

Gerrards Cross Cricket Club

Coaching Policy

Player Development Guidelines

U5s – U8s

- Fun and participation
 - Overall athletic development
 - Development of Agility, Balance, Coordination & speed
 - Introduction of basic skills of throwing, catching & striking
 - Introduction to modified and simple games not formal matches
 - Participation in as many other sports & activities as possible
 - Introduction of simple rules & ethics
 - Well-structured and monitored programme.
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U9s & U10s

- Introduction to general physical conditioning for Cricket to include endurance, strength, flexibility & speed
- Introduction of Cricket specific skills Batting, bowling, fielding and wicket keeping
- Modified games to teach game awareness and decision making
- Emphasis on increased understanding rather than performance outcome.
- Development of a positive attitude to self and others
- Positive behaviour on and off the field and respecting the game.

U11s – U14s

- Physical conditioning including endurance, flexibility, strength and speed
 - Utilise the growth spurt to improve speed and strength
 - Increased technical work on front and back foot offensive and defensive techniques
 - Increased emphasis on the technical requirements of fielding catching and wicket keeping skills
 - Introduce match situations to training to hone tactical awareness
 - Introduce individualised training programmes dependent on specific needs and stage of growth and development
 - Introduce tactics and competitive situations, make key decisions, learn from mistakes, recognise key match moments.
 - Fitness tests to establish benchmarks
 - Performance lifestyle skills to include health and nutrition
 - Reinforce positive attitudes and behaviours on and off the pitch.
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U15s – U17s

- Create the environment for independence and individual responsibility.
- Making key decisions under pressure in match situations.
- Mentoring and guidance from elite players
- Individualised training programmes for specific roles in the team
- Remedial programme to help skill deficiencies.

- Providing an environment where the views of children, parents and volunteers are sought and welcomed on a range of issues. This will help us create an environment where people have the opportunity to voice any concerns (about possible suspected child abuse / neglect, and / or about poor practice) to the Club Welfare Officer.
- * Details of the County Welfare Officer are available on the GXCC web site in case the Club Welfare Officer is unavailable, or the concern relates to the Club Welfare Officer.
- Ensuring all suspicions concerns and allegations are taken seriously and dealt with swiftly and appropriately.
- Ensuring access to confidential information relating to child safeguarding matters is restricted to those who need to know in order to safeguard children – including the Club Welfare Officer and the appropriate external authorities, such as the Local Authority Designated Officer (LADO), as specified within ECB Child Safeguarding procedures.

Adopted at a meeting held

at

Gerrards Cross Cricket Club

Dukes Lane, Gerrards Cross , Bucks SL9 SL9 7JZ

on

24 / 08 / 2019

Dr Peter Westaway

Chairman

Richard Graham

Secretary

Jackie Westaway

Treasurer

Dr Claude Seimon

Club Safeguarding Officer

Andrew Smith

Colts Coordinator

Giles Giggins

Grants and Fund Raising

3rd XI Team Captain