**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 | Rep Fixture games    (approx 6 during season) |
| Hardball Club Coaching |
| “Cavalry” Junior Blue Training | Hardball Coach Training |
| Some Y2/Y3/Y4 Games |

Mixed Softball Y2

-

4

Team Trainings

Coaching Curriculum

Session Plans

Team Visits

Coach Training

Girls Softball

U9/U11/U13

Girls Night Training

Team Trainings

Coaching Curriculum

Session Plans

Team Visits

Coach Training

Boys Hardball U10

Team Trainings

Coaching Curriculum

Coach Training

Session Plans

Friday Club Coaching

Boys Hardball

U11+

Team Trainings

Coaching Curriculum

Coach Training

Friday Club Coaching

Girls Hardball

U11/U13/U16

Girls Night Training

Team Trainings

Coaching Curriculum

Coach Training

Friday Club Coaching

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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** | |
| Softball teams should train on a grass strip wicket at CMP. ***Preferably Tuesday, Wednesday or Thursday between 4-6pm***.    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.  Book your time & location with our JCC (See section on  TTS bookings below) | | Both Boys & 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.    These team trainings are in addition to your regular Club Coaching programs (Girls on Monday, Boys on Friday)    Book your time & location with our JCC (See section on  TTS bookings below) | | Our ‘Girls Night’ training sessions are from 4-6pm on Mondays. We ask that all Girls teams (softball  & 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.    If you wish to run an additional team training on another day of the week (great if possible),  please book your time & location with our JCC  (See section on TTS bookings below) | |
| **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) | | | | | |
| **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.  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. | | 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. |
| 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. |
| 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 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.

|  |  |  |  |
| --- | --- | --- | --- |
| **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**  **2nd 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 **Boys Y5 & Girls U11** teams will be split into 2 training groups (White or Blue).  All Girls U11 teams will be in the ‘Blue’ group. | **The Boys Y6 & Girls U13** teams will be split into 2 training groups (White or Blue).  All Girls U13 teams will be in the ‘Blue’ group. | All **Boys Y8, Y9, U14 & U16 Teams & all Girls U16** will be in the ‘White’ Group | All **Boys Y7 Teams** will be in the ‘Blue’ Group |
| The 2 training groups ‘White’ & ‘Blue’ will attend training on a fortnightly rotation. | |
|  | | | |