



# NON-NEGOTIABLES

As prepared by the Technical Coaching Committee  
2021/2022

The purpose of this document is to educate coaches with basic skill sets that 5th grade (+) players require as a minimum and the resources to teach these skills. These skills are called Non-Negotiables because they lay the foundation in order to develop and strengthen players, teams, and competitions in Marlborough.

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# Batting

## Key Points

- **Stance/Guard**
  - Understand location of leg, middle and off stumps
  - Gripping bat with thumb and forefinger “V”s along spine of bat
  - Feet parallel, shoulder width apart – back foot towards point, front foot can be more open
  - Eyes level, head looking towards the stumps at bowlers end
  - Picking the bat up ready to hit before the ball is bowled
- **Running Between the Wickets**
  - Backing up at non-strikers end with bat in correct hand
  - Loud clear calling: striker calls any run in front of them, and non-striker calls when ball goes behind striker
  - Changing hands while running, so the player turns watching the ball
  - Sliding bat out in front
  - Getting low to turn
- **Watching the Ball**
  - Bounce drill – throw ball and call bounce when it bounces
  - Advanced – have different coloured balls behind your back, throw one and player tells you which colour it is.
  - Hitting ball – emphasis on bat on ball, hitting as many balls as possible both at trainings and outside of trainings e.g. bouncing ball up and down on bat

## Stance and Guard

### Bat Grip

- Hands close together
- “V”s lined up with bat’s spine
- Players test gripping towards top of handle vs down the bottom close to blade
- Bottom of handle can make heavier bat easier to control
- Top of handle takes more energy to swing, so allows more power hitting



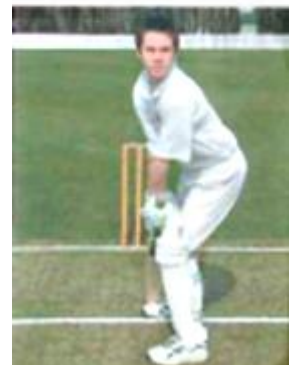
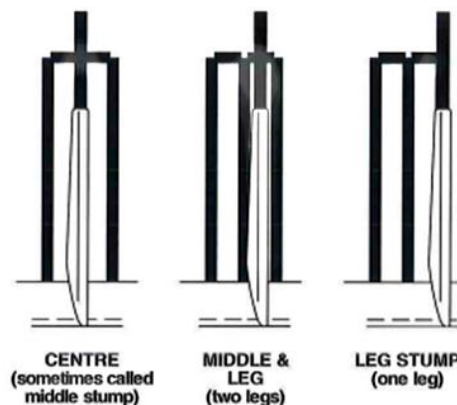
## Taking Guard

- Guard should be taken before facing the first ball
- This allows players to understand where their stumps are

### To Take Guard:

- Hold the bat upright in front of the stumps so that its front edge is facing the umpire
- Ask the umpire for “centre” or middle stump and mark the position on the batting crease
- Stand with toes on centre mark to ensure you know where you stand relative to the stumps

*Players may also ask for different guards as they progress.*



- Allow players to try different guards at trainings
- Other common guards are leg stump (one leg) and between middle and leg (two legs)
- Off stump is less common but still worth trying out, especially if a spinner is turning the ball a lot

## Stance

- Stand side-on with back foot pointing towards point (parallel to crease), one foot on either side of crease
- Head pointing towards bowler
- Head still, eyes level
- Knees slightly bent
- Bat should be held up in position ready to hit when ball is released



Video resources covering grip, stance and setup:

[Batting Fundamentals - Cricket Victoria](#)

[Cricket Batting Basics: Stance - Cricket Mentoring](#)

## Watching and Hitting the Ball

### “Bounce” Drill

- Player stands at opposite end of the pitch (in batting stance works well but not required)
- Coach lobs ball towards players, and they call “Bounce!” when the ball bounces
- Best with a soft ball or not throwing ball directly at players, the aim is not to hit them or have them hit the ball

### Progressions

- Increase throw speed, flatness of throws
- Use 3 different colour balls, put them behind your back, throw them quickly, and player tells you which colour touched the ground first.
- Can also have players in stance without bat, underarm ball at them
- Player will keep their hands together, step to ball and catch it under their eyes

Video resource for advanced version, doing this with different colours rather than seam position is more appropriate for junior players, just take note of the set up:

[WATCH THE BALL BATTING DRILL - R66T Academy](#)

## Hitting the Ball

- For Junior players it is key to simply hit as many balls as possible
- Put a ball in a stocking and hang it at home for them to hit
- Also receiving throws from peers, family or anyone helps a lot
- If they are having difficulty making contact with the ball, modify it to be easier for them
- When they have built up confidence make throws a little faster, flatter, or in more difficult areas

## Running Between the Wickets

### Backing up

- Be ready to run every ball
- Non-striker should ensure they face the bowler and keep the bat in the hand closest to the bowler
- Player should back up by moving down the pitch ready to run just as the ball is released



### Calling

- Calling runs that are scored behind the striker is the non-striker's responsibility
- The striker calls everything else
- Call loudly and clearly after every ball as soon as possible
- Standard calls are "Yes", "No", and "Wait"



### Turning and Sliding the Bat

- Run the first one hard
- While running, swap hands to ensure that when you are turning your body is facing the ball; the hand holding the bat should be the opposite side to the location of the ball
- Reach out in front to slide the bat across the crease for extra length
- Get low while sliding the bat and turning



Discussion on backing up at the non-striker's end (not example!):

[Tom Moody on how to back up effectively - ICC](#)

Video resources for turning and running:

[Running between the wickets THE BASICS - Cricket Mentoring](#)  
[ECB Advanced Running Between Wicket - bc cricket](#)

# Bowling

## Key Points

- Channel to run in, bowl in, follow through in
  - Set up straight channel for bowlers to follow
  - Run in inside channel, bowl inside channel, follow through in channel
- Target bowling
  - Set targets in desirable lines and lengths
  - Big target = easier, smaller = harder
  - Create points based games to make it fun
- Watch target, staying tall
  - Pick spots on pitch to hit
  - Head up, front arm high for delivery, pulling down
  - Head and follow through going towards target

## Channel Bowling

**Running in and following through in a channel will help improve accuracy of bowlers.**

- Set up cones to form a channel (as pictured for right arm over)
- Players run in inside channel, aim to bowl inside channel
- Front arm pulls down inside channel, not slicing across
- Follow through running inside channel

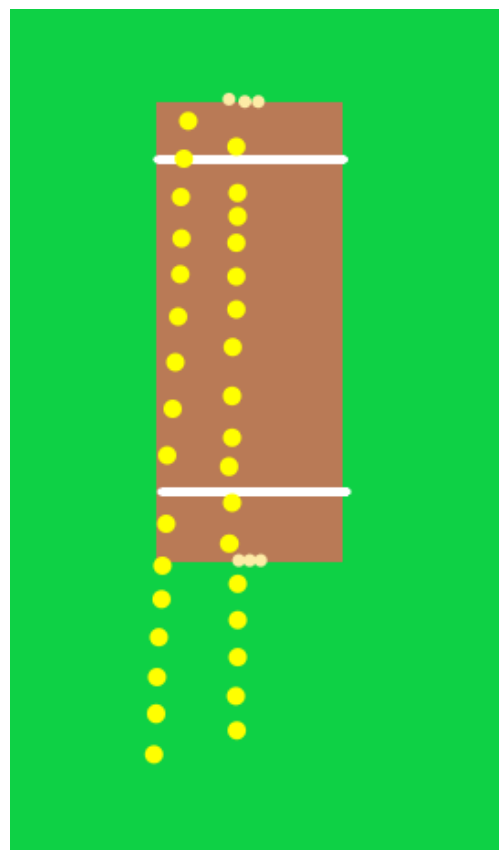
## Watching the target and staying tall

### Areas to bowl

- While players run in they need to focus on a spot
- Coaches can set this spot by putting a target on the pitch e.g. a cone, or players can choose this spot themselves at the top of their run up – for example, they can visualise an area to hit in order to hit top of off stump

### Front arm high and head up

- Stay tall through action and avoid the front arm, and head collapsing to the side
- Imagine a string coming from the head pulling them upright
- Front arm also high pulling down as ball is bowled, not across



This video shows good alignment with no collapsing, and staying in a channel while bowling:

[Bowling Drills - Alignment - CoachCricXI](#)

This video has a good explanation at the beginning of run up and action, particularly the front arm:

[Perry Master Class: Fast bowling - cricket.com.au](#)

## **Target Bowling**

### **Increases accuracy by giving bowlers a target**

- Place a target on the pitch for players to look at and aim for
- Make it a competition by giving points to players when they hit a target
- Make squares with cones, singular cone target, hula hoop, channel, batting glove, anything bowlers can try to hit
- Ensure targets are purposeful (i.e. Not on the top of the nets or wide down leg side) and appropriate to players abilities (i.e. Doable)

Videos with good examples of target bowling:

[Ish Sodhi Masterclass | TARGET BOWLING - R66T Academy](#)

[Target Bowling Drill - Seam / Fast Bowling - R66T Academy](#)



# Fielding

## *Key Points*

- **Use Power Position for a stable base that allows powerful movements**
- Walking in with the bowler
  - Walking in towards batsman before and as ball is bowled
  - Be in Power Position when ball is hit - knees bent, weight on toes, hands ready
  - Watching batsman for movement
- Getting low
  - Bending the knees to collect ball
  - Body behind ball
  - Reaching out in front to field ball, bringing it in under the eyes
- Backing up / Movement off the Ball
  - Watching the game
  - Moving around on the opposite side to whoever is throwing the ball
- Throwing
  - Eyes on target, front arm towards target and thumb down before rotating up
  - Bring throwing hand back from palm down position
  - Elbow above the shoulder, throw high to low and follow through
  - Aim for base of stumps for direct hits
  - Aim for above stumps for return to keeper
- Catching
  - Power Position base
  - Hands in front of eyes for flat catching
  - Hands above eyes for high catching
  - Bringing ball in towards self (soft hands)
- Understanding of Fielding Positions
  - See chart (page 13) that helps explain the basic in and outfield positions.

## Walking in with the Bowler

Ensures players are ready to move when the ball is hit

- Begin walking in as bowler is running in
- Knees bent, on toes, hands ready
- Watching batsman
- In Power Position when ball is hit

### Power Position



(Imagine this man is wearing maroon)

- Legs slightly wider than shoulder width apart
- Weight on the toes, ready to move
- Knees bent, bottom low
- Head up, hands ready
- Back is flat

This video from 1:22 explains the power position well:

[Bailey Master Class: Fielding - cricket.com.au](https://www.cricket.com.au/master-class/fielding)

## Getting Low

Key for Ground Fielding!

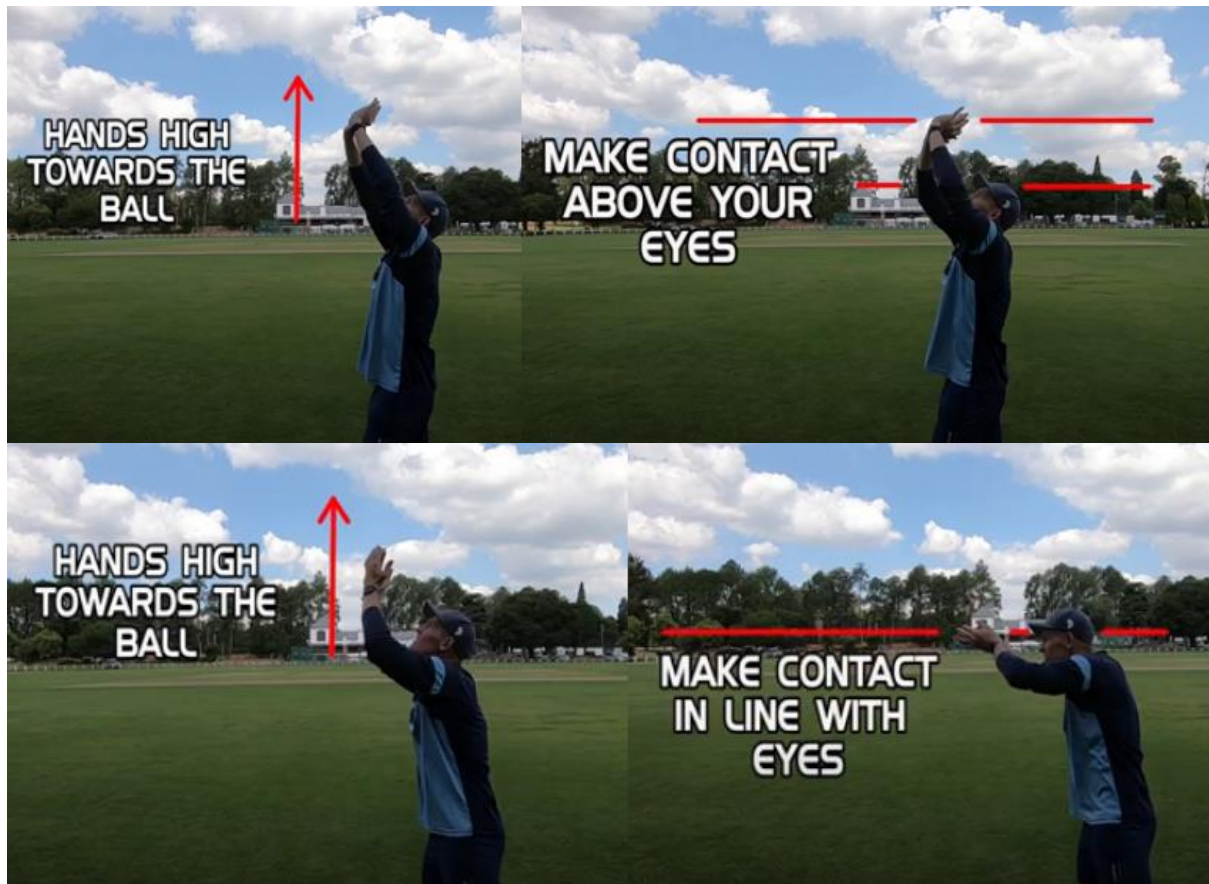
- Bend the knees and get low to pick up the ball
- Reach hands out in front with hands together and fingers outstretched
- Bring ball in underneath the eyes
- Watch the ball all the way!



## Catching

### High catching

- Ensure hands are together held high in the air
- Bring ball down with soft hands
- Pictures show variations for cup and reverse cup



### Flat catching

- Start in Power Position with two hands together
- Reach hands out in front to meet the ball
- Then bring in towards self with soft hands
- Watch the ball all the way into hands!





## Throwing

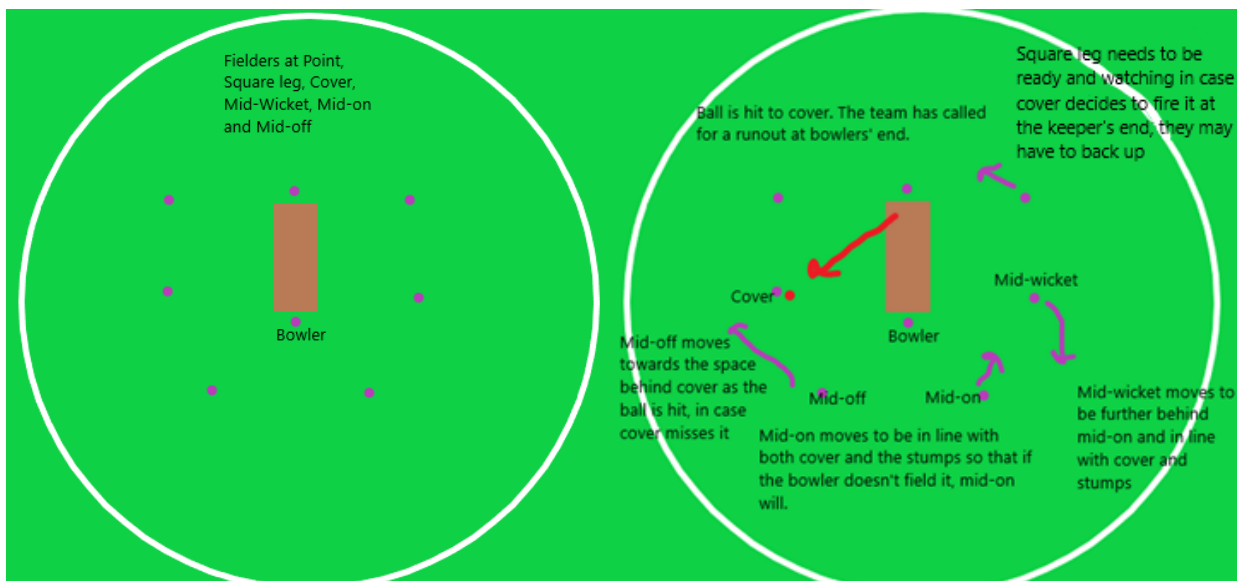
### A strong high to low throwing action allows harder, flatter throws

- Standing side-on, front foot and front arm pointing towards target
- Throwing arm extended behind, elbow above the shoulder, weight on back foot
- Front arm pulls in towards body, head goes towards target
- Weight switches to front foot and throwing arm goes from high to low towards target, finishing beside opposite hip



## Backing up

The aim is to reduce overthrows – focus is on backing up the bowler and keeper



### Points to remember when coaching backing up

- Backing up helps save runs from overthrows and mis fields
- Fielders backing up must have enough space between them and the player they are backing up, otherwise they will be unable to react to deviations
- Backing up fielders cannot stand directly in line with the ball and the player they are backing up for – standing slightly off to the side allows them to see the ball and what's going on
- Even if the ball doesn't come to a player they might have to move to backup, so should always be watching the game and ready to move
- Boundary fielders may have to run in from the boundary so they can back up effectively
- A good way to practice this is have set up the field like a match and have open ends at both stumps (with the coach at keeper's end hitting). Make a rule that all players must move every time the ball is hit and the ball cannot get through the field on either side.

In this video you can see how the fielders are watching and moving to back up ends:

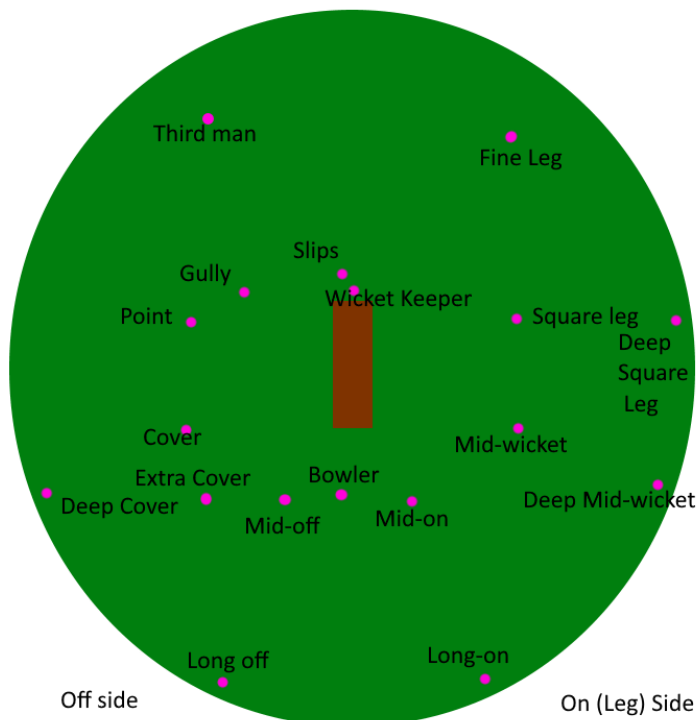
[Fielding with England – Trevor's top drill - England & Wales Cricket Board](#)

This video has a drill you could possibly run but pay attention to how the players that aren't actually fielding the ball still move to be near whoever is collecting the ball, just in case they miss it and please ignore the coach chewing gum!!

[Inner Ring Fielding Drill – R66T Academy3](#)

## Fielding Positions

Cricket Fielding Positions for a right-handed Batsman



### Key Points to Setting a Field

- There are 2 main reasons to put a fielder somewhere: they are there to stop runs and/or take wickets
- It is easier to hit with movement of the ball rather than against it, e.g. in-swing will get hit harder through leg side, and out swing will be easier to hit to the off side.
- A “ring” fielder e.g. Point should try stop the batters from running 1 if the ball is hit there. If the batsmen can run they may be too far back
- A boundary fielder e.g. Long On is in position to stop boundaries being scored. They also should try to prevent 2s being run if the ball is hit to them, so they need to be quick off the fence.

**Video explaining all fielding positions** - this channel also does field sets for different bowling styles and explains how you can modify them:

[Ultimate Cricket Fielding Positions - The Ultimate Cricketer](#)

Video resource for field setting reasoning:

[How To Set Fields When You're Bowling - Australian Cricket Institute](#)

## Wicket Keeping

### Key Points

- Power Position, knees bent, legs apart, bottom in line with or above knees (not below)
- Back straight, no hunching
- Hands together, fingers spread out
- Head still, eyes level
- Rise with the bounce of the ball
- Catch as many balls as possible

### Positioning

- Begin in Power Position with feet slightly wider than shoulder width apart
- Knees bent crouched, bottom does not go below knees!
- Back straight
- Hands together near ground, fingers spread out
- Eyes level, keep head as still as possible

### Taking the Ball

- Rise with the bounce of the ball
- Same as above with catching – reach out in front and give with ball
- Bring in with soft hands

**Key practice is to catch as many balls as possible!** This allows players to learn their limits and what works best for them.



Basics and some drills:

[Wicket keeping for beginners - Cumbria Cricket Ltd](#)

Masterclass with Jos Buttler:

[Waitrose Guide to Wicket Keeping - PA Media](#)

Video on standing up to the stumps (for slower bowling):

[Wicketkeeping - Standing Up to the Stumps - Cricket Victoria](#)

## **Further Resources**

New Zealand Cricket Coaches Corner

<https://newzealandcricket.friendlymanager.com/#resources>

CoachCricXI – Online Cricket Coaching - Youtube Channel

Cricket Victoria - Youtube Channel