



YORKSHIRE CRICKET BOARD

GUIDELINES FOR COACHING AND MATCH-PLAY FOR YOUNG PLAYERS

These Guidelines for the Coaching and Match-play of talented young cricketers have been agreed and endorsed by the Yorkshire Cricket Board , Yorkshire County Cricket Club and Yorkshire Schools Cricket Association and published on their behalf by the Board. All parties regard it as extremely important that young players , parents and their coaches ensure that they are followed in the best interests of the young cricketers involved

Although it will prove to be unattainable for most, the aim of all youngsters in both representative and pathways to excellence schemes must be to be selected for their country. In order to achieve this, a properly co-ordinated structure of coaching, match-play and rest must be in place in which each elements supports, and does not detract from, the other two.

Concerns have been aired about the balance between these three elements for some of our most talented youngsters, which may lead to fatigue, injury and the undermining of technique. Any of these three may prevent talented youngsters from achieving their original aim of representing their country. The following is a suggested workable solution to this situation.

ORDER OF PRIORITIES.

1. ECB National Representative Side/Coaching.
2. ECB Regional Representative Side/Coaching.
3. ECB/ESCA/YCB County Representative Side/Coaching/YCCC Academy
4. YSCA District/ Yorkshire Junior Cricket Festival District / Area Side/Coaching.
5. School or Club (Junior or Senior) Side or Coaching.

Notes:

- i. 1-4 are representative sides where a player's merit/potential has gained him/her selection ahead of others from a wide and open choice of alternatives.
- ii. 5 are sides where a player has been selected from a closed community i.e. existing club members/attendees at a school.
- iii. The level of the nets within the Pathways scheme shall determine the priority.

COACHING

The following guidelines provide a way forward to prevent over-coaching and discriminate as to where to be coached.

- 1) Players and parents need to be selective, firm and determined to stick to the guidelines in order to maintain the balance of coaching and rest in order to raise standards of play and avoid fatigue, injury and the erosion of technique.
- 2) Players should give priority to being coached at the highest level available to them given their ability and performance.
- 3) All YCB Pathways students should refrain from attending **net coaching** sessions from the end of the playing season until 1st January.
- 4) Thereafter, within each week (Sunday to Saturday) a player should not attend more than 2 coaching sessions, and those sessions should be at the highest level available.
- 5) There shall be no 'carry forward' of coaching sessions which would cause a breach of item 4.
- 6) Injury should prevent active participation in a coaching session.

Notes:

- I) The very best players are well known, and should not be required to turn out for coaching sessions at lower levels in the priority pyramid as they will be playing against lesser players who will not probe their techniques, and may induce them to become technically complacent.
- II) YCB Pathways students may attend a net session before 1st January with the approval of the YCB Pathways Sub Committee if they are required to attend a trial for a Regional or National ECB side where the players would be placed at a disadvantage by not being allowed to attend a coaching session prior to such a trial.
- III) 2 coaching sessions should not exceed 5 hours in total from beginning to end.
- IV) There should be no 'carry forward' of coaching hours from note III) as the point at issue is to limit the amount of time spent pounding hard floors and the strain on growing bodies.
- V) If a player is injured and unable to bat, how can that player be fit to bowl without risking aggravating that injury? If a player is injured and unable to bowl, how can that player be fit to bat without risking aggravating that injury? How can either of the above players be fit to take part in a fielding activity without risking aggravating that injury? The answer to all the above is that the player should not be taking any physical part in a coaching session if they are injured.

PLAYING IN MATCHES

The following guidelines provide a way forward to prevent overplaying and encourage discrimination in where to play.

- 1) Players and parents need to be selective, firm and determined to stick to the guidelines in order to maintain the balance of match-play, coaching and rest in order to raise standards of play and avoid fatigue, injury and erosion of technique.
- 2) Short term gains will not achieve long term goals.
- 3) Players should give priority to playing as high a percentage of their cricket as possible at the highest level available to them given their ability and performance.
- 4) Within each week (Sunday to Saturday) a player should not play in more than 4 matches.
- 5) A player should not play in more than 6 matches in total in any 14 day period.
- 6) A player should not play in more than 8 matches in total in any 21 day period.
- 7) There shall not be any 'carry forward' of any matches not played which may cause a breach of items 3,4 or 5.

Notes:

- I) The Sunday to Saturday pattern has been chosen to represent the week as some talented players are pressed into playing on Saturdays in club matches after a busy week with mid week representative matches.
 - II) encourage prioritising of games to be played as more games in one week will mean a reduction of games in other weeks so building in rest and recovery time.
 - III) The prevention of 'carry forward' attempts to avoid a fixture jam at certain points in the season when talented players in successful/ambitious clubs/schools are pressed into playing matches at lower levels of the priority pyramid in addition to their usual and appropriate involvement at the upper levels of the priority pyramid.
 - IV) A match is defined as any organised or competitive game (including 20 over or 18 8 ball over matches etc)
- Unchecked, this may mean a match a day for a week or so for some players!

JUNIOR PLAYERS IN ADULTS/OPEN AGE MATCHES

Under 12s can play in open age cricket with or without explicit written consent if they are in the 2013 Under 12 County Squad 12A or 12B or played Under 11 District Cricket on May 2012 and hold a certificate card to that effect from YCB