

Guidance for Prospective Coaches

Introduction

Thank you for expressing an interest in the ECB coaching qualifications.

Producing better coaches in order to produce better players is a major objective for the ECB and we are keen to do all we can to ensure your first experience of cricket coach education is as enjoyable and inspiring as possible. As an aspiring coach, your welfare and development is a primary concern for us and we are keen that you select the most appropriate course for your own needs.

The ECB coaching philosophy relates to all of our courses and consists of the following

Good coaching is about

- Coaching people not just cricket
- Helping people to grow and develop
- Being open and accessible to all
- Providing a safe and fun environment in which people, particularly children and young people, can enjoy their first experience of cricket, gain some success and be motivated to want to go on playing

The following information is designed to provide you with guidance on which ECB Coach Education course to attend. There is an explanation of the role of the ECB Coaching Assistant and ECB Coach. There is also information on the respective course requirements as well as some additional guidance, which may help you decide which course to attend.

ECB Coaching Assistant (Level 1)

The Level 1 course will be suitable for you if you have limited cricket experience and / or no coaching experience.

It is designed to help you to "assist more qualified coaches, delivering aspects of coaching sessions, normally under the direct supervision of an ECB Coach".

This may include

- Running Warm ups / cool downs
- Organising Small sided games
- Coaching Small groups

Course requirements

- 4 x 3 hour modules. These are normally delivered over a week.
- Practical coaching assessment
- Multiple Choice Questionnaire

We will provide you with a variety of resources to support your learning and enable you to fulfil the role of the coaching assistant. These will include coaching cards, a DVD and a workbook.

ECB Coach (Level 2)

The Level 2 course will be suitable for you if you have played cricket and have knowledge of some of the rules and techniques involved in playing the game.

The ECB Coach Course is designed to help you “prepare for, deliver and review cricket coaching sessions”.

This role may include

- Planning coaching sessions
- Leading coaching sessions on developing player’s technique
- Running games to promote learning
- Developing ways of improving player’s fitness and concentration
- Managing net practice

Course Requirements

- 8 x 3 hour modules. These are usually delivered on 4 days over a 4-week period.
- Practical Coaching Assessment
- Multiple Choice Questionnaire
- Supported coaching practice - this requires the coach to be able to work in a coaching environment and deliver a series of coaching sessions. This may be in a club or school environment that may be provided by county boards in cases where coaches have no existing options. Coaches should be able to be supervised by a more qualified coach whilst doing their supported practice. This will give you an opportunity to develop your coaching skills ‘out in the field’.

We will provide you with a variety of resources to support your learning and enable you to fulfil the role of the ECB Coach. These will include coaching cards, a DVD and a workbook. Coaches will also be given a logbook to help them with their coaching practice out in the field.

Once you have read the descriptions of each role carefully, consider which is most suitable for you. Coaches requiring additional information on the course content can visit <http://www.ecb.co.uk/ecb/coaching/>.

If you need any extra assistance, please contact your county cricket development manager. Contact details for these can also be found at <http://www.ecb.co.uk/ecb/development/>. There are also details of upcoming

courses in your county on the ECB Coaches Association website at <http://ecbca.play-cricket.com/eventplanner/events.asp>

We look forward to helping you develop your coaching and wish you every success for the future.