

2019 CANTERBURY CRICKET COACHES CONFERENCE



**HADLEE PAVILION,
HAGLEY OVAL, SEP 15
8.30AM - 5.45PM**

Philosophy:

The player experience comes first

Aims:

- ✓ Interact with coaches of varying backgrounds
- ✓ Share knowledge and experiences
- ✓ Focus on the 'how' of effective coaching
- ✓ Better understand your athlete
- ✓ Leave with new ideas to apply in your own setting

Where: Hadlee Pavilion, Hagley Oval
When: Sunday September 15th, 8.30am-5.45pm
Who for: Coaches of all levels
Lunch: Provided
Cost: \$50 (see registration link)

The days play:

8.30-8.50am – Arrive and network

8.50-9am – Welcome/Introduction

9-10am - 'Understanding your athlete'

John Quinn, Mental Skills Coach www.performancewellbeing.co.nz

In this session John will open up the vast area of mental skills with a focus on junior/youth athletes. What's going through their minds, what motivates them, and what challenges are they navigating in their own lives? What considerations could we take to our training environment, and what could that look like? This session promises to be engaging and thought provoking and will set up the day ahead.

John's focus has been in the fields of Leadership, Positive Psychology, Well-being, Mental Skills Coaching and Resilience. John has worked with several sporting teams and organizations nationally including; New Zealand Rugby, New Zealand Cricket, New Zealand Softball, New Zealand Bowls and High Performance Sport. Within the Canterbury region he has been working with Canterbury Cricket, Canterbury Rugby, Canterbury Netball, Canterbury Golf and Canterbury Cats Hockey.

10-11am – 'Same, but different'

Roydon Gibbs, Skillset NZ www.skillset.co.nz

Ever had one of those moments when you thought '*this would be so easy if I didn't have to deal with these people*'? The problem is that we are all different. So, how can we effectively work with people who don't see things the way we do? Let's have some fun as Roydon introduces some useful and proven ideas, tools and techniques centred around effective communication.

Roydon Gibbs is a senior trainer at Skillset NZ Ltd. Skillset are leading trainers in the so-called *soft skills*. They have provided a wide range of training in leadership and communication skills

for more than 30 years. He is a professional member of the NZ Association for Training and Development (MNZATD) and the National Speakers Association of NZ (NSANZ).

11-12pm – 'The 4 Villains of decision making'

Jimmy Sinclair, Canterbury Rugby Coach Educator

This session is based on tools that will allow you to coach effectively under pressure, and help you identify behaviours that may be holding you back. Increase your self-awareness as a coach and allow yourself to think clearly. Are you directing your time and energy to things you can control or influence?

Jimmy has a very dynamic and engaging style. He brings extensive knowledge from a cross-code perspective and there's a high probability you won't be stuck in your chair for this session!

12-12.45pm – LUNCH BREAK (Umpires pavilion)

12.45 – 1.45pm – 'Demystifying playing Spin'

Dion Ebrahim, Canterbury Men's Assistant Coach

Practical based session exploring strategies and approaches to playing spin bowling, from junior to advanced. Develop a better understanding of the subtleties involved, including implications of grip, surface, angles, dominant eye and alignment. Learn fun and exciting ways to spice up your training environment and re-wire your batsmen's approach.

1.45-2.45pm – 'Establishing team culture'

Brendon Donkers, Canterbury Men's Head Coach

The term culture (or team first) gets thrown around a lot but what does it mean? What does it look like? In this session Brendon will break down the key ingredients and illustrate how building a healthy team culture permeates into all areas of the game. How can you bind themes into an overall team vision and get the most out of your players.

2.45-3pm – TEA BREAK

3-3.30pm – 'Evolution of a cricketer'

Todd Astle, Black Cap www.innerspin.co.nz

Todd will share his cricketing story from his school days to first class cricket, initially as a top order batsman, to international cricket as a leg spin bowler, and becoming Canterbury's leading wicket-taker. He will reflect on the various transitions and challenges along the way, touching on modern day themes such as long term athlete development and early specialization in youth sport.

3.30-4.30pm – '360 degrees'

Shane Bond, Sydney Thunder Head Coach

This session could go anywhere! Strap yourself in as 'Bondy' will draw on his illustrious career as a world renown Black Cap and his experiences on the other side of the rope as a coach, more recently with franchise cricket. He will share his philosophy on coaching, how you can use technology to work for you, and unpack some of the key developmental moments in his playing career.

4.30-5.30pm – 'Q & A'

Gary Stead, Black Caps Head Coach

Shane Bond, Sydney Thunder Head Coach

Fresh off the highs and lows of the Cricket World Cup, Canterbury's own Gary Stead will join us for an open Q & A. His vast experience as a player, administrator, captain and coach will make for an insightful and informative session. 'Steady' has extensive knowledge and experiences, and has seen the game from many angles and perspectives, from junior to international. Here is a great and unique chance to pick his brain.

Shane Bond will join Stead for what will be a fantastic end to the day. Get your questions ready!

5.30-5.45pm – Reflections

5.45pm - STUMPS

