

Training Methods Workshop

Available from: October 2007

Aim

This workshop has been designed to help coaching assistants manage (under direct supervision from a more qualified coach) players within a net environment. It will also enable coaching assistants to consider when players would benefit from working in the nets as well as providing alternative training activities.

It will enable coaching assistants to:

- manage a net (under direct supervision from a more qualified coach)
- understand the advantages and disadvantages of working in a net environment
- run alternative activities in a net environment
- introduce, run and adapt a cricket circuit
- introduce, run and adapt Pairs cricket

Target Audience

ECB Coaching Assistants (UKCC1)

Course Structure

2.5 – 3 hrs

Venue

The workshop can be run indoors or outdoors as the Powerpoint Presentation (PPT) provided is optional. If the PPT is not used it would be beneficial to have access to a flip chart, stand etc.

It is necessary though to have access to a cricket net to demonstrate best practice net management and enough space available to run a small cricket circuit comprising of 6 stations.

Note: if the workshop is to be run indoors it is recommended that a safe area for the PPT / short theory session is set up within the sports hall rather than having a separate classroom facility.

Resources

Candidate

- ECB Training Methods workbook (Includes Safety pack)
- Net management coaching card
- DVD
- Certificate of attendance

Tutor

- Course guidance notes
- PPT (optional)
- Candidate workbook that contains course task cards
- Copy of candidate DVD

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