



CRICKET DEVELOPMENT OF 8, 9 AND 10 YEAR OLD CHILDREN

As we are all aware, sport is an essential component for the development of strong bodies and for the creation of self esteem, but when is the idea of **competition** detrimental to this development?

Many parents choose the sport in which their child will participate based on their own experiences, knowledge or frustrated dreams, some follow the desires of the children, some follow the influences of the peer group, none of this is important. The important thing is the participation and the development of each individual.

Longevity in sport usually is associated with experiences gained at a young age in the chosen sport. These experiences can either be good or bad, these experiences are usually reached as a result of the reactions of the coach or the parents to the various situations that develop during these formative years.

The focus in these age groups needs to be on development of skills and technique rather than the end score. The pressure to **win** can and will, often take the fun aspect away of playing the game. Kids like to win but it is not the most important thing to them at this age. More important is the fun component and the developing friendships, the individual accomplishments and the development of self esteem. The natural competitive nature is always present so there is no need to pressure the children about winning and losing.

It is vitally important that coaches and parents assist by restraining their “own winning ambitions” and focus on individual and team performance. Questions such as

- “who was not out today”
- “how did you play?”

Statements such as

- “everyone ran really well today”
- “The fielding was great, the backing up was excellent”
- “The bowling was really accurate”

Rather than did you win or lose.

Yes we all like to win. At the end of the day it will come down to a question of skill, attitude and technique and sometimes the way in which teams share the workload. There are days that everyone has played exceptionally well and the result was not favourable, the other team executed their skills slightly better or the other coach played with a “winning sheep station mentality”, so a focus on the positive aspects of the day is far more rewarding for all concerned. Hence our focus on the development of skill, attitudes and technique. It is these variables that each child can control at these ages. They have no direct control over the result.



PO Box 639
Ferny Hills 4055
secretary@fernycricket.org.au

Good coaching focuses on the successes of the team as well as the individual success stories, each player need to be given the same opportunity to execute their skills to the best of their ability. We need to ensure that support is given for each child and encouragement is provided for all players and the effort that they have put in. By doing this, the children learn to compete as individuals and as a member of the team. The quality of the adult leadership that our young players receive will often determine the outcomes of their experiences and memories and their longevity in the game.