

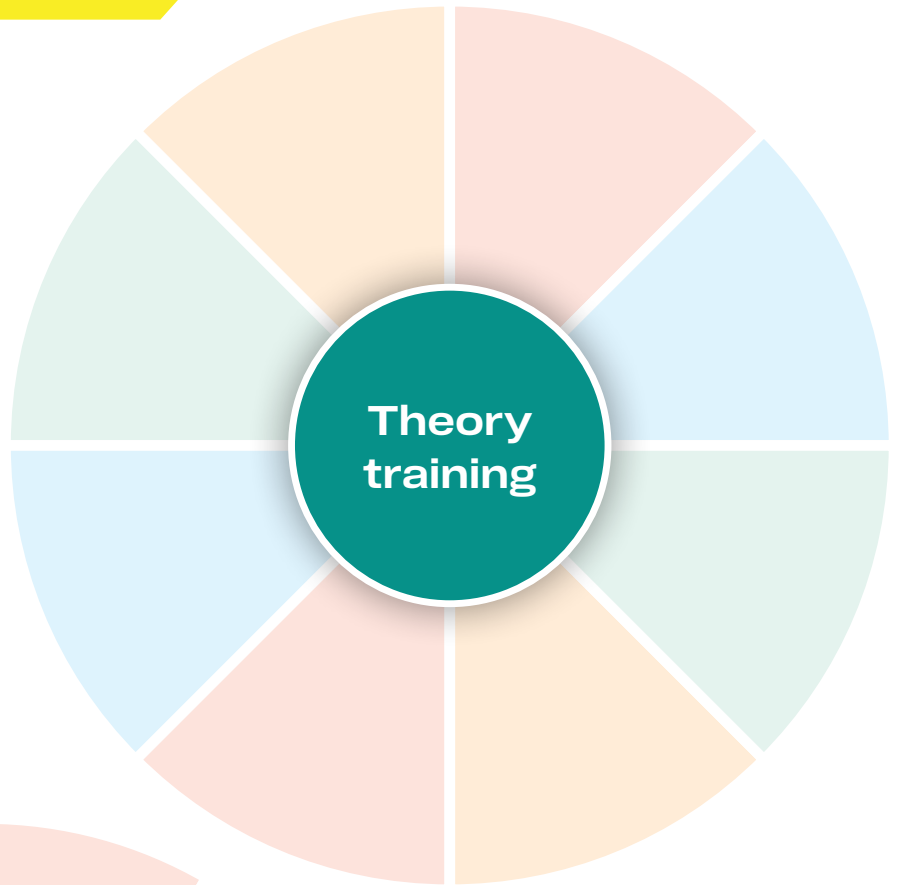
COORDINATOR TRAINING KEY LEARNINGS



SUMMARY

We have summarised the Coordinator Training Key Learnings for both Theory and Practical Training.

Click on a particular section to learn more about a certain topic, or on the timestamps across the following pages to view the video.



COORDINATOR TRAINING KEY LEARNINGS



THEORY TRAINING

Thank you for being a Woolworths Cricket Blast Coordinator **TIMESTAMP 0.14**

Your role as a Woolworths Cricket Blast Coordinator is a critical role for the future of the game.

What does the program look like?

TIMESTAMP 0.40

- Woolworths Cricket Blast is Cricket's Entry Level Program.
- Aimed at helping kids to develop the skills they need to get ready for Junior Cricket.
- Ensuring kids are having fun, are engaged, feeling energised and learning in the sessions.
- Create a safe, inclusive and welcoming environment.

The program

TIMESTAMP 1.00

- We have prepared weekly session plans that are easy to follow.
- Recommended Program Duration – 8 weeks.
- Recommended Session Length – 60-90 minutes (NB: session length is flexible).
- Timing depends on skill level.
- Level 1 and 2 kids 60 minutes and Level 3 60-90 minutes.

Skill development and progression

TIMESTAMP 2.20

- Program focuses on development through play and movement which allows kids of all abilities and skill levels to join in the action!
- Facilitating skill development and progression in a fun, safe and inclusive way is key.
- Program is underpinned by a Skill Progression Framework.
- 3 core stages of Woolworths Cricket Blast:
 - **Level 1** – New to Cricket.
 - **Level 2** – Has Basic Skills.
 - **Level 3** – Nearly Ready for Junior Cricket.
- Program curriculum suits all abilities, even when kids are on different levels for different skills.
- For additional resources go to play.cricket.com.au/community/clubs/resources

Splitting groups

TIMESTAMP 3.13

- Parents/guardians assign their child to one of the three skill levels upon registration which can be used to organise groups.
- If you have more Level 1 and 2 participants, then focus on engaging activities and modified games.
- If there are more Level 3 participants, then prioritise more game play to prepare for Junior Cricket.

Preparing to deliver

TIMESTAMP 4.00

- Make sure you have space available.
- Ensure you have enough equipment.
- Secure plenty of parent/guardian assistance to help the sessions run smoothly.

Tip: A simple phone call can be all it takes to get extra assistance with your program. Be mindful of the language you use when speaking with parents/guardians. If you need further support, then reach out to your local Cricket Manager.

Session plans

TIMESTAMP 5.30

- Each session has 3 objectives for the kids to achieve.
- Start by setting up equipment for early arrivals to use an Instant Activity.
- Introduce yourself and give a brief overview of the day's plan.
- Highlight focus areas.
- Warm-up to get everyone moving together.
- Depending on your level, you may be doing 4 activity rotations or longer modified games.
- Wrap up the session, review progress, thank parents/guardians and remind everyone about the at-home activities.

COORDINATOR TRAINING KEY LEARNINGS



PRACTICAL TRAINING

TIMESTAMP 7.02

The set up

TIMESTAMP 7.21

- Arrive 30 minutes early.
- Projects professionalism and organisation and builds the excitement.
- Greeting early arrivers, get them moving and speak to parents/guardians.

Engagement Square

TIMESTAMP 8.06

- The Engagement Square is a great platform to begin and wrap up your session. It is clearly visible with the ropes and cones with the whiteboard on full display.
- Endless game options – the Engagement Square is a great space for tag games, fundamental movement activities, throwing and bowling games and much, much more!
- Inviting the Parents/Guardians to the Engagement Square is the first step in increasing their involvement in the program.

Whiteboard

TIMESTAMP 9.08

- Instant Activity instructions.
- Outcomes for the session.
- Activities & groups for the session.
- Shows parents/guardians allocated to activities.

Instant Activity

TIMESTAMP 9.57

- What is an Instant Activity? A simple activity that needs very little instructions or equipment and instantly connects kids and families with the program.
- Increases in skill repetitions.
- Promotes parent/guardian Involvement.

Getting kids attention

TIMESTAMP 10.55

- A quick and easy way of getting the attention before you begin speaking.
- Use a wide range of different strategies Eg. clapping patterns.
- Kids listen better when they are sitting down but this should be done at the start and end of the session only as we want to promote being on feet and lots of movement!

Bring the energy

TIMESTAMP 12.30

- Fast Arms – invite kids and parents/guardians to power up with a fast arms activity for 30 seconds! This quick burst of physical activity will help positively prime the group for success.
- The energy that you arrive with at the Cricket Blast Program with will be contagious with your group! If your energy is high then their's will match.
- Music sets the scene.

The welcome

TIMESTAMP 13.14

- Welcome all, invite kids sit down and parents/guardians to stand at back.
- Quickly go 3 x outcomes, activities, parent/guardian in charge of activities.
- Thank parents/guardians for their involvement.

Warm-up

TIMESTAMP 14.29

- Gets them moving, burns off energy and develops skills like running, hopping etc.
- Make it easier or harder by changing movement type or complexity of skills.

This is a great opportunity to approach parents/guardians to be involved.

COORDINATOR TRAINING

KEY LEARNINGS



Splitting groups up

TIMESTAMP 15.13

- Call everyone in with your whistle.
- Make groups by working off your registration form planning.
- How can you separate them quickly?
 - Coaches stand in front of cones with a number of fingers and kids line up behind them.
 - Numbered cones.
 - Use coloured wrist bands for kids.
 - Write group number on the kids hand with texta.

The activities

TIMESTAMP 17.08

Coaching tip 80-20 rule reminder: 80 per cent of the time we encourage actively learning through play and the 20 per cent is the opportunity for explicit coaching on technique or game play.

- Introduce and demonstrate – with energy, verbally and visually demonstrate the game with only one level to keep the instructions brief, not overload the kids and get them straight into having a go.
- Make it easier or harder with **CHANGE IT** to ensure the challenge is just right for kids no matter their level of experience with cricket.
- Getting parents/guardians to help out is important. They could be mini coaches by helping with one element of batting such as correct grip or stance or could also assist facilitating an additional mini-game with your Level 3 kids.

Making packing up a game

TIMESTAMP 21.19

- Get their attention – such as 2 short and 1 long whistle blows.
- Give the instruction – explain that the challenge is quickly but safely pack up all of the equipment neatly in the junkyard of equipment by the end of a nominated song.
- Turn music on and send them off, say 'ready set go', start the music and watch them raise their game to work together whilst having fun to complete the group challenge of packing up equipment.

Anywhere cricket

TIMESTAMP 21.56

- Explain the junkyard of equipment – a large collection of bats, balls, stumps, cones and ropes that can be used to create your own game.
- You can use **Striking Levels** to demonstrate equipment use when striking/bowling.
- For younger kids, it is recommended to revisit the **Battling Blast Game** as support to creating their own version of cricket. You can use this game for their initial set up and then ask them to make 2-3 changes to make it their own!
- Invite kids to get back into the groups from the earlier activities and create a circle to have a chat about the game they would like to create together.

Wrapping up the session

TIMESTAMP 23.00

- Why is wrapping up important? Taking a small amount of time at the end of the session helps to make your program more purposeful and complete.
- What do you need to cover off? Kids to reflect on the outcomes of the session, acknowledge parents/guardians for their support, and build the excitement for next week's session by telling them what is coming next as well as sharing an activity they can do at home with their family to practice.
- How can it be done easily?
 - Get the attention of the group with your 2 short and 1 long whistle.
 - Invite them into the Engagement Square in front of the whiteboard.
 - Ask the kids to complete a reflection activity on the session outcomes.
 - One possible example could be asking them to raise one to five fingers above their head in response to each outcome as it is called out. 1 being the lowest and 5 being the highest. Go through each outcome and see how they go. You can visually see along with parents/guardians the progress made in the session.
- Build excitement about next week's session.
 - Encourage practice at home with a game to play with family in preparation for the next session using At-Home activities outlined in Weekly Session Plans.