



MAY 2020

A great time to read and reflect

As you all know, Covid-19 is having an enormous impact on our world right now. Work and social routines are significantly disrupted, along with normal sporting activities, including coaching. So, here at Cricket Ireland, we thought we would offer coaches a couple of tips and a few links to help you make the most of this extended 'break between innings'.

Read ... Science for Sport

<https://www.scienceforsport.com/articles/>

Go to 'Science for Sport' and find an article on something you've always wanted to know more about but haven't had the time to follow up on ... until now.

Reflect

<https://simplifaster.com/articles/reflective-practice-improves-coaching/>

It's widely agreed that reflection is a key piece in the 'How do I keep getting better' puzzle. So, check out, 'How reflective practice helped my coaching' and then spend some time reflecting on your own coaching. Perhaps reflect on how things went last season or year, and what that might mean for you once cricket gets back underway.

How to have more purposeful conversations with your players

<https://balanceisbetter.org.nz/coaching-with-empathy-communicating-with-purpose>

This could be the most important video you watch all year. Listen to Professor Stephen Rollnick discuss 'Motivational Interviewing' and how it strongly relates to coaching.

Learn and grow your coaching skills

<https://www.ukcoaching.org/>

For a regular source of information on coaching, go to the excellent UK Coaching website and check out the resources and articles available to all coaches.

Wicket Keeping Drills - Part 1 of 4 by Ben Williams (video, 8min)

<https://youtu.be/Azxim-xj60s>

As always, Ben Williams has some great drills for emerging coaches, this time for that all-important position of wicket keeper

For information on the CICA, go to: <https://www.cricketireland.ie/get-involved/coaching/CICA>