



# WOMEN AND GIRLS SOFTBALL CRICKET HANDBOOK



[Our Website](#)

[berkshirecricket.org](http://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



## 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.

1.



# 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.

## 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.

## 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.

# 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**

3.



# Managing groups



## 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.

4.





## 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

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# 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 Part of the game Specific cricket skill Type

Search All stages All parts 1 selected All types

1 selected Clear

Wicketkeeping Fielding Bowling Batting

Sort by Newest Popular

93 results found

|  |   |   |   |
|--|---|---|---|
| <br>Development practices: 3 - Back foot drive | <br>Development practices: 2 - Back foot drive       | <br>Development practices: 1 - Back foot drive       | <br>End of stage - Back foot drive  |
| <br>Start of stage - Back foot drive         | <br>Development practices: 3 - Back foot defensive | <br>Development practices: 2 - Back foot defensive | <br>Development practices: 1 - Back foot defensive<br>#back-foot-defensive #batting #enhanced<br>#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 All types

Sort by Newest Popular

55 results found

|   |   |  |   |
|---|---|--|---|
| <br>Development practices: 3 - Slow left arm | <br>Development practices: 2 - Slow left arm                              | <br>Development practices: 1 - Slow left arm | <br>End of stage - Slow left arm         |
| <br>Start of stage - Slow left arm          | <br>Development practices: 3 - Off spin<br>#bowling #enhanced #technical | <br>Development practices: 2 - Off spin     | <br>Development practices: 1 - Off spin |



# 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 chose 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

1242

#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



Development practices: 3 - Standing back



Development practices: 2 - Standing back



Development practices: 1 - Standing back



End of stage - Standing back



Start of stage - Standing back



Development practices: 3 - Legside take

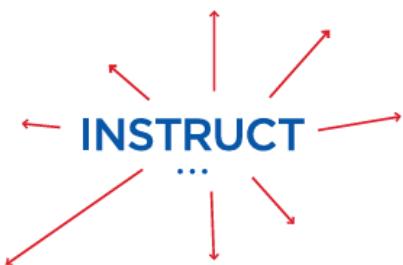


Development practices: 2 - Legside take



Development practices: 1 - Legside take

# THE COACHING TOOLS



- ❑ 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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- ❑ 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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- ❑ 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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- ❑ 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?



- ❑ 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 hits it and before it bounces on the ground.

## 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).

## Stumped

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

## Timed out

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

## 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.



## 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

## Hit wicket

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

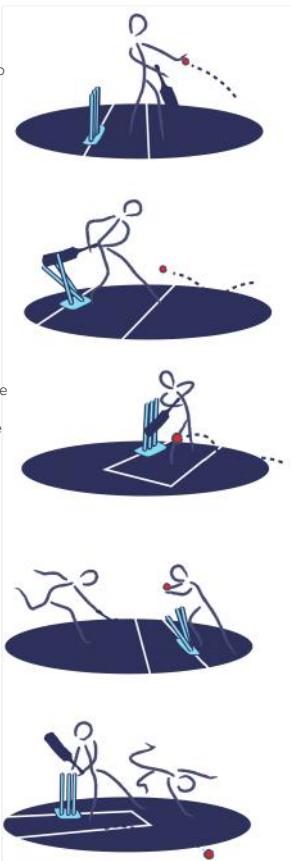
**Leg before wicket (LBW)** The ball is prevented from hitting the wicket by hitting the batter on the pads, leg or foot. The umpire must be sure the ball will go on to hit the wicket.

## 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.

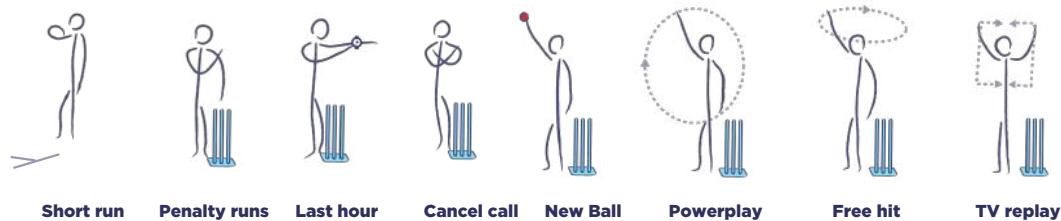
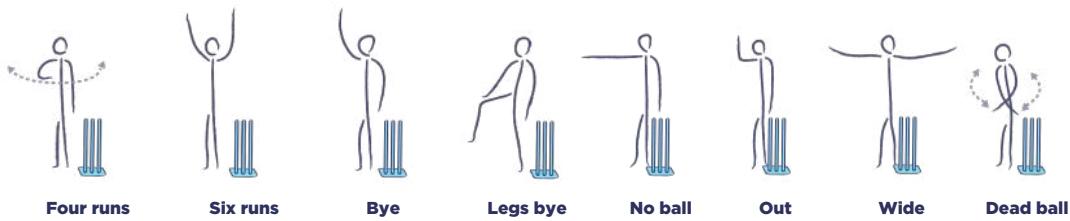
## Obstructing the field

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:



# 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



Understanding pelvic health



Inclusive language guide

#club #girls #health #metro-bank

#clubs #girls #health #metro-bank

Share to feed

Open



The menstrual cycle, practicing and playing

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Open



Taking action

Share to feed

Open



Tackling gender stereotypes

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Open



Opening up conversations about the menstrual cycle

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Open



Myth busting

Share to feed

Open



Friendships, connections and memories

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Open



Cricket really is for anyone, any generation and age

Share to feed

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I just love being in all-girls team

Share to feed

Open



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!



## Contact us

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## Visit Our socials

@berkshirecricket A circular icon with a blue music note inside.

Berkshire Cricket A blue square icon with a white 'f' inside.

@berkshirecricket A pink square icon with a white camera inside.

@BerksCricket A black circle icon with a white 'X' inside.

berkshirecricket.org A logo featuring a red cricket ball and the text 'Berkshire Cricket'.

## Championing the Future

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