



MCU COACHING



Introduction



The Munster Cricket Union would like to run a series of cricket coaching courses in the the 2024. These courses are designed for anyone who is interested in coaching cricket to children aged 5 to 11 years old or for those who want to get their Level 1 Cricket Coaching qualification.

Coaching 5 to 11 Year Olds

Our Coaching 5 to 11 Year Olds course is a fun and interactive course that will give you the skills and knowledge you need to coach young children in the basics of cricket. The course will cover topics such as:

- How to create a safe and inclusive environment for young cricketers
- How to teach the basic skills of batting, bowling, and fielding
- How to develop games and activities that will make learning cricket fun
- How to manage and motivate young players

Introduction



Coaching Cricket Coaching Course (Level 1)

The Coaching Cricket Course is a more in-depth course that will give you a broader understanding of the game of cricket and how to coach players of all ages. The course will cover topics such as:

- The Laws of Cricket
- The principles of batting, bowling, and fielding
- How to plan and deliver coaching sessions
- How to assess and evaluate player performance

Who Should Attend?

Our cricket coaching courses are open to anyone who is interested in coaching cricket.

Benefits of Attending

There are many benefits to attending a cricket coaching course. Some of the benefits include:

- Developing your skills and knowledge of cricket
- Gaining the confidence to coach others
- Making a contribution to the development of cricket in your community
- Meeting new people and making friends

How to Register

To register for a cricket coaching course, please visit the Munster Cricket Union website.

We hope to see you there!

Sincerely,

COACHING INFORMATION

WHAT'S ON OFFER

WHY COACHING

Becoming a cricket coach can be a rewarding and fulfilling career path, offering a unique blend of personal satisfaction, professional growth, and the opportunity to make a positive impact on the lives of others. Here are some of the key values of becoming a cricket coach:

COACHING VALUES

Coaching values are the guiding principles that inform a coach's approach to coaching and interactions with their clients. They serve as a foundation for effective coaching practices and help coaches create a positive and supportive environment for their clients to grow and develop.



PASSION FOR THE GAME

MAKING A POSITIVE IMPACT

PERSONAL SATISFACTION

COACHING 2024

WHY COACHING



1

Passion for the game:

Passion for the game: Cricket coaches are driven by their love for the sport and a desire to share their knowledge and expertise with others. They are passionate about helping players develop their skills, improve their performance, and experience the joys of the game.

2

Making a positive impact:

Cricket coaches play a crucial role in shaping the lives of young players, both on and off the field. They instill values such as teamwork, sportsmanship, and perseverance, which can have a lasting impact on players' personal and professional lives.

3

Personal satisfaction:

Watching players develop their skills, achieve their goals, and find joy in the game is a source of immense satisfaction for cricket coaches. The feeling of making a positive contribution to the lives of others is a powerful motivator.

4

Professional development:

Cricket coaching offers continuous opportunities for learning and growth. Coaches stay up-to-date with the latest coaching techniques, strategies, and technologies, enhancing their skills and expertise.

5

Variety and challenges:

Cricket coaching is a dynamic and ever-evolving field, presenting a variety of challenges and opportunities. Coaches work with players of all ages and skill levels, adapting their approach to suit individual needs and goals.

6

Networking and connections:

Cricket coaching provides a platform to connect with other coaches, players, and cricket enthusiasts. These connections can lead to valuable collaborations, mentorship opportunities, and career advancement.

COACHING 2024

WHY COACHING



7

Giving back to the sport:

Cricket coaches play a vital role in preserving and promoting the sport. They inspire future generations of cricketers and contribute to the growth and development of the game.

8

Sense of community:

Cricket coaching is deeply rooted in the cricketing community. Coaches foster a sense of belonging, camaraderie, and shared passion for the sport among players, coaches, and supporters.

9

Lifelong learning:

Cricket coaching is a journey of continuous learning and self-improvement. Coaches strive to enhance their knowledge, refine their skills, and adapt to the ever-changing landscape of the sport.

10

Professional development:

Cricket coaching offers continuous opportunities for learning and growth. Coaches stay up-to-date with the latest coaching techniques, strategies, and technologies, enhancing their skills and expertise.





Coaching Values

1. Client-centeredness:

Coaches uphold the highest standards of integrity, acting with honesty, fairness, and ethical conduct. They maintain transparency in their communication and actions, fostering trust and credibility with their clients.

2. Respect:

Coaches treat their players with respect, acknowledging their dignity and worth. They value their players' opinions, experiences, and contributions, creating a safe and non-judgmental space for open dialogue and exploration.

3. Empowerment:

Coaches empower their players to take ownership of their lives and make informed decisions. They encourage self-reflection, self-discovery, and the development of self-belief, enabling clients to take responsibility for their own growth and success.

Coaching Values

4.Integrity:

Coaches uphold the highest standards of integrity, acting with honesty, fairness, and ethical conduct. They maintain transparency in their communication and actions, fostering trust and credibility with their clients.

5.Continuous learning:

Coaches embrace a commitment to continuous learning, actively seeking out new knowledge, skills, and insights. They stay up-to-date with the latest coaching techniques and methodologies, ensuring their practice remains effective and relevant.

6.Cultural sensitivity:

Coaches demonstrate cultural sensitivity, recognizing and respecting the diverse backgrounds, values, and beliefs of their clients. They adapt their coaching approach to consider cultural context and ensure that clients feel understood and valued.

Coaching Values

7. Professionalism:

Coaches maintain a professional demeanor, adhering to ethical guidelines and standards of conduct. They act with competence, diligence, and accountability, upholding the reputation of the coaching profession.

8. Balance:

Coaches promote a healthy work-life balance for their players, encouraging self-care, mindfulness, and stress management. They recognize the importance of balance in achieving personal and professional goals.

9. Collaboration:

Coaches encourage collaboration and open communication among clients, creating a supportive and inclusive environment. They foster a sense of community and shared purpose, promoting teamwork and mutual respect.



Proposed Courses on offer

The two courses we will be looking to run will be coaching kids 5-11 and Coaching Cricket.

Further information on each of these course are found in the following pages.

For further information please click on the QR code or go to our website: www.munstercricket.ie





**CRICKET
IRELAND**



**COACHING
COURSES**

Coaching Kids 5-11 Years Course

The Cricket Ireland Coaching Kids 5-11 years course is aimed at parents, teachers, and young adults supporting cricket aged 5-11 years. The course is designed to provide new and emerging coaches with the knowledge and skills to deliver child-centred, safe, fun, and age-appropriate coaching sessions.

What are the registration criteria?

The course is open to anyone aged 14 years of age and over. All registrants aged 18 years of age and over are required to show evidence of completing a Sport Ireland/Sport Northern Ireland-sanctioned safeguarding workshop.

How is the course structured?

The course consists of seven modules (including Module 7, the Safeguarding workshop. Note: The Safeguarding workshop is not included in the course hours shown below).

What is the duration of the course?

Approximately six hours (the course may be delivered over one day or two evenings).

What do you need to do to become certified?

Coaches who achieve full attendance and, to the satisfaction of the course leaders, engage in the process of learning, will be eligible to be certified. Note: to retain certification, all coaches 18 years and over will need to attain police clearance.

Police & Garda Vetting

For information on how to apply go to: <http://www.cricketireland.ie/get-involved/coaching>

On becoming certified, what will you be qualified to do?

Upon certification:

• coaches aged 14 or 15 years of age will be considered able to assist with the coaching of children aged 5-11 years. coaches 16 years of age and over will be considered able to lead coaching sessions with children aged 5-11 years.

If you are interested in this course please go to our website

www.munstercricket.ie

Cricket Ireland Coaches Association (CICA)

The benefits of CICA membership include coaches insurance and discounts, including discounts on O'Neills CICA clothing and equipment. Join CICA here <http://www.cricketireland.ie/get-involved/coaching/CICA>

For further information on coaching

Cricket Ireland Coach Education and Development Strategy 2018-2020.

<http://www.cricketireland.ie/get-involved/coaching/strategic-plan>



**CRICKET
IRELAND**



**COACHING
COURSES**

Coaching Cricket Course

The Cricket Ireland Coaching Cricket course is aimed at anyone who wants to coach club or school players aged over 11 years. The course is designed to provide new and emerging coaches with the knowledge and skills to deliver player-centred, enjoyable, and safe coaching support with an appropriate focus on cricket skills and long-term player development.

What are the registration criteria?

The course is open to anyone aged 18 years of age and over. All registrants aged 18 years of age and over are required to show evidence of completing a Sport Ireland/Sport Northern Ireland-sanctioned safeguarding workshop. Note: The Cricket Ireland Coaching Kids 5-11 years course is NOT a pre-requisite for the Coaching Cricket course.

How is the course structured?

The course consists of eight modules (including Module 8, the Safeguarding workshop. Note: The Safeguarding workshop is not included in the course hours shown below).

What is the duration of the course?

Approximately 12 hours (the course will typically be delivered over two days).

What do you need to do to become certified?

Coaches who achieve full attendance and deliver a short coaching session to their peers, followed by a debrief with a coach developer, to the satisfaction of the course leaders, will be eligible to be certified. Note: to retain certification, coaches will need to attain police clearance

Police & Garda Vetting

For information on how to apply go to: <http://www.cricketireland.ie/get-involved/coaching>

On becoming certified, what will you be qualified to do?

Upon certification, coaches will be considered able to coach cricketers aged 11 years of age and older playing club or school cricket.

If you are interested in this course please go to our website

Speak to your Provincial Union representative to arrange these details.

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