

# Walvis Bay: Coaching Course, Umpiring Workshop and Cap Course 14-17 November 2018 PROGRAM

## INTRODUCTION

- Introduction to Cricket Coaching
- Level 1 Coaching
- Cricket Administration
- Umpires Workshop

## INSTRUCTION

This process will be support further development of Cricket in Walvis Bay, to empower and share knowledge with local coaching volunteers. Adapt this plan as necessary to best suit your region.

**NOTE:** This program has been developed to represent a plan to grow coaches and administrators.

## Presenters

1. John Heynes & Jona Ambuga-CAP
2. Dee Thakur Level 1
3. Lauritz Haccou (based in Walvis Bay) – Kwata & Level 1
4. Justus Hangula (based in Walvis Bay) – Kwata & Level 1
5. Andrew Louw – Umpires Workshop

<b>COMMUNICATION #1: INITIAL CONTACT</b>	Contact and communication support will be available directly with Cricket Namibia Office Contact person; Operations Manager John Heynes E-mail: - <a href="mailto:operations@cricketnamibia.com">operations@cricketnamibia.com</a> Tel: - 061 - 223818
<b>COURSES</b>	<p><b>CAP Course</b></p> <ul style="list-style-type: none"> <li>• 13 Tuesday – Cap – Tournaments &amp; Events Organizing and Finance</li> <li>• 14 Wednesday Club/Cricket Administration 45min</li> </ul>
<b>PROGRAM</b>	<p><b><u>Introduction to Cricket Coaching Level 0 &amp; Kwata Cricket Scoring</u></b></p> <p>Teachers and Junior Coaching (junior coaches 14 and older)</p> <ul style="list-style-type: none"> <li>• How to play the game</li> <li>• How to hold a cricket bat</li> <li>• How to hold a cricket ball</li> <li>• Basic Fielding coaching</li> <li>• Running Between Wickets</li> </ul> <p><b><u>Proposed Program Wednesday 14<sup>th</sup> November 2018</u></b> Cricket Namibia Coaches with teachers &amp; junior coaches</p> <ul style="list-style-type: none"> <li>• Coaching based on the above Kwata (mini) cricket program</li> <li>• Playing Mini game</li> </ul> <p><b>15h30-16h30 – Kwata Certificate handover</b></p>
<b>PROGRAM CONTINUES</b>	<p><b><u>Level 1 Coaching</u></b> The Level 1 course is designed to enable successful candidates to coach basic cricket skills and to organise an effective practice or training session for junior cricketers. Candidates must be at least 18 years of age and have a sound understanding of the game.</p> <p><b><u>Wednesday 14<sup>th</sup> November 2018</u></b> 17h00 – 18h00 Theoretical, Coaching Aid 18h15 – 20h00 Practical: - Bowling, Batting 20h00 – 20h30 Cricket Namibia Players pathway</p> <p><b><u>Thursday 15<sup>th</sup> November 2018</u></b> 17h00 Warm ups and Warm Downs stretching – Static (still) &amp; Dynamic (moving) <b><u>Practical (including players)</u></b></p> <ul style="list-style-type: none"> <li>• Fielding</li> <li>• General Net Session –</li> </ul> <p><b>19h30-20h30 Exams</b></p> <ul style="list-style-type: none"> <li>• 20h30-21h00 Thursday Club/Cricket Administration 45min</li> </ul>
<b>UMPIRES WORKSHOP</b>	<p><b><u>Umpires Workshop</u></b></p> <p>16<sup>th</sup> November 2018 from 17h30 to 21h00 17<sup>th</sup> November 2018 from 18h00 to 20h00</p> <p><b>Handover of Level 1 Umpires Certificates</b></p>