

WONGA PARK Cricket Club

Junior Cricket

Coaching

Program

Introduction



WONGA PARK
CRICKET CLUB



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#wearewonga

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About WPCC

Established in 1910, Wonga Park Cricket Club (WPCC) prides itself on being a community and family orientated club that is one of the biggest and most successful in the Ringwood District Cricket Association (RDCA).

Since our beginning in 1910 the club has grown to over 20 teams located on the two main ovals at Wonga Park Reserve, just off Lauanders Avenue in Wonga Park. Nestled among beautiful and scenic surroundings, the club has a relaxed rural feel which caters to the individuals of the club and wider community.

Our club includes 8 senior teams, 8 junior teams and 4 veteran sides as well as operating junior programs that teach the basic skills of cricket.

Whilst on-field success is important, off-field activities and events that promote a sense of community a welcoming social atmosphere and having fun remains a key focus of our club.



Welcome Coaches for Season 2021/22

Thank you for volunteering to be a part of the Wonga Park Junior Cricket Club Coaching program or for expressing interest in potentially being a part of the program.

Coaching can be a very rewarding experience, and hopefully by implementing a Coaching Program into the club with provision of opportunity for mentoring and support, your experience will be a positive one.

This will also result in the junior players/parents engaging and participating in the WPCC community.



Wonga Park Cricket Club Mission Statement



What is our Mission?

“Wonga Park Junior Cricket Club seeks to develop junior cricket players of all abilities in improving both cricket & life skills in a friendly, supportive & safe community and environment”

Junior Coach Coordinator

The role is a new role within the Wonga Park cricket Club.

The RDCA is implementing a “Coach the Coaches” program, which the Junior Coaching Coordinator will participate in on behalf of Wonga Park Cricket Club.

The Junior Coaching Coordinator will impart these key learnings to yourselves, as the Coaches of Junior Cricket, so that the Junior Cricket Program at Wonga Park Cricket Club aligns with Cricket Australia / Cricket Victoria / RDCA guidance



Junior Coach Coordinator Role

Role:

The Junior Coaching Coordinator's role is to provide support for all Junior Coaches of the Wonga Park Cricket Club, and to assist in the development of Junior Coaches and a Junior Cricket Coaching program that will enable the development of Junior Cricketer's of all levels of ability in the areas of:

- Cricket skills
- Leadership
- Teamwork
- Relationship Building

In a fun, supporting and safe environment

Key Objectives:

The Junior Coaching Coordinator's key objectives are to facilitate:

- Provide Support and Encouragement for all Junior Coaches at the Wonga Park Cricket Club
- Development and maintenance of training resources to assist Junior Coaches in achieving the objectives of the Wonga Park Cricket Club - Junior Cricket Program
- Provide mentorship and support for new coaches in the development of their individual programs in accord with the expectations of the Wonga Park Cricket Club key objectives
- Develop a Cricket Program of Excellence which result in a strong and vibrant Wonga Park Cricket Club community
- Develop a Junior Cricket Program that results in junior players/parents having a positive assessment of the Wonga Park Cricket Club (Juniors) program.



Junior Coaching Program

Policy:

It is policy for all Junior Coaches to:

- Encourage the development of junior cricketers of all abilities **equally**
- Create a **safe and encouraging** community environment
- Develop **strong team relationships**
- Develop the foundations for club participation by **both Junior players and their parents**

Objectives:

Junior Coaches are to assist in the development of the following:

- **Cricket Skills**
 - Batting / Bowling / Fielding / Wicketkeeping / Cricket Knowledge / Tactics
- **Life Skills**
 - Leadership / Friendships / Character
- **Community Development**
- **Player Happiness and Retention**



TRAINING

Objectives

Junior Coaches are to implement a training program that will improve junior cricketer's:

- Cricket skills
- Team relationships
- Participation
- Fitness
- Enjoyment

In a positive, safe and supportive environment.



Junior Coaching Program

GAME DAY

Objectives

Junior Coaches as the visible representative of the Wonga Park Cricket Club Junior teams are to implement:

- Opportunity for development and improvement of junior players of all abilities.
- Demonstrate and encourage respect for opposition teams and game day officials
- Encourage the participation of parents of the junior players in game day roles
- Create a fun and enjoyable environment

Australian Cricket *Junior Coaching principals*

Fostering the next generation of young cricketers by providing a **fun, positive** and **safe** environment for every player to **develop**.



Have Fun – Play the Game

- Trainings are more fun when you play games and activities that set the right challenge
- Make aspects of training competitive and inclusive
- Value and reward the effort over performance
- Foster problem solving – as Don Bradman famously said, *“Tell the players what you want them to do, not how to do it”*



Player Development

- Make the junior experience about every player, not the coach
- Get to know every player; find out what motivates them and keeps them coming to your sessions
- Ask every player how they want to go about their cricket
- Focus on helping every player develop their skills and an understanding of the game



Opportunities For All

- Give every player the same opportunity. Don't favour better players
- Provide opportunities for every player to experience all aspects of the game
- Ensure every player has a role to play and feels important in the team
- Embrace difference and individuality



Retention Over Results

- Measure your coaching success by the percentage of players that return the following season. Do not worry about win/loss record
- Foster an environment that contributes to your players feeling like the cricket club is the place to be
- Help your players develop character, connect with and respect each other and become more confident young people

PLAYERS WILL BENEFIT MOST FROM HOLISTIC PROGRAMS



CONFIDENCE

- Support, encourage and value your players so they develop self belief & self worth
- Build an environment where failure is acceptable. Avoid criticism of your players for failing
- Build every player up – positive encouragement instead of criticism is the key



CONNECTION

- Develop an environment where every player creates positive bonds & social relationships
- Ensure every player feels valued by you, each other & everyone in the club.
- Build & create environments that have high levels of trust
- Foster an environment where every player develops a love & connection with the game



COMPETENCE

- Create an environment that helps every player develop current skills & learn new ones
- Structure your training sessions to include activities that are match like scenarios
- Make the experience about every player, not the coach
- Focus on helping every player develop their skills and an understanding of the game



CHARACTER

- Ensure your environment & behaviors reflect a respect for the sport and the spirit of the game.
- Help every player develop traits of care and integrity
- Have honest conversations about making good choices and showing appropriate consideration for everyone involved in the game
- Be a positive role model for your players and your program



ENJOY



ENJOY

- People play and stay in cricket to have fun with their friends
- Unstructured play and games play a critical role in creating fun learning environments
- The fun factors include – trying hard, positive team dynamics, positive coaching, learning and improving, games
- Players love great team friendships, traditions and team rituals



COMPETE

- Australians love to compete
- Don't confuse the love of competing with needing to win every game
- Place more emphasis on developing the ability to compete in a sporting environment than winning the game itself
- Use competition in training as a regular feature of your sessions

DEVELOP



DEVELOP

- Everyone values improving and getting better, plan how you and your players can improve
- Players being recognized for what they can do has a positive impact; emphasizing what they can't do is usually detrimental
- Development takes time – aim to keep players in cricket long enough to achieve maximum development
- Development varies from player to player – patience and consistent support are key for coaches



SUCCEED

- People feel like they are having success when they believe they are improving their skills, being connected or achieving goals
- Success indicators include being recognized for contributing to the team, being recognized, getting compliments from the coach, having a coach who role models the right behavior and celebrating successes
- All players have a place in our great game from playing in the park to enjoying watching Australia play on the big stage





Wonga Park Cricket Club Training Schedule

Indicative

Training Schedule

- Pre-Training Game Day Review (2-5 mins)
- Warm up Team Activity (5-8mins)
- Session 1 Activity (10 Mins)
- Session 2 Activity (10 Mins)
- Session 3 Activity (10 Mins)
- Session 4 Activity (10 Mins)
- Team Warm Down / Upcoming Game Discussion (10 Mins)

Total Session (60 Mins)

Cricket Australia Coaching Resources

Cricket Australia Coach App



- Register & Download to phone

<https://apps.apple.com/au/app/ca-coach/id1153490690>

https://play.google.com/store/apps/details?id=com.zappasoft.theausway&hl=en_AU&gl=US

Junior Coach Course

<https://www.community.cricket.com.au/clubs/participation-programs/junior-cricket/coach-support>

- complete/refamiliarize yourself with the CA modules

Make it Fun

- Let the Kids Play (Video)
- Know Your Players (Video)

Better Coaching

- Can I Coach (Video)
- First Training (Video)
- Long Term Development (Video)

Training Planner

- Use this to preplan your training session using CA training modules/drills or Wonga Parks CC own training drills

Leadership

<https://www.community.cricket.com.au/coach/the-kit-bag/lead-the-game>





Conclusion

If the focus is solely on winning, 7/8 junior cricketers would finish every season disappointed as there can be only one winning team.

Our Role as Junior Cricket Coaches is to:

- Be Creative & Innovative
- Share knowledge
- Develop a Junior Cricket Program that Junior Cricketers enjoy and their Parents also want to be a part of
- Have Fun

If we are successful in these areas, the on-field results will take care of themselves.

Daniel Keane

Vice President - Juniors

T: 0428 191 074

E: juniors@wongaparkcc.com

Tim George

Junior Coaching Coordinator

Tel: 0419 253 649



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CONTACT

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