



Cricket Academy

HANDBOOK - 2019



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Introduction

STAR FIELD SPORTS LTD

Star Field Sports Ltd. was established in January 2017 and with the sole purpose of developing East African Sports and removing barriers to participation. In our first two years of operation we have worked with four schools, opened two academies and organised two major tournaments. We have also given over 200 underprivileged children the opportunity to participate in Sport. In 2019, we aim to accelerate this growth and build on the foundations that we've laid out by giving our players top quality coaching, regular fixtures and tournaments, international tours and guidance.

The Star Field Vision

At Star Field, we believe that sports can be used to transform lives and develop communities. Our Company ethos is based around our vision of **Global Sports Development**. We will achieve this by constantly challenging the status quo through innovative sports programmes and initiatives, sports coaching and academies, sports events, coach education and sports marketing. We see sports development from two angles i.e. development of the sport itself or using the sport as a tool for wider societal development.



Our Programme



Under 9

TRAINING GOALS - FUNDAMENTALS

Many of the players here have never played the game in an organised setting before, so we aim to teach them the rules of the game and the fundamental skills required. Learning fundamental movement skills throughout this stage is a key to the overall development of physical literacy. The ABC'S (Agility, Balance, Coordination and Speed) are foundation blocks for developing fundamental movement skills. The table below shows what we aim to achieve in this age group:

Key Performance indicators (U9)			
Technical KEY: GSB: Grip, Stance, Balance FF: Front Foot WK: Wicketkeeper	Batting <ul style="list-style-type: none"> Develop a good understanding of GSB Develop the basics of the FF drive, pull shot (PS) and FF defence Understand shot selection – when do I attack or defend A complete understanding of running between the wickets 	Bowling <ul style="list-style-type: none"> A full understanding of the grip. Basic bowling action. An established run up 	Fielding <ul style="list-style-type: none"> Basic understanding of the various fielding skills to include underarm flick, close & high catching, long barrier and throwing. Identify WK and work in 1-2-1 situations. Hand-eye coordination skills
Tactical	<ul style="list-style-type: none"> Develop the ability to work out situations through a range of thought-based games Learn basic field placements for own bowling Understand the value of leaving the ball 		
Physiological	<ul style="list-style-type: none"> Weight appropriate to height Have sound aerobic fitness level Correct running technique Learn basic core exercises – front plank, side plank, double/single leg, bridging (the technique learnt) Basic stretching routines 		
Psychological	<ul style="list-style-type: none"> Ability to speak clearly in front of others Correct attitude to practise and play A basic verbal understanding of personal goal setting 		
Lifestyle	<ul style="list-style-type: none"> Cricket quizzes to develop knowledge Play other sports Fun games Carry own playing kit to and from activities 		

Under 11

TRAINING GOALS - LEARNING TO TRAIN

Children in this stage are ready to begin training according to more formalized methods. However, the emphasis is on general sports skills suitable to several activities and not limited to cricket. The table below shows what we aim to achieve in this age group:

Key Performance indicators (U11)			
Technical	Batting <ul style="list-style-type: none"> • Play the FF drive correctly with power through both off and leg side • Play FD shot correctly • Have a good understanding of shot selection – when do I attack or defend & which shot do I play to which ball • Develop the pull shot (PS) • Introduce the cut shot (CS) • Develop an understanding of attack and defence playing off the back foot 	Bowling <ul style="list-style-type: none"> • Bowlers to have a variation ball available • Encourage spinners to bowl 	Fielding <ul style="list-style-type: none"> • Long barrier only as a last resort (trust hands) • Introduce diving and correct technique • Work with WK in 1-2-1 situations • Hand-eye coordination skills
KEY FF: Front Foot FD: Forward defence			
Tactical	<ul style="list-style-type: none"> • Learn all bowler's fields for both attacking and defensive situations and for left and right handers • Develop an understanding of "gapping" the ball using drills and middle practice • Understand the value of leaving the ball 		
Physiological	<ul style="list-style-type: none"> • Advance the basic core exercises to a more advanced level • Running with bat and turning mechanics • Introduce basic core functional training for the bowlers • Introduce fielding footwork drills 		
Psychological	<ul style="list-style-type: none"> • Understand the importance of learning to train and practice rather than the performance outcomes • A written understanding of personal goal setting • Introduction of a player diary • No fear of failure mind-set 		
Lifestyle	<ul style="list-style-type: none"> • More difficult quizzes to further knowledge • Introduce the "thought for the day" topic 		

Under 13

TRAINING GOALS - LEARNING TO TRAIN

Athletes may exhibit special talent, play to win, and do their best, but they still need to allocate more time to training skills and fitness than competing in formal settings. At this stage, players are ready to consolidate their basic sport-specific skills and tactics. It is also a major fitness development stage. To maximise their long-term potential, winning remains a secondary emphasis. This approach is critical to the long-term development of top performers and lifelong participants. The table below shows what we aim to achieve in this age group:

Key Performance indicators (U13)			
Technical	Batting <ul style="list-style-type: none"> • Play the pull shot correctly with power and confidence • Be able to defend and attack on both sides of the wicket playing off the BF • Understand the concept of shot selection – when do I attack or defend & which shot <u>do</u> I play to which ball • Use feet to spinners and hit along the ground or over the top for four • Short ball tennis ball drills • Introduce the sweep, slog sweep and manipulation skills • Develop the cut shot 	Bowling <ul style="list-style-type: none"> • Bowlers to bowl a Yorker and slower ball when required • Understand how they are going to bowl at the end of an innings and why 	Fielding <ul style="list-style-type: none"> • Work with WK in 1-2-1 situations • Develop an understanding of specialist fielding positions
KEY BF: Back foot WK: Wicketkeeper			
Tactical	<ul style="list-style-type: none"> • Be able to identify opposition weaknesses and expose them • Warm down procedures understood and individually implemented • Re-hydration strategies in place for training and matches • Bowlers must be able to set their own fields • Understand and stick to individual games plans • Test on field placement knowledge • Role and responsibilities players in team 		
Physiological	<ul style="list-style-type: none"> • Fitness Test 1 Minimum Bleep Level 7 • Fitness Test 2 Minimum Bleep Level 8 • Press ups 15 in one minute • Introduce 10 exercise pre-hab routine 		

Under 13 Continued

TRAINING GOALS - LEARNING TO TRAIN

Psychological	<ul style="list-style-type: none">• Understand all goal setting aspects and can write them down and evaluate the process. Give a five-minute talk/activity to U10 beginners on a chosen aspect of the game• Be comfortable with the use of visualisation• Self-evaluation and feedback forms to be held in player's diary
Lifestyle	<ul style="list-style-type: none">• Pack and carry own playing kit to and from activities• Parents to understand nutritional importance and quality preparation and re-generation

Under 15

TRAINING GOALS - TRAINING TO TRAIN

Here we apply the same concept as above with more competition and autonomy from the participants. We focus on strength and the anaerobic alactic energy system. Increased training hours are needed at this stage to develop each athlete's long-term potential. The table below shows what we aim to achieve in this age group:

Key Performance indicators (U15)			
Technical	Batting <ul style="list-style-type: none">• Test fight or flight verses fast short pitched deliveries• Further develop sweep, slog sweep and manipulation skills on turning pitches• Introduce longer format of the game and tools required for success	Bowling <ul style="list-style-type: none">• Further develop control of Yorkers and slower balls as situation and coaches dictate	Fielding <ul style="list-style-type: none">• Develop and refine sliding and diving techniques• Develop anticipation skills• WK to stand up to all medium pacers as required
Tactical	<ul style="list-style-type: none">• Can fulfil role within the team as required or needed in any given circumstance• TEST: Knowledge of individual and team game plans		
Physiological	Fitness Tests:		
	Test	U14	U15
	Bleep Test	9	10
	Front Plank	1.5 Mins	2 Mins
	Press ups	15	20
	Wall Sit	2 Mins	2.5 Mins
	Weight training education and tuition, demonstrate correct lifting and body resistance techniques and answer questions on physical issues		
Psychological	<ul style="list-style-type: none">• Winning mind module• Tough attitude• Self-evaluation, feedback forms to be held by player in diary		
Lifestyle	<ul style="list-style-type: none">• Be available for at least 90% of games and practice sessions		

Under 19

TRAINING GOALS - TRAINING TO COMPETE

At this stage, competition becomes “serious.” Athletes enter this stage if they have chosen to specialise in one sport and excel at the highest level of competition possible. They need to commit to high-volume and high-intensity training throughout the year. Instruction in topics such as nutrition, sport psychology, recovery and regeneration, injury prevention, and injury management also become very important. The table below shows what we aim to achieve in this age group:

Key Performance indicators (U19)													
Technical	Batting <ul style="list-style-type: none">Ability to hit bad ball for 4 or 6Ability to hit length ball through the V, and mid-wicket along the ground and in the air	Bowling <ul style="list-style-type: none">To have good control of variation deliveries and have at least two changes of paceUnderstand how they are going to bowl in the first six overs with fielding restrictions and at the end of the innings, and why that way	Fielding <ul style="list-style-type: none">Can demonstrate correct technique for sliding retrieves (head first & feet first) around the boundary										
Tactical	<ul style="list-style-type: none">All bowlers to know their fields for all situations												
Physiological	Fitness Tests <ul style="list-style-type: none">Warm up / down procedures understood and being appliedRe-hydration being followed in training, during and post-match <table><tr><th>Test</th><th>U19</th></tr><tr><td>Bleep Test</td><td>15</td></tr><tr><td>Front Plank</td><td>2.5 Mins</td></tr><tr><td>Press ups</td><td>25</td></tr><tr><td>Wall Sit</td><td>3 Mins</td></tr></table> <p>Weight training education and tuition, demonstrate correct lifting techniques and answer questions on physical issues</p>			Test	U19	Bleep Test	15	Front Plank	2.5 Mins	Press ups	25	Wall Sit	3 Mins
Test	U19												
Bleep Test	15												
Front Plank	2.5 Mins												
Press ups	25												
Wall Sit	3 Mins												
Psychological	<ul style="list-style-type: none">Winning mind moduleTough attitudesSelf-evaluation, feedback forms to be held by player in diary												
Lifestyle	<ul style="list-style-type: none">Parents to understand nutritional importance and quality preparation and re-generationWatch and study the game of cricketIndependence - wash, pack and carry own kit												

Session Information



Academy Registration

Please note, there will be an academy registration fee of **KES 4,000** per annum. This includes:

- Membership ID Card
- 2 Academy T-shirts
- Academy Cap

Group Sessions

The Star Field Cricket Academy runs all year round with a short break for the New Year and our group sessions are split into the age groups shown above. Our programme is designed to maximise the development of all children as cricketers, sportspeople and members of society. The group sessions are crucial for development as players learn to work in a team and compete against other players at their level.

Timings

Group sessions are conducted as follows:

School Term Time: Every Saturday from 10am – 12pm

Holiday Camps: Monday to Saturday from 10am – 12pm

Fee

Pricing for Group sessions is as follows:

School Term Time: KES 750 per Session

Holiday Camps: KES 750 per Session **OR** KES 3,000 per week

One-on-Ones

Our one-on-one sessions are a great way for coaches to develop and correct technical skills. We work with each individual player and create bespoke programmes to maximise their learning and enjoyment. The sessions last an hour long and are conducted by our team of top-quality coaches.

Timings

School Term time:

TERM TIME							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9am – 10am						✓	✓
10am – 11am						GROUP SESSION	✓
11am – 12pm							✓
12pm – 1pm						✓	✓
1pm – 2pm						✓	
2pm – 3pm						✓	
3pm – 4pm	✓	✓	✓	✓	✓		
4pm – 5pm	✓	✓	✓	✓	✓		
5pm – 6pm	✓	✓	✓	✓	✓		

Holiday Camp Time:

HOLIDAYS							
TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9am – 10am	✓	✓	✓	✓	✓	✓	✓
10am – 11am	GROUP SESSION	GROUP SESSION	GROUP SESSION	GROUP SESSION	GROUP SESSION	GROUP SESSION	✓
11am – 12pm							✓
12pm – 1pm	✓	✓	✓	✓	✓	✓	✓
1pm – 2pm	✓	✓	✓	✓	✓	✓	
2pm – 3pm	✓	✓	✓	✓	✓	✓	
3pm – 4pm	✓	✓	✓	✓	✓		
4pm – 5pm	✓	✓	✓	✓	✓		
5pm – 6pm	✓	✓	✓	✓	✓		

NB: Sessions can be booked at other times subject to availability of Coaches

Fee

Pricing for one-on-one's will be based on the number of sessions taken per week and will be as follows:

- Once-a-Week: KES 2,000
- Twice-a-Week: KES 4,000 (KES 2,000 per session)
- Thrice-a-Week: KES 5,250 (KES 1,750 per session)
- Four-a-Week: KES 6,000 (KES 1,500 per session)
- Five-a-Week: KES 6,750 (KES 1,350 per session)
- 6+ per Week: KES 1,250 per session

NB: Payment for the week will have to be made prior to the start of sessions

Bookings

All One-on-One sessions require prior booking. Slots can be booked over the phone (Call, text or WhatsApp), in person or via email as follows:

Phone:

Harsh Patel: + 254 701 831 000

Veer Dave: +254 735 879 219

Karan Kaul: +254 722 655 338

Email:

info@starfieldsports.com



Block Bookings

Longer-term bookings can be made to secure a particular time slot and these can be done Monthly or termly. To confirm the booking, we ask for the full monthly or termly payment amount prior to the start of sessions. Please note, in the event of any missed sessions, we will follow the cancellation policy (Below).

Cancellation Policy



To cancel a pre-booked session, please contact any of the above booking contacts*. Cancellation charges are as follows:

- 24 Hours or more before the scheduled slot – No Charge.
- 24 Hours to 1 Hour before the scheduled slot – 50% of Session Amount
- Less than 1 Hour to the scheduled slot – 100% of the Session Amount

NB: Extenuating circumstances will be considered. Also, if a session is cancelled by Star Field the session will be carried forward to the next agreeable slot. However, if the session is cancelled less than 2 Hours to the scheduled slot the session will be moved to the next agreeable slot **AND** one additional **FREE** session.



Rain Affected Sessions

Cricket is a weather sensitive sport and therefore sessions may get affected by unfavourable conditions. We will do our best to ensure that this does not happen by offering indoor theory and practical sessions. Indoor sessions are used for **Technical Drills, Tactical knowledge** and **Theory**. For more information about these, please contact a Star Field rep.

Fixtures

Competition is a key part of the development for athletes and we aim to provide ample competition opportunities. These will be in the form of **fixtures** and **tournaments** both locally and internationally. Our long-term goal is to create a competition structure that gives players a pathway to success from the grassroots level up to the elite level. To achieve this, we will set up leagues and host tournaments to ensure players of all ages and abilities have an opportunity to play our beautiful game.

Selection Criteria

Selection for matches will be made based on the following:

- Attendance to training sessions
- Performance
- Coaches Discretion
- Behaviour and Attitude

Fee

Pricing for Matches will be:

KES 750 per match (Unless communicated otherwise)



Code of Conduct

Our main focus is to develop each player that we work with and to ensure this is achieved the following codes of behaviour identify a selection of key principles upon which Coaches, Parents & Players should base their cricket involvement. The codes ensure that participants develop good sporting behaviours and an inherently positive cricketing experience. Please take some time to go through them.

Coaches

- Teach students that rules of the sports are mutual agreements which no-one should evade or break.
- Never ridicule or shout at players for making mistakes or not performing up to expectations. Instead, coaches are encouraged to use positive behaviour management techniques.
- Encourage players to respect all their teammates, opponents, coaches, officials and support staff.
- Avoid over-playing talented players.
- Condemn unsporting behaviour and promote respect for all opponents.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players
- When officiating matches, ensure that you do so with integrity.
- Do not publicly criticise or react to the umpires judgement and decision. Player's need to understand that officials make errors and the coach should reinforce this.
- Make a personal commitment to keep yourself informed of current officiating, coaching and training principles.
- Remember that your prime duty of care is to the students.
- Maintain a standard of dress complimentary to the presentation of the team.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion

Code of Conduct

Players

- Players should respect all their teammates, opponents, coaches, officials and support staff.
- Never argue with an umpire – if you disagree with a decision you should have your captain or coach deal with the umpire in an appropriate manner at the innings break or after the game.
- Always wear appropriate sports clothing for training sessions and correct uniform for matches.
- All players have the responsibility to ensure that they
- Be a good sport. Compliment and appreciate good play from teammates and opponents.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour.
- Players have the responsibility to play and train in the spirit of sportsmanship and fair play.
- All players are expected to be role models; any behaviour contravening this will be strongly dealt with.
- Always respect your coaches' decisions. Remember, they always have your best interests in mind.
- Verbal or physical abuse will not be tolerated. This includes bullying and provoking teammates or opponents.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion

Code of Conduct

Parents

- Cooperate with Star Field to achieve the best outcomes for your child.
- Ensure all fees are paid by their relative deadlines.
- Encourage your child to participate fairly and abide by the rules of the game.
- Focus on your child's efforts and performance rather than the results
- Never ridicule or yell at any child for making a mistake or any other reason.
- Respect the judgement of coaches or officials. Remember, they have your child's best interests in mind.
- Support team and event officials in maintaining a safe and respectful learning environment for all players.
- Support all efforts to remove verbal and physical abuse from sporting activities
- Refrain from engaging with your child or interfering with sessions or the coaches training method during sessions
- Remember, children are involved in cricket for their enjoyment, not yours
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Be courteous and constructive in your communication with players, team officials, game officials and sport administrators
- Encourage honest effort, skilled performance and team loyalty.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion
- Provide a model of good sportsmanship for your child to follow
- Make any new parents feel welcome on all occasions
- Remember, students play for enjoyment; please don't let your behaviour detract from their enjoyment.



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