



## NORTH MIDDLESEX CRICKET CLUB



### Colts Coaches : Session KPIs

- **Organise it –**
  - Pre plan – follow Session Plan/Midd KPIs noted on Plan – anticipate numbers of Colts/Helpers
  - Lay out in advance – keep it safe throughout Session
  - Try to end each drill with competition
  - Think timing – make sure all Colts in Group get a go
- **Make it fun –**
  - Get them active quickly
  - Maximum involvement/minimal waiting time
  - Positive feedback on effort as well as performance
  - Change drill if stronger players are dominating
- **Provide instruction/explanation –**
  - Gain attention pre starting
  - Question to develop responsibility/awareness
  - Keep it simple
  - Apply the Midd KPIs
- **Provide Demo –**
  - Position so all can see and hear – use Senior Player help if worried
  - Repeat more than once
  - Discuss/agree with Group on up to three of Midd KPIs
  - Questioning to check for understanding
- **Fielding Drills - replicate game situations/maximise intensity –**
  - Encourage athleticism and intensity in fielding – no slumbering/slouching