



WOMEN AND GIRLS SOFTBALL CRICKET HANDBOOK



Our Website
berkshirecricket.org

Empowering Our
Teams for Success



Championing the Future

Resources dedicated to coaching girls in clubs developed partnership with The Metro Bank Girls in Cricket Fund.



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Getting started

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RESOURCES

WE ARE SO GLAD YOU ARE MAKING THE FIRST STEP TO COACHING AT YOUR CLUB, IN ORDER FOR YOU TO DELIVER CONFIDENTLY WITH ALL THE RESOURCES YOU NEED WE STRONGLY RECOMMEND YOU CREATE AN ACCOUNT ON [HTTPS://ICOACHCRICKET.ECB.CO.UK/REGISTER](https://icoachcricket.ecb.co.uk/register) YOU CAN ALSO SCAN THE ICON TO REGISTER!



MINDSET

UNDERSTAND THE MAIN AIM FOR SUPPORTING YOUR TEAM AS A COACH IS TO INSPIRE AND ENHANCE YOUR PLAYERS EXPERIENCE ON AND OFF THE FIELD!

CONFIDENCE

WITH THE SUPPORT OF YOUR COACHING NETWORK AND BERKSHIRE CRICKET KNOW THAT PEOPLE ARE HERE TO HELP YOU DEVELOP AS A COACH AND WILL BE READY TO LEND AN EAR SHOULD YOU HAVE ANY QUESTIONS.



The STEP framework

The STEP framework will help you to consider how to meet the individual needs of the players. By using the prompts below, you'll find that you can refine and tweak your sessions, practices and activities to suit the players that you work with.

Space:

Where is the activity happening?

- Level or height of the activity itself: floor-based/in the air/ combinations
- Playing area: more space/ less space/shorter wickets/wider creases
- Distances travelled in the activity, physical demands
- Zoned playing areas: safe zones/ activity zones/dividing spaces
- Nearer to partner/nearer to group
- Starting points: at different times/ different places/different positions
- Position of activity relative to sources of noise or strong light.

Equipment:

What is being used?

- Size
- Shape
- Colour
- Texture
- Weight
- Environment
- Play surface
- Indoor/outdoor.

People:

Who is involved?

- People working: independently/ in groups/in pairs/in teams/with friends/with a helper
- Players playing the same or different roles
- Matching players' abilities
- Matching players' maturity
- Allowing players to mentor/ buddy up
- Players playing in their own space
- Players playing in a big/small space
- Players playing in a restricted or open space.

Task:

What is happening?

- Easier - simplify the game
- Harder - more complex tasks
- Different roles for players at different times
- Different rules for different players or teams
- Different ways of achieving the same outcome
- Different targets for different players.

Changing Activities

**IF AN ACTIVITY DOESN'T SUIT YOUR PARTICIPANTS OR SPACE, IT'S A GREAT IDEA TO ASK THEM HOW THEY WOULD LIKE TO CHANGE IT. THEY WILL LOVE BEING INVOLVED AND CREATE IDEAS THAT WILL WORK FOR THEM.
BY VARYING THE...**



SPACE



TASK



EQUIPMENT



PEOPLE

Managing groups

METRO
BANK



Things to consider in your delivery:

- Give short and sharp explanations at the beginning of activities to keep the energy high.
- Use the STEP approach to adapt and change activities to ensure everyone is involved and enjoying the activity.
- Give players lots of chances to try each activity and keep the flow of the activity moving.
- If energy and concentration is low during a particular activity, don't be afraid to stop and change it or to have a quick drinks break to reset.
- Remember, the training drills are just a basis to work from, always tailor the activities to suit your participants and the space you have.





CORE PRINCIPLES

BATTING

Setup

- Balanced and comfortable position enabling being ready to move quickly

React

- Head in optimal position for player to see the ball at release and throughout
- Decisive body movements to establish a stable and balanced position

Strike

- Co-ordinated body movements (hips/shoulders/ arms/hands) to enable clean contact with the ball
- Present full face of the bat to promote clean contact

The Core Principles – Batting

Put the batting principles into practice, scan the QR code and choose a batting drill of your choice.



General

All Stars Cricket

Dynamos Cricket

Championing the Future

Search General

Stage

All stages

Part of the game

All parts

Specific cricket skill

1 selected

Clear

Wicketkeeping

Fielding

Bowling

Batting

Type


All types

Sort by

Newest


Popular

93 results found



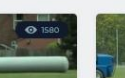
1606

Development practices: 3 - Back foot drive




1580

Development practices: 2 - Back foot drive



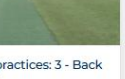
1580

Development practices: 1 - Back foot drive




969

End of stage - Back foot drive



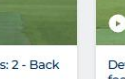
1420

Start of stage - Back foot drive



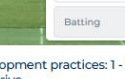
858

Development practices: 3 - Back foot defensive



655

Development practices: 2 - Back foot defensive



923

Development practices: 1 - Back foot defensive

#back-foot-defensive #batting #enhanced #technical

Use the filters to find what type of practice you would like to use . You can also filter on the practices based on what stage of the game your team are in.



CORE PRINCIPLES

BOWLING

Approach

- Select appropriate grip
- Rhythmical, balanced and aligned to target
- Head in optimal position for player to focus on target area throughout action

Delivery

- Jump and gather towards target
- Strong, tall and aligned (hips and shoulders) at back foot contact throughout action to release
- Increase energy towards target throughout delivery
- Maximum energy from the action transferred to ball at point of release to enhance pace, seam, swing or spin
- Energy continues towards target through to full completion of action and follow-through

The Core Principles – Bowling

Let's have a closer look at some bowling practices, scan the QR code and choose a bowling drill of your choice.



General All Stars Cricket Dynamos Cricket Championing the Future

Search General Stage Part of the game Specific cricket skill Type

Search All stages All parts 1 selected Clear

Wicketkeeping
Fielding
Bowling
Batting

Sort by Newest Popular

55 results found

Development practices: 3 - Slow left arm 763

Development practices: 2 - Slow left arm 534

Development practices: 1 - Slow left arm

End of stage - Slow left arm 330

Start of stage - Slow left arm 347

Development practices: 3 - Off spin 2745 #bowling #enhanced #technical

Development practices: 2 - Off spin 2550

Development practices: 1 - Off spin 2697



CORE PRINCIPLES

FIELDING

Establish ready position (position specific) which allows player to see the ball and move dynamically in any direction required

Attack

- Decisive, balanced and controlled movement towards the line of the ball
- Get low and take the ball early

Catch

- Establish a strong and balanced position to receive the ball
- Present a comfortable and maximal catching area

Throw

- Establish grip that enables controlled throw
- Select and then focus on appropriate target
- Establish a strong and balanced position to throw the ball
- Maximum energy transferred to the ball and towards the target

The Core Principles – Fielding

There are a number of different drills for you to choose when coaching fielding – have fun with it. Your fielding sessions can be as creative as you like!



Did you know?

Once you have selected your drill if you have a look at the bottom of the video it even tells you what equipment you need and lots of other valuable points!

Development practices: 1 - Stopping

1262

[#early](#) [#fielding](#) [#technical](#)

Share to feed

+ Add to plan

☆ Add to favourites

Practice outcomes Practice organisation Equipment per station

One cone or tee

Two coloured discs

One stump



CORE PRINCIPLES

WICKETKEEPING

Setup

- Head in optimal position allowing player to see the ball throughout
- Strong body posture to enable quick and decisive movements

Catch

- Establish a strong and balanced position to receive the ball
- Present a comfortable and maximal catching area with head and hands in line with the ball

The Core Principles – Wicketkeeping

You may already have a dedicated keeper on your team, icoachcricket has lots of practices you can use to ensure they get the best practice for game day! If you do not have a fixed keeper that's fine too!

Perhaps you can take it in turns to practice keeping in a practice pairs match.



General
All Stars Cricket
Dynamos Cricket
Championing the Future

Search General
Stage
Part of the game
Specific cricket skill
Type

Search
1 selected
All parts
1 selected
All types

35 results found
Sort by
Newest
Popular

624
Development practices: 3 - Standing back

652
Development practices: 2 - Standing back

1049
Development practices: 1 - Standing back

407
End of stage - Standing back

979
Start of stage - Standing back

531
Development practices: 3 - Legside take

492
Development practices: 2 - Legside take

727
Development practices: 1 - Legside take

THE COACHING TOOLS

INSTRUCT

- ❑ Is the information and task clear?
- ❑ Is the information and my language simple?
- ❑ Are the outcomes clear?
- ❑ Can the players tell me what they're about to do?



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DEMONSTRATE

...



- ❑ What will I achieve with my demo?
- ❑ Can everyone see my demo?
- ❑ What's my best option: Me? A peer? A player? A video (icoachcricket)?
- ❑ Which bit of the demo will I focus the players on?



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OBSERVE

...

- ❑ Have I taken enough **time** to observe (during practice and games)?
- ❑ What are the players trying to do and what is the outcome?
- ❑ Is the skill safe (players)?
- ❑ Have I observed from different positions?



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ANALYSE

...

- ❑ What are the players trying to do?
- ❑ What is the outcome and are they succeeding?
- ❑ Can I help them all develop super-strengths?
- ❑ Can I maintain the players' confidence whilst helping them develop?
- ❑ What will I do?



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THE COACHING TOOLS



- What do the players need to know – what will I tell them?
- Is it about the outcome or the process?
- How will they improve because of it?
- Am I feeding back in relation to effort or performance?



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- Am I praising the whole group or an individual?
- What specifically have they done well?
- When is the best time to praise?
- Am I praising effort or performance?



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- What are the players trying to do?
- Are they on task and engaged?
- If I say anything now will it help?
- What else can I be doing when I am silent (observe/analyse)?



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- What do I want to find out?
- Closed or open?
- What do I do with the answer?
- Can I develop the players' self-awareness?



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A guide to Umpiring - Ways of being out

What players, umpires and scorers should know (N.B. often plastic stumps do not have bails).

Caught

The fielder catches the ball after the batter misses and before it bounces on the ground.



Handled ball

The batter is not allowed to stop the ball hitting the stumps or prevent the ball going to a fielder by use of the hand.



Bowled

The bowler delivers a ball which the batter misses and the ball hits the stumps. If bails are used they have to fall off the wicket (dislodged).



Hit wicket

The batter hits the stumps when trying to play a shot.



Stumped

The batter or their bat is not behind the crease and the wicketkeeper has broken the stumps with the ball.



Leg before wicket (LBW)

The ball is prevented from hitting the wicket by hitting the batter on the pads, leg or foot. The umpire must be sure the ball will go on to hit the wicket.



Timed out

The batter going in is allowed three minutes to step onto the field of play, from when the last batter was out.



Run out

The fielder or wicketkeeper breaks the stumps with the ball before the batter crosses the crease with either the bat or part of his body.



Hit ball twice

The batter is not allowed to hit the ball a second time, but may stop the ball, e.g. to prevent it from hitting the wicket.



Obstructing the field

The batter is not allowed to prevent the fielding team from reaching the ball.



Umpire's signals

The umpires communicate their decisions to players, spectators and scorers using hand signals:



Four runs



Six runs



Bye



Legs bye



No ball



Out



Wide



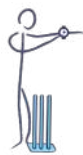
Dead ball



Short run



Penalty runs



Last hour



Cancel call



New Ball



Powerplay



Free hit



TV replay

Support and additional resources

SCAN ME



Talking about periods

#clubs #girls #menstruation #periods
#puberty



Welcoming environments and safe spaces

#clubs #equity #gender #girls #inclusion
#metro-bank



Understanding breast health

#club #girls #health #metro-bank



Understanding pelvic health

#clubs #girls #health #metro-bank



Inclusive language guide

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The menstrual cycle, practicing and playing

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Taking action

[Share to feed](#) [Open](#)



Tackling gender stereotypes

[Share to feed](#) [Open](#)



Opening up conversations about the menstrual cycle

[Share to feed](#) [Open](#)



Myth busting

[Share to feed](#) [Open](#)



Friendships, connections and memories

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Cricket really is for anyone, any generation and age

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I just love being in all-girls team

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17.



Thank you for taking the time to explore this booklet. We hope it provides you with valuable insights and guidance as you navigate your coaching journey throughout the cricket season. As a charitable organization, Berkshire Cricket is dedicated to creating more opportunities for women and girls in the county, and with your support, we can make this vision a reality. Together, we can help grow and strengthen the future of the game. Please consider becoming a Friend of Berkshire Cricket today and be part of our journey. Scan the QR code below and find out more!

We look forward to supporting you every step of the way and wish you all the best for the season ahead!



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