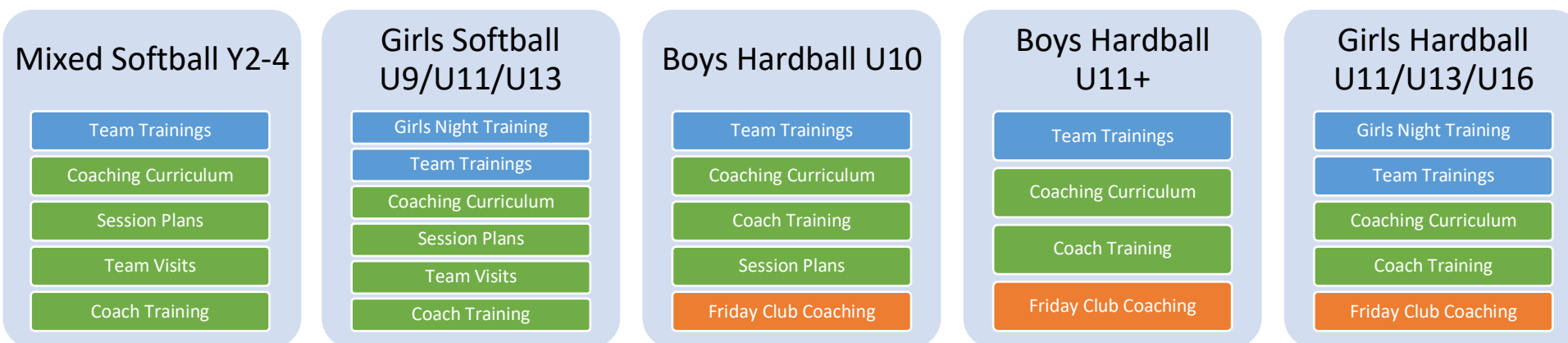




# OVERVIEW OF AUCC JUNIOR COACHING PROGRAM

The AUCC Junior Coaching Program is made up of several key components with different emphasis for different age groups. The following pages set out an explanation of the program.

A TYPICAL WEEK AT AUCC						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Girls Night Training	Team Trainings & Softball Teams Visits.	Team Trainings & Softball Team Visits	Team Trainings & Softball Team Visits	Y0/1 Program	Junior & Youth Games	Cavalry Junior Blues games (approx 6 during season)
"Cavalry" Junior Blue Training				Hardball Club Coaching		
	Hardball Coach Training					
	Some Y2/Y3/Y4 Games					



# OVERVIEW OF AUCC JUNIOR COACHING PROGRAM



AUCKLAND UNIVERSITY  
CRICKET CLUB

## TEAM TRAININGS

**Team Trainings are a critical component of team development. Every team should have a regular weekly team training, run by the parent coach and/or other parents. Team training is the most important part of team preparation and development.**

Y2-4 MIXED SOFTBALL TEAM TRAINING	U10+ BOYS HARDBALL TEAM TRAINING	ALL GIRLS TEAMS TRAINING
<p>Softball teams should train on a grass strip wicket at CMP. <b><i>Preferably Tuesday, Wednesday or Thursday between 4-6pm.</i></b></p> <p>Girls train ideally on a Monday night. This season our club coaches are rostered to visit our girls' teams similar to all other junior club teams.</p> <p>Book your time &amp; location with our JCC (See section on TTS bookings below)</p>	<p>Both Boys &amp; Girls Hardball teams should train preferably Tuesday, Wednesday or Thursday between 4-6pm. There are nets and/or wickets available at Sacred Heart College and Glover Park as well as CMP.</p> <p>These team trainings are in addition to your regular Club Coaching programs (Girls on Monday, Boys on Friday)</p> <p>Book your time &amp; location with our JCC (See section on TTS bookings below)</p>	<p>Our 'Girls Night' training sessions are from 4-6pm on Mondays. We ask that all Girls teams (softball &amp; hardball) aim to make this their regular training time at CMP (Field E). Parent-coaches should be in attendance as normal and will work alongside our club coaches. Even if not all of your team can make it to this training, any girls who are able to attend are encouraged to do so.</p> <p>If you wish to run an additional team training on another day of the week (great if possible), please book your time &amp; location with our JCC (See section on TTS bookings below)</p>

### Further Guidelines for training times

- 'Peak' Training times are weekdays Tues-Thurs 4pm-8pm
- CMP Nets are reserved for senior teams from **6pm onward Tues, Wed, Thurs.**
- Please avoid scheduling practices on Monday or Friday afternoons if possible to avoid clashes with other programs
- On CMP Field E, W11 should not be used when the nets are in use, for safety reasons.
- Softball teams cannot book nets during peak training times, due to the large number of hardball teams that we need to accommodate.
- Softball teams please do not train on grass wickets that are marked ready for matches (train alongside them instead)

# OVERVIEW OF AUCC JUNIOR COACHING PROGRAM



AUCKLAND UNIVERSITY  
CRICKET CLUB

## COACH SUPPORT

COACHING CURRICULUM	SESSION PLANS	TEAM VISITS (SOFTBALL GRADES*)	COACH TRAINING
Our 'Junior Coaching Curriculum' clearly sets out which core skills should be developed at each year Level and provides you with a clear pathway that you can follow when coaching your teams.	For Year 2-5 & Girls U11 teams, the Coaching Curriculum will be supported by pre-rolled ready-to-use session plans for team trainings. The aim of the session plans is to make it easy for our parent-coaches to deliver well-structured training sessions without necessarily having any cricket knowledge themselves. Each session plan will set out a series of skills, drills, and games, which are aligned with the skills in the Curriculum.	Club coaches will be rostered to join all softball teams and aid our volunteer coaches from time to time. The rostered caches are there to help you and coach your team alongside you. How you utilize the coach is completely up to you. Team visits will run from Monday to Thursday this season 4-6pm. Please note that not many club coaches are available on Mondays and Fridays as we have our Club programs running.	The club provides FREE NZC Coaching courses & qualifications for all Parent coaches. All Parent coaches must complete minimum coaching qualifications. See the Coaching page on our website or Contact Shane for more info.
The Curriculum is available through our club website	Session plans will be emailed weekly, and are also available through our club website	For all other teams Year 5 upwards, if you would like to request a coach at one of your trainings to help with selected players and technique. Please email me with your request, otherwise please utilise the Friday Night Programme and get as many of your team down to work with our trained club coaches.	Alongside Club Coaching on a Friday afternoon, we will have opportunities for parent coaches to work with one of our senior coaches on techniques and drills for coaching their team. We will communicate details of these workshops closer to the time.

\*For all other teams Year 5 upwards, if you would like to request a coach at one of your trainings to help with selected players and technique please email [jcc@aucc.co.nz](mailto:jcc@aucc.co.nz) with your request, otherwise please utilise the Friday Night Programme (below) and get as many of your team as possible down to CMP to work with our trained club coaches.

Updated as of 25<sup>th</sup> October 2021



# OVERVIEW OF AUCC JUNIOR COACHING PROGRAM

## CLUB COACHING

Returning Season is our Friday afternoon Club Coaching Program

This is for cricketers of all abilities who want sharpen up technique before Saturday with our trained club coaches.

This training is a core membership benefit and available to all Junior Hardball members at no additional cost.

Every Junior Hardball Cricketer will get to come to a session every fortnight at their allocated time to receive coaching from our qualified Club Coaching Team. Club Coaching is held at CMP Field E & Nets.

The club coaches provide supervised net and fielding sessions as a part of our Junior Program, working specifically on technique, and drill based fielding in 1 hour sessions on a Friday afternoon, the sessions will be held at the E block nets.

Each age band of players will be split into 2 groups "Blue" & "White". These 2 groups will attend Friday coaching on a rotating fortnightly basis starting from Friday 2<sup>nd</sup> November

FRIDAYS 4.30-5.30PM		FRIDAYS 5.30-6.30PM	FRIDAYS 6.30-7.30PM
Boys Y5 + Girls U11	Boys Y6 + Girls U13	Boys Y8/U14/U16 + Girls U16	Boys Y7
The <b>Boys Y5 &amp; Girls U11</b> teams will be split into 2 training groups (White or Blue). All Girls U11 teams will be in the 'Blue' group.	The <b>Boys Y6 &amp; Girls U13</b> teams will be split into 2 training groups (White or Blue). All Girls U13 teams will be in the 'Blue' group.	All <b>Boys Y8, Y9, U14 &amp; U16 Teams &amp; all Girls U16</b> will be in the 'White' Group	All <b>Boys Y7 Teams</b> will be in the 'Blue' Group
		The 2 training groups 'White' & 'Blue' will attend training on a fortnightly rotation.	