



JUNE 2020

Players' readiness to return to sport will vary

As players return to training after the enforced break due to Covid-19, there will be a number of considerations for the coach. Aside from health and hygiene protocols, the considerations will include the physical condition of the players, their skill levels, and the players' psychological readiness to engage in structured training again. For some players, the simple enjoyment of batting, bowling, and fielding with friends and teammates in familiar surroundings will be what they most need and want. Others, of course, will want to rip into competition straight away. So, for coaches, it may be a case of being patient, recognising players will return to play in different states of readiness, and adjusting training and expectations with a view to reducing injury risk, building confidence, and having fun. For a discussion of these and other considerations, see the article below by Greg Bennett.

Greg Bennett: The pre-season puzzle – how do we fit all the pieces together?

As coaches, how do we plan our training so that our teams get the most from it?

<https://www.setantacollege.com/gaa-pre-season-blog/>

How as coaches do we care for our athletes?

It can be argued that by coaches spending numerous hours before and after training practices or matches, and planning and organizing the team, that this demonstrates care for their athletes. But is this enough?

<https://mindinsportlimited.wordpress.com/2013/09/06/how-as-coaches-do-we-care-for-our-athletes-caring-agenda/>

Characteristics contributing to the success of a sports coach

Coaching has been described as complex, dynamic, and ambiguous. In other words, there are many constantly moving parts and it's not always clear what the best options are at any moment in time. However, there appear to be some key characteristics that promote success.

<https://thesportjournal.org/article/characteristics-contributing-to-the-success-of-a-sports-coach/>

Collaboration – affect/possibility (video: 16min)

Coaches frequently report the value they've got from observing, talking with, or even working with other coaches, especially coaches from other sports. In this video, Ken Blanchard (the 'One Minute Manager' guy) talks about the power of collaboration.

<https://www.youtube.com/watch?v=HKGkBRk1kSo>

Coaching video of the month: Stance & set up by Ben Williams (7min)

For the emerging coach – the wonderful Ben Williams takes a thorough look stance and set up.

<https://www.youtube.com/watch?v=Af0xINQLTDo&list=PLlumgKpyiFh5JV2KgpiM0GpZFMBzGAuMp&index=3&frags=pl%2Cwn>

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