date	Time	Syllabus
Saturday 30 <sup>th</sup> January 2010	9.30am – 4.30pm	Modules 1 & 2
Saturday 6 <sup>th</sup> February 2010	9.30am – 4.30pm	Modules 3 & 4
Saturday 13 <sup>th</sup> February 2010	9.30am – 4.30pm	Modules 5 & 6
Saturday 20 <sup>th</sup> February 2010	9.30am – 4.30pm	Modules 7 & 8
Saturday 24 <sup>th</sup> April 2010	9.30am – 3pm	Assessment Day

### Course Costs

Berkshire Focus Clubs - £140 per candidate  
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