

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 06: Role of the Coach (Part 2)

Welcome to this session. Role of a coach, where under a coaching name, we will discuss some things. Dave Watmore. The coach, the former coach of Sri Lanka. Under his coaching, Sri Lanka won the World Cup in 1996.

Dave Whatmore, the international cricket coach, and ex-director of operations at NCA, BCCI. So, he said, 'Be yourself.' The most important factor in coaching is to be yourself. A lot of coaches try to copy other coaches or other programs. Every coach should have sound knowledge of how to teach the skill, but a personal way of coaching because, first, coaching is an art.

What does it mean? You have to do coaching in your own way. Do not follow someone. You must follow someone's coaching style. You do not have to be made by any coach.

You cannot follow any coaching program. You must create your own coaching session, your own plans, and your own attitude. To be a good coach. A coach. Must have good

knowledge about the games, and he will coach why, after all, coaching is an art. Some common coaching mistakes coaches make. What are common coaching mistakes?

It means that when you do coaching, or when coaches do coaching, some common mistakes will remain in the coaches. With that in mind, we will now have a discussion. What is that? Criticizing in front of others. This is a mistake of a coach.

Criticize this player in front of others. 38% of the coaches have shown criticism in front of others. The batter cannot perform. In front of the other players, he is being badly criticized. He has missed the catch.

The match was lost. The captain is not able to do it properly in the head. The coach is angry. And he has started criticizing in front of the other players. 38% have been seen in this type of common coaching mistake.

The coaches have done it. 38% is dishonest. Honest coaches are not 38%. It means a dishonest coach. When you are coaching, you become dishonest.

I like it. So, I became dishonest; I made a decision. Dishonest activity, When I am conducting coaching sessions, during matches, or before coaching starts, I bring my vision and dishonest attitude to the players. This kind of coaching mistake is shown 38% of the time.

Taking credit for others' work. The work of so many people, that is successful, then the credit should be taken by himself. 12% is shown in this type of common coaching mistake. For example, what can happen?

The total match, but in a different situation, in a different way, the team is winning. But the coach there, by creating his field, tries to take that credit. I have taken the first player to the top. He plays well. As a coach

It was not a very big role. He does his own thing. By performing, He has scored well. In that case,

Took the credit. He has scored well. Inaccessible. 6% They do not go, they do not discuss with the players, they do not mix with the players.

They do not talk to the players. They don't let the players come to them. Inaccessible. They have left me. I have lost 6%.

So, favoritism. If I like the child a little, I will play him in a match. If I don't like him, I won't play him in a match. I will play as much as I want. I don't like any of my relatives.

I don't like any of my team members. I don't like any of my guards. I don't like any of my guards. Any guardian like me. I give.

His son had many chances. This is called favoritism. Favoritism destroys the team. 4%. 4% showing favoritism.

And others are 2%. Now, in 2012, there was a survey by the International Olympic Committee. The members of the International Olympic Committee were asked to survey in 2012. The survey showed the common coaching mistakes of this generation. We gave them a ticket as we were going for the level-accredited coaching course.

There is a very important part in this. At a point, that is the aim of coaching. What is the aim of coaching? What is the aim of people? Why should we do coaching?

To produce better players? To produce better teammates? How can it be? Among the players, Discipline, and respect for each other.

They will be very good teammates. So, to produce better teammates. To imbibe good sportsmanship. Players will never criticize any other player on the ground. He is not a batsman, he is not a bowler, he is not a batsman, he is not a bowler.

So, there is an ethic of cricket. We will follow the rules, we will play the game, we will follow the cricket bylaws, it will be followed. So, they have done what this postman has picked to announce as one of the aims of coaching. To make better citizens, not only in cricket, the player has to be a better citizen.

That's because he is a citizen of our country. So, in society, he will be a good player. He is a good player, but he is very undisciplined in society. No. As he is a very good player on the ground, he should be a very good citizen in society.

Because he is a part of society. So in the future, I have to create some systems, some laws, some customs, and some situations for the players so that they can develop the qualities to become good citizens. And to make better human beings. So, finally, we are human beings. So, we have to create good human beings through coaching.

So, another key goal of coaching is to make better human beings. So, I know the aim of coaching. What are the aims of coaching? But I have a key duty as a coach. Next point.

So, the duties of a coach. So the coach's key duty is. To assist in improving skills and enhancing personal performance. What does it mean? He has to assist the player.

He has to help him. To improve his skills. He is a very good front-foot player. His front foot should be polished so that it looks copybook style, and beautiful. But he should also work on the back foot.

To improve the back foot shot. That is also a skill. And enhancing personal performance. Even personal performance, as soon as there is improvement, it becomes, but no one will notice it. It will break.

Strengthen culture and impart discipline in the team. If there is a culture within the team, there is no home. To keep that home, to bring discipline within the team. Respect each other. Seniors should respect juniors and juniors should respect seniors.

There should be some rules in the team. Team management should be done and the rules should be followed. Punctuality should be maintained in the coaching sessions. Go on time. Come on time.

Nicely organized the coaching sessions. What is the particular part of the coaching session? Include it in your coaching session. Like this. Create passion for the game and make practice sessions lively.

So, for the game, if the passion... They can do it. That is what they should pay attention to. And the coaching sessions will be very lively. It means that it will be very beautiful.

Very, you know, energetic. Everyone will enjoy the coaching session. The practice session. They will do it in such a way that all the parents, and the children who will come for coaching, will enjoy it a lot. With awareness, transparency, and self-responsibility.

What is my role in the team? What is my role as a team member? That should be developed. Make players aware of their faults and try to rectify them. The duties of a coach.

So, a coach, a friend, and a guide. A coach should be a friend. A coach should be a guide. So that in all his problems, Whether it is very good news or bad news, I do not know.

The qualities I should have are basic requirements to become a coach. The next point is the basic requirements of a coach. A coach should have skills to enhance their talent. A coach should have the knowledge and skills to develop it. A coach should be willing to work hard.

A coach should be willing to work hard. If you don't work hard in the coaching session, then the results won't come in the match. But the positive effects won't come in coaching. That's why a coach should work hard. Because a player and coach have a relationship of mutual interest.

Interdependence. A coach and a player have such a beautiful bond, such a beautiful relationship. Mutual independence will be there. Only then can I develop a team, I can train a player. These are the basic requirements of a coach.

As a coach, what do I need? Requirements. Next point. Role of the coach. What is the role of the coach?

So, the role of the coach is sometimes that of a teacher. He teaches the child. Not only the skills but also the way he develops the player: his body, his mind, his social and mental state. As a coach, he will develop him. So, sometimes he should act as a teacher.

He is a motivator. He is a very popular player. He has lost his motivation. He doesn't want to come forward. How will he come forward?

How will he do his best? He is a very good player. But he has not been able to run in the last 3-4 matches. As a coach, what should I do? I am not motivated.

I am not motivated to work as a coach. I will show him the scores of the previous matches. I will show him the videos of the previous matches. I will show him the videos of the previous matches. I will show him the videos of the previous matches.

I will show him the videos of the previous matches. Giving him positive feedback will make him apply. Why? Because the coach has to act as a motivator. The coach is a leader.

He has to lead the team from the front. He has to lead the team from the front. He is a leader. He should lead the team. He should lead the players.

He should be a good communicator. Sometimes, he is a good communicator. Communication is the child's problem. The child is introverted. The child does not speak during the coaching session.

He only focuses on coaching. Communicate with him. Find out what is good and what is not. Who is his real friend? The coach is a manager.

Yes. One of the roles of the coach is man management. Now, after talking to such a team, the quality of the team is manageable. It's a good manager. Some kids have emotions, some kids have positive emotions, and some kids have negative emotions.

Some kids are more anxious, some kids are introverted. If personal traits are shown between two teams, then who will manage to bond with such a beautiful team? A coach's role as a manager. He also acts as a trainer. For the small teams that are trained in the academy, there are no personal trainers or trainers in the academy.

The coach has to take the lead from the front to train the players physically and mentally. They don't do physical training. They don't do mental training from different sides. Psychologist. Sometimes he should act as a psychologist.

He is sitting quietly after performing a play. He doesn't want to talk to anyone. What should the coach do? What is the situation? In that situation, he should act as a psychologist.

He should talk to the children. In coaching sessions, there are many psychological problems among the players. Dealing with that person is the coach's work. And sometimes the coach is like a student. He becomes a student in your mind.

You have to listen to him. You have to listen to what the children are saying. You should be a good learner. The coach should be a good learner. The coach should be a good listener.

Just like a student. That is a quality they should have. It's the role of a coach. A chance to be a positive influence on the lives of players. Do you understand that?

It could be an important part. Characteristics of a coach. The coach should be intelligent. The coach should be intelligent. The first and foremost important point is intelligence.

The coach should be intelligent. Read the situation. Read the situation. Read the players. What do the players think?

Before the match, after the match, and during the match, what do they think? What could be the result of the match? Which fast bowlers will I use during this time? When is the batting going on? When will I use the batsman?

You have to use intelligence. If he is intelligent, then he can use tactics during the match. Knowledgeable. I will have good knowledge of the game. Roots, radius, techniques, performance, everything.

Sincerity. I will have a lot of sincerity. I will ask for the time. What is my first task? I will talk to the players.

Then I will talk to them in different ways. I will go to the wicket-keeper, I will go to the wicket-keeping, I will go to the bowler, I will go to the bowling, I will go to the basketball, I will go to the batting. I will go to the next session, I will go to the next session. How will I prepare for the process? After that, do the pulling down again.

After that, talk to the child. After that, talk to the child. After that, talk to the child. After that, talk to the child. After that, talk to the child.

After that, talk to the child. With enjoyment. With enthusiasm. Patience. Patience.

Patience. Patience. It takes one year. Two years. Three years.

Four years. Different skills, different techniques, and tools, so that the player can become a good and productive player. For this, you need to have patience. You don't get a run for it; you need to have patience. This is a child.

Understand this through coaching sessions. I have played one or two matches; I have played five or six matches. Confidence. Emotional stability. I will be able to establish the emotion.

Not positive, not negative. If it is too much, I will be happy. If it is too much, I will be demoralized. I will be able to tackle it. Organization.

I will be able to organize very beautifully. Whether it will be a coaching session, routines, or man management. Organization. I will be able to keep it correct. The character of the coach is very important.

And the player should choose him as their role model. So you must earn respect, not demand it. It's a very important point, or you can say the sentence, in coaching. It's my fault. That's right.

Communication in coaching is important. The next point. Communication in coaching. What is that? Communication is always a two-way process.

Listening and speaking. So I am speaking in front of the students. Students are listening. This is also a two-way process. Every time.

If it is not a two-way process, then there will be no communication. Communication should be verbal and visual. The way I see with my eyes. Can I motivate with the gesture of my eyes? Or can I motivate you with some words?

This is communication. Coach and player together. The tone of voice. What will be my tone of voice? Sometimes it is to

High, sometimes it is low. So that, in the middle, there is understanding, sometimes speech high, attack, sometimes low, then attack. That is how we communicate. Gestures and keywords. Through my gestures, I will understand what I want.

And what I don't want from the players, through my gestures, I have to give. Or through small, small keywords. What do I want in the match? Through gestures, I want to understand the player, whether I want this performance from you at this moment, in the ball, or on the field. The keywords.

We want another word that is KISS. K-I-S-S, that is keep it short and simple. This is very important. What does it mean? I mean

For example, I have a ball. With the ball, I throw it to the player for catch practice. I am throwing the ball for catch practice. So, I am throwing the ball for catch practice. So, I am throwing the ball for catch practice.

Catch the ball. Then, when the player tries to throw the ball to me, as a coach, if I say, the ball will not go to the right side of the receiver, it will not go to the left side, it will not go above the head, and it will not go below the chest. So, these are confusing words. I said it suddenly and simply. In this case, the player will not understand that the ball is being thrown.

So it should be kept short and simple. So let it throw. Let it throw the ball. You will understand if it is correct or not. If it is onto your hand, you say, very good.

Good throw. Okay. He will understand this is the perfect area to throw. It will go far away from the body. So, bad throw.

He will understand it is a bad throw. So I have to go for a good throw. So, a bad throw. You have to throw. Straight.

Keep it short and simple. Clear communication should be done. Clear communication. The words should be clear. What I am trying to say should be clear.

Immediate and accurate feedback. When I give feedback to my client, I have to give immediate feedback. It means, there is an incident in the coaching session, and I have to give immediate feedback. It is not like that the next... For example, next session I went to the batsman. Backlift, I did it at the right time.

I have identified that he has not, you know, lifted his back in a perfect way or at the perfect time. Whenever the bowling is in the loading phase, he does not lift his back. So he made a mistake in today's coaching session. So after, you know, after the... ball or after the batting, I have to convey his message to the batter.

Your backflip was not at the right time. You should lift your bat at the correct time. I also need accurate feedback. Emphasize strength. I need to emphasize strength.

Performance-related. Communication is most important. Performance-related. Now, we will discuss the next topic. The next point is, how will you create a positive environment in the coaching session?

That is very important. In the coaching session, we use different types of words, and different types of attitudes, whether positive or negative, and how they affect the child. So that's why, how will you create a positive environment? So this is one positive point. Let us smile, praise, and encourage the players.

You have to praise the players. You have to encourage them. They are batting, bowling, and fielding. They can make mistakes. And encourage the players.

You have to praise them. With a smile. Be patient and supportive. It takes time to learn. But be patient.

And supportive. You have to support the players. If the coach's support is not behind the player, the player will fall. Because he wants your support to be a good player. So that is also a part of a positive environment.

Be punctual. Players have to be present in front of me before they come. Players have to get ready for the coaching session before they come. From time to time, the way I have set up my coaching sessions, at that exact time, I will prepare the coaching setup. When to bat, when to bowl, when to build, when to go for wicket-keeping drills, when to go for warm-up, when to go for cooling rounds, and all.

The coach needs to produce a beautiful base. Beautiful means appropriately produced. It means, I... He is a coach. And he should be organized.

The very important point is the next slide. It is about the legal responsibilities of a coach. Which is another important part. Duties of a coach. The role of a coach.

Legal responsibilities of a coach. What are they? Legal. It is very important in cricket coaching. For a coach.

Provide a safe environment. You have to provide a safe environment. It means there won't be any material in the area where the players' feet could get injured. There won't be any injury. It will be a safe environment.

If we use iron poles, they should be covered with a sponge. There shouldn't be any pressure on them. For bowling drills, you need to use flexible cones or markers. Sometimes you can see someone using hard bricks. That should not be used.

Plan activities carefully. You need to plan activities carefully. It should be systematic and scientific. So that the child does not have any physical problems. If I plan training for half an hour, then there can be a problem with the player.

There are no clear written rules for training and general conduct. In that training session, how will my training rules be, or how will the general conduct be, it has to be written. And before that coaching session, I have a notice board attached. On the notice board, Players must be evaluated for injury and incapacity periodically.

Young players should not be mismatched. Young players should not be mismatched. Now, my coaching station has given me a few kids and a few senior boys. That should not be. A safe environment and proper equipment should be provided.

In a safe environment, when I go for batting, I have to bat with my arm guard. I have to bat with my helmet so that I don't get injured. So I will bat with the proper equipment. I will do wicketkeeping with proper equipment. I will do close fielding.

After the proper equipment, I will close the field with pads and a helmet. Players must be warned of the inherent risks of the sport. In sports where there is some inherent risk, players should know about it from the beginning. For example, if a bouncer ball comes to me, shoulder to shoulder, Head range.

So, batsmen will understand from the beginning that you can get a ball, a bouncer ball, or a straight-footed ball, which you can hit. In this way, the ball can come to the batting station. When I am hitting the ball, after hitting the ball, if the batsman hits straight, the ball can come to the ball. In that case, always hit the ball to the batsman and show it to him. Then it can be an injury.

And a safe landing. Where I am safe landing after bowling, in that follow-through or landing, I can get injuries of this kind. Players must be closely supervised. All the players are closely supervised by the coach. Here, Wilson is doing catch practice, isn't he?

There is another one, You can get injured while practicing with items. You can get injured while practicing with items. You can get injured while practicing with items. You can get injured while practicing with items.

You can get injured while practicing with items. If an injury has happened, what will I do in this situation? The application is RICE: REST, ICE, COMPRESSION, and ELEVATION. These types of techniques are also available in the first aid. So, this is my knowledge.

When to call the doctor, and when not to call the doctor. There is a problem with breathing; what will I do during the breathing session? How will I put the curved bandage on my leg? Formation of eight figures and all. These are the first principles of a coach.

Coaches should keep Adequate records. The coach will have a notebook where he will write down the protective points of the coaching session. Today's coaching session was going on like this, this fall was going on like this or this fall was going on like this. All the records will be in the coach's notebook.

If we go to the next point, the core of ethics for coaches. The core of ethics is to respect the talent of our players. And seek to develop their potential. Players with talent, have to respect that. Even to develop that player, whatever they do, they have to know the coach well.

Treat each player as a unique individual. Deal with every player uniquely. Learn as much about the sport and related subjects as possible. With this kind of sport, I have to gain knowledge.

Or I have to understand the areas that are related to cricket. Just like what I said in the previous topic. First aid. With cricket, I have to gain first-aid knowledge. With cricket, I have to know how to motivate myself.

How to motivate. With cricket, I have to know how to train the player. Physically. How to train. So, with the parts and subjects that are related to cricket, I have to be aware of them.

Make sure that the time spent with you is a positive and safe, enhancing experience for the player. Never deceive or mislead any player. Be fair and considerate. Be dignified and controlled, and teach the players to be likewise. Coaching may affect the partner.

Actively discourage the use of ergogenic and behavior-modifying drugs. It's very dangerous. In many cases, the partner has developed a drug issue in which the partner is not taking drugs. So, it is advisable to avoid it. Next point, what do we know?

Coaching philosophy. So, each coach should develop his philosophy. Based on his experience, which we discussed earlier, he will have his philosophy of coaching, his own knowledge, values, opinions, and beliefs. He will have his own philosophy of coaching. To formalize it, a coach must know himself, his strengths, and his weaknesses.

A coach must know his own strengths and weaknesses. What is his weakness in coaching? What is he unable to do? What is he unable to do? He must have his own philosophy of coaching.

Understand the tasks and responsibilities. If I want to assign a task, and I have a responsibility, then I know. Know your athletes and their potential. If the player has potential, then he knows. Abilities, goals, then action.

So, in between, how he will perform the ability and goal-making actions, we need to know all that. I was teaching coaching philosophy. The role of a coach, which includes legal responsibilities, types of coaching, how to coach, and everything. We have gathered all the knowledge. Various books have been followed.

Various topics have been brought up. Various places have been used to collect materials. As you can see in the references. In Babur, there is a book. Art and Science of Cricket.

Coaching Bear and My Days with the Indian Cricket Team. Mr. R. Sridhar had written it. Coaching Youth Cricket, Jan Pant had written it. Coaching Sport. And the law, a duty of care, ethics, and sport, Neil Partington said.

Legal duties and legal liberties of coaches towards athletes, Hemant Deza, and Mitch Safian, said. MSDCA and Arca Sports Foundation's coaching modules, PPT, there is some knowledge from these coaches. Role of a coach, Peter Alan Horton wrote, so finally I will say coaching is as much an art as it is a science. Thank you.