



Uganda Cricket Association Development Report – 2020

ELEMENTARY LEVEL

1. Introductory Module

Presented by Davis Turinawe (Interim Head Coach, UCA)

An overview was made to emphasize the outcome goals of the session to be undertaken. Questions such as “What is this about?” or “What do we want to achieve at the end of this session?” were put forward to give the participants some direction.

For clarity, the participants were informed the target beneficiary group for this training were 5 to 14-year olds as well as entry level cricketers.

2. Module 1 – Laws of Coaching Kids

Presented by Davis Turinawe (Interim Head Coach, UCA)

As with any discipline, there are laws and rules that must be adhered to in order to provide a level playing field for all participants.

Here, an insight was given on 5 basics laws that would be useful when coaching children. An outline of these can be seen in the presentation’s summary.

Participant coaches were also encouraged to come up with their own laws in addition to these key ones that were discussed as long as they did not cause any discomfort amongst the people being coached.

3. Module 2 – Parts of This Program

Presented by Davis Turinawe (Interim Head Coach, UCA)

This program was structured in a way that it addressed the two key components that involve individuals in sports namely:

- a) **The Experience** – Every positive experience encourages the athlete to come back for an even better experience
- b) **The Essentials** – These include the fundamentals of the game (physical attributes), the core skills and the game sense (tactics)

An emphasis was made on the physical attributes especially with the young children with a 70-30% split between athletic development and skills. This is obviously adjusted in favor of the skills as the child grows.

4. Module 3 – Warm up

Presented by Grace Mutuyagaba (Development Officer, UCA)

The definition and benefits of warming up was made in this module. Mr. Mutyagaba also described a few warming up techniques including those with a fun element for the younger children. Some examples are included in the presentation summary.

5. Module 4 – Cricket Skills (Batting)

Presented by Grace Mutyagaba (Development Officer, UCA)

To address the targeted beneficiaries, Mr. Mutyagaba emphasized on the minimum basics required at this level for a batsman.

Basics including a decent grip, stance, backswing & step and finally a good follow through after the shot were discussed in detail.

More on these basics can be found in the presentation summary.

6. Module 5 – Cricket Skills (Bowling)

Presented by Emmanuel Isaneez (Development Officer, UCA)

Mr. Isaneez did a good job regularly highlighting the targeted beneficiaries hence keeping his presentation brief.

He highlighted the key issues with teaching bowling and encouraged the use of certain techniques to remedy common bowling problems.

A mention of key coaching points was also an important facet in his presentation. More on these can be found in the presentation summary.

7. Module 6 – Cricket Skills (Fielding)

Presented by Emmanuel Isaneez (Development Officer, UCA)

To understand fielding, coaches were urged to think of only three areas: Catching the ball, Stopping the ball and Throwing the ball - CST as an easy acronym.

A few techniques to improve fielding skills were also shared here and can be found in the summary.

8. Module 7 – Cricket Skills (Wicketkeeping)

Presented by Grace Mutyagaba (Development Officer, UCA)

This was presented by Mr. Mutyagaba, a wicketkeeper himself. He emphasized on the setup and positioning of the wicketkeeper in a cricket game and went on to mention a few roles of the wicketkeeper.

9. Module 8 – Cricket Skills (Umpiring)

Presented by Baker Elonge (Development Officer, UCA)

One of Uganda's most experienced umpires was on cue to share umpiring basics with the coaches.

Mr. Elonge's remarks emphasized on the fact that fair rules and decisions are key when coaching kids. He went ahead and discussed the main modes of dismissal especially with

regards to the younger children (mini cricket) and shared a few relevant umpiring signals for the same group. These can be found in the summary.

10. Module 9 – Cricket Skills (Games)

Presented by Baker Elonge (Development Officer, UCA)

In a bid to keep the discussion centered on entry level athletes, Mr. Elonge stressed the fact that games that are inclusive of all are ideal for the game sense development. Games such as "Rapid Fire" test many aspects of game sense in more than one way.

11. Module 10 – Cool Down & Feedback

Presented by Davis Turinawe (Interim Head Coach, UCA)

Essentially, a cool down is like a warm up – only with reduced intensity. The fact that a cool down is as important as the warm up was stressed and participants were encouraged to make it a habit for all their participants at all levels of coaching.

A feedback session was opened and interesting comments and questions were fielded by the presenters.



UCA Level 1 Course

Overview

Uganda Cricket Association organized the **UCA Level 1 Coach Accreditation Course** from February 1-2, 2020 at Kampala (Lugogo Stadium), Jinja (Jinja SSS) and Fort Portal (Nyakasura School).

Being the first of the Level 1 courses in the UCA calendar for 2020, it was open to 60 participants at each location that were pre-selected from within the various regions.

The Level 1 Coaching Course syllabus covered the basic fundamentals required of a basic skills coach. This is especially aimed to provide the knowledge and the knowhow to basic cricket coaching.

The UCA Level 1 Accreditation is a pathway for UCA Level 2 followed by ICC/ACA Coach Accreditation to be delivered in the coming year(s).

Course modules

The UCA Level 1 Course module was developed locally and split into three (3) parts:

- i. The Presentation (Theory) part: Here, the individual coach was analyzed and coaching philosophies discussed in detail. All basic aspects of the game (batting, bowling, fielding, wicket keeping, et al) were also discussed.
- ii. The Practical part: Participants then went out to look at the various aspects discussed in part (i) of the course including various demonstrations by the facilitator and participants.
- iii. The Assessment part (written assessment): ALL participants were expected to be involved in this part as it is the final stage to certification.

The entire course spanned 14 hours over two (2) days.

Participants in Lugogo, Kampala

A total of 60 participants were invited for the course.



WOMEN'S HP REPORT – 2020

1. What is High Performance?

Presented by Davis Turinawe (Interim Head Coach, UCA)

An introduction including various definitions of HP were shared with the aim of making the participants understand there is more than one aspect involved in HP sports. Ultimately, it was generally understood to be a concept that provides an athlete with the best training and competition available.

2. Core Features of High-Performance Sport

Presented by Davis Turinawe (Interim Head Coach, UCA)

In creating a HP environment, a few 'non-negotiables' must be catered for. HP is like walking a tight rope:

once you undertake the programme, one must maintain the discipline to remain committed.

3. Purpose of This Interaction

Presented by Davis Turinawe (Interim Head Coach, UCA)

As with any interaction, key outcomes must be expected at the end.

Some of the key outcomes from this webinar included but were not limited to:

- i. Preparing the Lady Cricket Cranes for more interactive series where possible.
- ii. To prepare them for "BIG" tournaments with intensive comprehensive training.
- iii. To bring all our HP players to train as a unit.

4. Our Expectations

Presented by Davis Turinawe (Interim Head Coach, UCA)

As organizers, our biggest expectation was that at the end of the webinar, all participants including the hosts would leave with a new and better understanding of HP trainings and environments and their workings.

5. Consider these 5 W's

Presented by Davis Turinawe (Interim Head Coach, UCA)

The **Five W's** are questions whose answers are considered basic in information gathering or problem solving. Their most common application is in journalism and investigations but commonly acceptable in other field these days.

In our case, the five W's represented Who (am I/are we?), What (am I/are we trying to achieve?), Where

(am I/are we today? Where do we want to be?), When (do I/we want to get there?) and Why (that direction?)

The 'What' aspect involved goal setting (Setting S.M.A.R.T goals) which was discussed in detail with examples.

6. What Happens in the Meantime?

Presented by Davis Turinawe (Interim Head Coach, UCA)

In a bid to encourage participants to review their thinking about their game, individuals were encouraged to read lots about the game. Pointers to online articles, videos and autobiographies were made as players sought to grow their understanding of the game.

A mention of personal fitness was also encouraged especially during this period of uncertainty. Participants were encouraged to enter personal fitness routines to maintain acceptable levels of fitness. Fitness components were discussed and an overview of these can be found in the presentation summary.

7. S.M.A.R.T. Goals

Presented by Grace Mutyagaba (Development Officer, UCA)

It is fundamental to set oneself goals in sports and cricket is no exception.

Mr. Mutyagaba defined SMART as an acronym that helps individuals when setting goals. It was further noted

that this approach increased one's chances of achieving certain goals.

In a nutshell, he mentioned that SMART goals are:

- **Specific:** Well defined, clear, and unambiguous
- **Measurable:** With specific criteria that measure your progress towards the accomplishment of the goal
- **Achievable:** Attainable and not impossible to achieve
- **Realistic:** Within reach, realistic, and relevant to your life purpose
- **Timely:** With a clearly defined timeline, including a starting date and a target date.
The purpose is to create urgency.

He also went further to relate these to the 5 W's

- i. **Who:** Who is involved in this goal?
- ii. **What:** What do I want to accomplish?
- iii. **Where:** Where is this goal to be achieved?
- iv. **When:** When do I want to achieve this goal?
- v. **Why:** Why do I want to achieve this goal?

Prepared by Davis Turinawe
Development Manager - Uganda