

Level 1 Certificate in Coaching Cricket

ECB Coaching Assistant

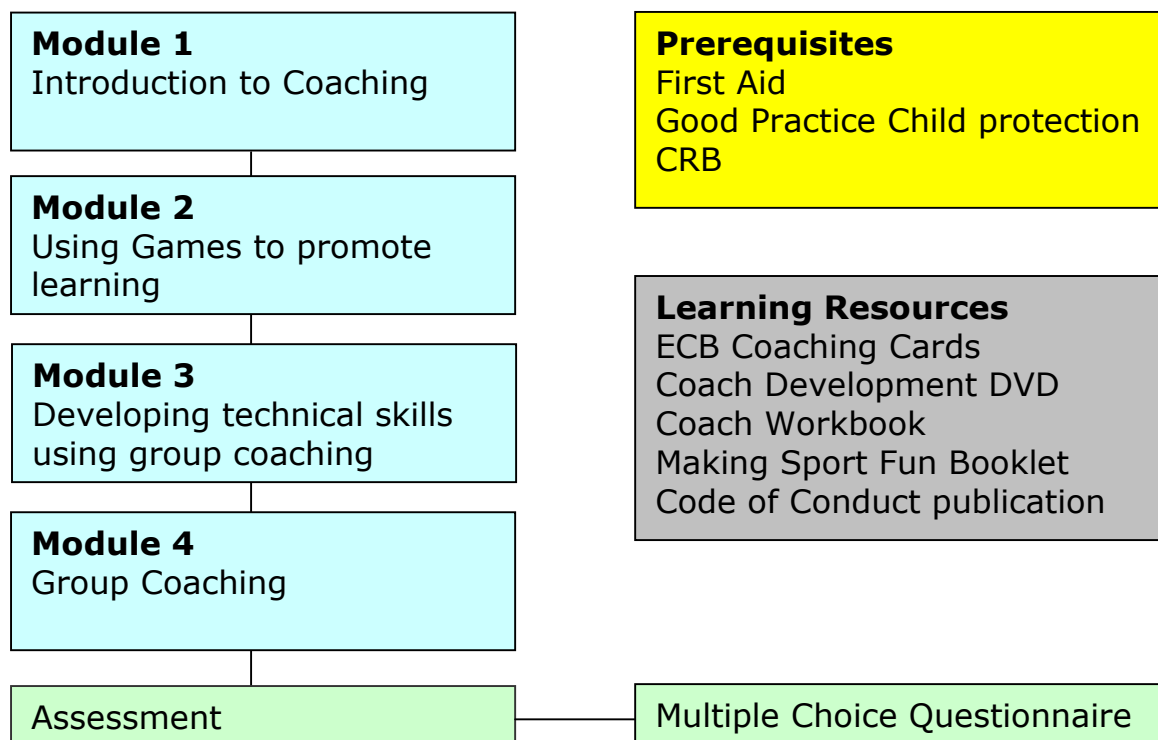
The course is aimed at beginner coaches who will be able to 'assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision'. This role may include running warm ups, cool downs, small sided games and small group work. The course is essentially designed for parents and volunteers starting on the coaching pathway.

The course will help coaches prepare for, deliver and review cricket coaching sessions. It will enable them to:

- introduce and develop the game of cricket to people of all ages in a safe and enjoyable way
- develop and improve players (as people as well as cricketers)
- develop coaching skills, knowledge and qualities
- demonstrate competence against UKCC/National standards for coaches

The programme consists of 4 x 3 hour modules and a final assessment and is outlined below:

Course Outline



The following gives you a brief outline of each course module:-

Module 1 – Introduction to Cricket Coaching

This module provides an opportunity for coaches to get involved in practical coaching activities after discussing the ECB coaching philosophy and the types of skills required by coaches. Coaches have the chance to work on how they give explanations and instructions when running warm up activities.

Module 2 – Using Games to promote learning

Coaches have the chance to develop, modify and run small sided games in this module. One of the key roles of a coach is to make their sessions enjoyable and this part of the course highlights how coaches can achieve this.

Module 3 – Developing Technical skills using Group Coaching

During this module, coaches will have the chance to work on how to provide demonstrations of key technical skills. They will also undertake the role of the coaching assistant by setting up and running group coaching batting sessions.

Module 4 – Group Coaching

The final module allows coaches the opportunity to develop their coaching by running group coaching sessions on bowling. In addition, they will start the assessment process by running a group session for a small number of their peers.

Assessment

At the start of the assessment day coaches are asked to complete a short Multiple Choice Questionnaire. Once this has been completed coaches deliver a 15 minute coaching session to 6-8 peer group coaches followed by a debrief with an assessor where the coaching session and MCQ is discussed.

ECB tutors provide additional information at the start of each module and a course workbook may be used regularly throughout the course as an aid to learning. The course programme is designed to be a learning experience and there are many opportunities to develop coaching skills in a supportive environment during the course.

The UKCC 1 Coaching Assistant course will aim to set solid foundations whilst ensuring that beginner coaches are equipped to provide players with enjoyable experiences when playing cricket.