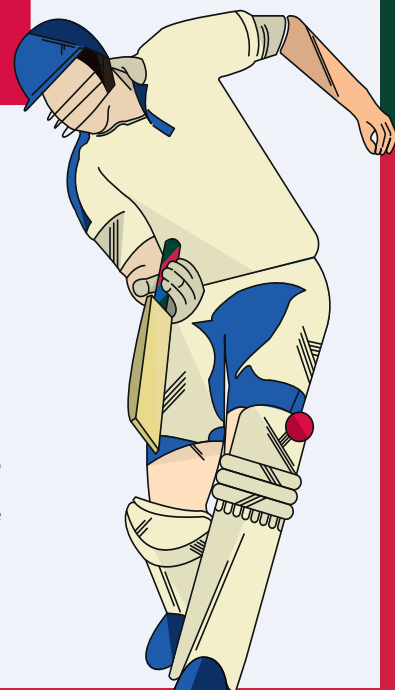


LORD'S TAVERNERS GUIDE TO COACHING DISABILITY CRICKET



LORD'S TAVERNERS
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CONTENTS

Section 1: Introduction

Section 2: Visually Impaired

- I: The Rules
- II: Sight Categories
- III: Equipment & Set-up
- IV: Coach Awareness
- V: Tips

Section 3: Hearing Impaired

- I: The Rules
- II: Hearing Categories
- III: Equipment & Set-up
- IV: Coach Awareness
- V: Tips

Section 4: Physical Disability

- I: The Rules
- II: Physical Disability Criteria
- III: Equipment and Set-up
- IV: Coaching Awareness
- V: Tips

Section 5: Learning Disability

- I: Rules
- II: Learning Disabled Categories
- III: Equipment & Set-up
- IV: Coaching Awareness
- V: Tips

Section 6: Contacts & Resources

- I: Contacts
- II: Fielding Positions
- III: Notes





Over the next four years the Lord's Taverners, in partnership with the ECB, aim to increase the number of disabled people who access and play cricket. Over two million pounds will be put into disability cricket through the National Disability Cricket Programme to increase the opportunities for disabled people to play.

With the increasing growth in participation it will be important that coaches and volunteers are resourced and supported to coach cricket to people with a disability. This guide is aimed at cricket coaches who are already active, however may be new to working in this area. The guide aims to provide simple and clear messages to support coaches to deliver quality coaching experiences.

The introductory guide is broken down into working with four impairment groups; visually impaired, hearing impaired, physical disabilities and learning disabilities.

We hope the guide provides key support and wish you every success on your coaching and volunteering journey.





LORD'S TAVERNERS

Giving young people a sporting chance

The Lord's Taverners is the UK's leading youth cricket and disability sports charity dedicated to giving disadvantaged and disabled young people a sporting chance.

Our sporting roots are within cricket, but we also enjoy relationships with a wide range of other sports including rugby, tennis, squash, basketball and boccia.

Our vision

A future where all young people, irrespective of background or ability, have the everyday opportunity to play cricket and enjoy other sports and physical activities to the benefit of their self-esteem, health, wellbeing and education.

Our mission

To enhance the prospects of disadvantaged and disabled young people using cricket and other forms of sport and recreation to engage with them.

Our programmes:

- Increase opportunities for regular participation
- Motivate young people to engage in sport
- Improve health and psychological wellbeing
- Empower coaches, teachers and volunteers to deliver training sessions





THE ENGLAND AND WALES CRICKET BOARD

The England and Wales Cricket Board (ECB) are keen to help promote and provide opportunities for people with disabilities to access the game of cricket through the existing County Cricket Board structure where provision has been made available.

It is hoped that this document, amongst others in the pipeline will help cricket coaches in particular, to understand the different challenges that they may face when coaching groups of players with disabilities.

Whether a cricket coach is working with players with visual impairment, hearing impairment, physical disability or learning disability, this document will enable them to be confident in setting up and delivering coaching sessions to their respective groups.

The ECB has a long and established relationship with the Lord's Taverners and is delighted to be working in partnership to produce this unique resource as part of the National Disability Programme.

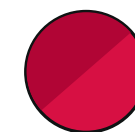


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PREPARING TO COACH: VISUALLY IMPAIRED

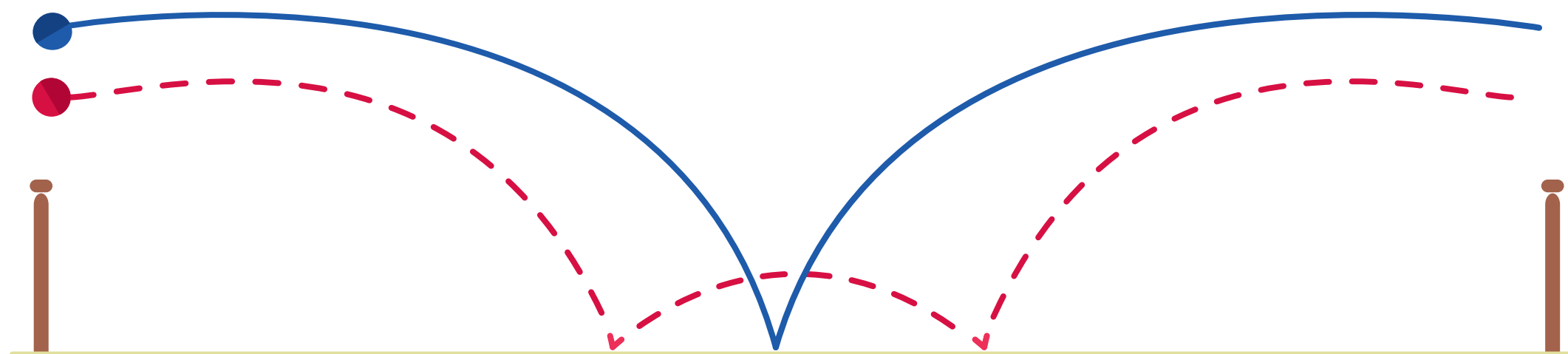
Visually impaired (VI) cricket has been played in the UK since the early 1920's. There are two different types of game played: domestic and international. Blind Cricket England & Wales (BCEW) is the representative body for VI cricket in the UK.



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I: Rules

VI cricket is based on the traditional sighted laws of cricket with a few alterations to make it accessible to blind and partially sighted players.



- A team is made up of 11 players with varying sight classifications (see 'Sight Categories' page 14)
- A totally blind batsman receives double runs
- A totally blind batsman is given one chance before being given out LBW and cannot be out stumped



- For totally blind batsmen the ball must bounce at least twice before reaching the crease, but must not be rolling
- For partially sighted batsmen the ball must bounce at least once before reaching the crease

- A fielder who is totally blind can take a catch after the ball has bounced once
- A bowler must ask the batsman if he is ready before beginning his run up and shout "play" as he releases the ball



II: Sight Categories Simplified

All players are registered blind or partially sighted. Of the 11 players in the team, at least four must be totally blind (B1), leaving a maximum of seven players from sight categories B2, B3 and B4.

There are five levels of visual impairment recognised by ECB, BCEW, International Blind Sports Federation (IBSA) and the World Blind Cricket Council (WBCC). Here is a brief outline:

Level B1	Regarded as totally blind, though may have minimal light perception
Level B2	Very low vision - may have some light perception and ability to recognise shapes
Level B3	Partially sighted - would have less sight than a B4
Level B4	Defined as a partially-sighted player - for example someone with substantial and permanent sight impairment
Level Low	This category is designed for those players who fall in the lower half of the B2 category, and who would struggle to bat or field when playing as a partially-sighted player due to insufficient sight

For more information visit www.bcew.co.uk



HAVE YOUR
HEALTH AND
SAFETY CAP ON
AND BE AWARE
OF TRIPPING
HAZARDS

TEXTURES CAN
HELP PLAYERS,
FOR EXAMPLE
THIN PLACEMATS
CAN BE
RECOGNISED BY
TOUCH AND ARE
A SAFE OPTION

III: Equipment & Set-up

In VI cricket there are some adaptations with the equipment used. Here is a brief outline:

- The ball is the equivalent of a size 3 football with ball bearings. This allows partially-sighted players to see the ball and blind players to hear it



COLOUR IS
IMPORTANT. FOR
PARTIALLY-SIGHTED
PLAYERS, BRIGHT
COLOURS CAN
HELP DISTINGUISH
EQUIPMENT AND
PEOPLE

- The stumps are larger to allow partially-sighted players to see and visually impaired players to touch them in order to correctly position themselves when batting or bowling
- All other equipment is the same and the pitch measures the same length and width as in sighted cricket



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IV: Coaching Awareness

Before you start:

- Speak clearly and descriptively to your VI players
- Always allow the players to orientate themselves in a venue and point out any obstacles or dangers they may face
- If using an indoor facility, ensure the players are comfortable with the acoustics and that noise distractions are eliminated
- Be open-minded. Don't presume what players can do, discover what they can do

Warming up:

- Every player has to use their ears far more than a mainstream cricketer, so use training drills to warm up the ears and their decision-making skills
- Incorporate physical training for those with more sight – make it reflective of a match situation

Did you know?

- At international level, VI cricket is used with a standard sized ball with ball bearings

Tips:

Tip 1 - Always use a ball that makes a sound – one that is bigger than normal and preferably brightly coloured

Tip 2 - Instruct your players in good communication and VI cricket protocol - for example the bowler lets the batsman know that a ball is about to be bowled

Tip 3 - Use individuals' names to gain their attention

Tip 4 - Allow time to touch instead of continued verbal instruction

Tip 5 - As the coach, try and wear a different coloured top – preferably bright so players can see

Tip 6 - If guiding a VI player, hold your arm out for the person to hold, do not grab hold of the participant yourself, unless you have permission to do so

Tip 7 - Use the clock method when describing the layout of a room, for example: "Bench at 3'o 'clock!"

Tip 8 - Always advise your players that you are going to put them into position or correct their stance before doing so. Only do so with their permission

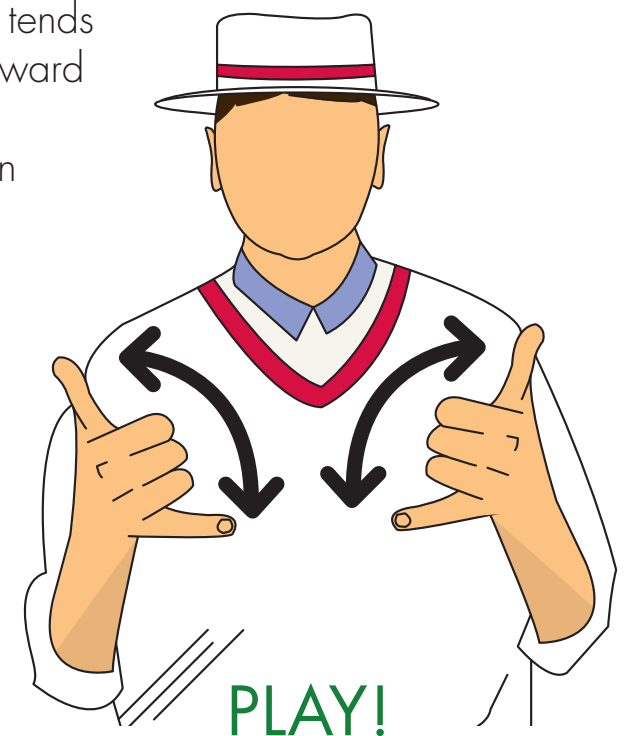
Tip 9 - Make sure you provide ongoing feedback to your players as it is sometimes difficult for VI players to recognise their success in a session. Praise where appropriate

Tip 10 - Be patient, be positive



PREPARING TO COACH: HEARING IMPAIRED

England international deaf cricket was first recorded back in 1992. The international team now play all across the world against other test playing nations as well as competing in world cups. A number of deaf cricket clubs exist in the UK, however the majority of deaf players play in mainstream clubs. As a result the transition from mainstream cricket to deaf cricket tends to be more straightforward compared to other impairments. The main obstacle to this form of cricket is communication.



I: Rules

In deaf cricket, the rules are exactly the same as the traditional game with a few exceptions:

- At international level, players who would normally wear hearing aids and implants would have to remove them before the game. This is to ensure that the 'playing field is level' before the start of any match



- Sign language is used on the field for communication amongst the players. For example, an interpreter is often present in order for deaf players to communicate with the umpires





II: Hearing Categories

In deaf cricket, all players have to undergo and provide evidence of having taken a hearing test by an independent audiologist. In order for a player to qualify for deaf cricket they have to have a hearing level loss of 55dB or more 3FAHL (Frequency Average Hearing Loss). To put this into context, a player would not be able to hear an everyday conversation without an aid.

III: Equipment & Set up

In deaf cricket, the equipment is the same and the pitch measures the same length and width as in mainstream cricket. Although there is emphasis on the visual, there is no specially adapted.

IV: Coaching Awareness

One in seven people in this country suffer from some kind of hearing loss and the National Deaf Children's Society estimates that there are nearly 35,000 people under 25 in the UK with moderate to profound hearing loss. What often holds deaf people back is not their ability, but the ability of those who can hear to include and feel comfortable with them.

Before you start:

- When coaching a group of hearing-impaired players it is useful to have an interpreter alongside you, if you are unable to sign yourself
- Eye contact is vital with hearing-impaired players
- If using an indoor facility, ensure the players are aware of any emergency procedures as some will be unable to hear fire alarms, for example





Did you know...

- Players tend to appeal more for behind-the-wicket catches as they cannot always hear the potential 'snick'
- Deaf players communicate in many different ways when playing, from those who are able to speak to those who sign, lip-read or just via a knowing look
- At the end of each over, the umpire will signal the end of the over by using the arm raised rotating in a circle gesture that is normally used for a 'free hit' in domestic one day cricket. This allows all fielders, wherever located, the opportunity to respond



Tips:

Tip 1 - When giving instructions, make sure your face can be seen by all of the players as some will be lip-reading as well as taking in signs (if appropriate). If you turn your head, they will no longer be able to lip-read

Tip 2 - Do not chew, shout or cover your mouth with your hand

Tip 3 - Ensure the coaching environment is suitable with respect to background noise. Some background sounds can interfere with player's concentration and ability to pick up instruction

Tip 4 - To attract the attention of a hearing-impaired player, just tap their shoulder

Tip 5 - Keep sentences simple and short if possible. Language skills for people born with hearing loss are based on different principles to those of Standard English

Tip 6 - If relevant, provide written information and diagrams

Tip 7 - You should establish the most appropriate means of communication with each individual

Tip 8 - If necessary, establish a number of gestures that are understandable to all for cricket-specific jargon

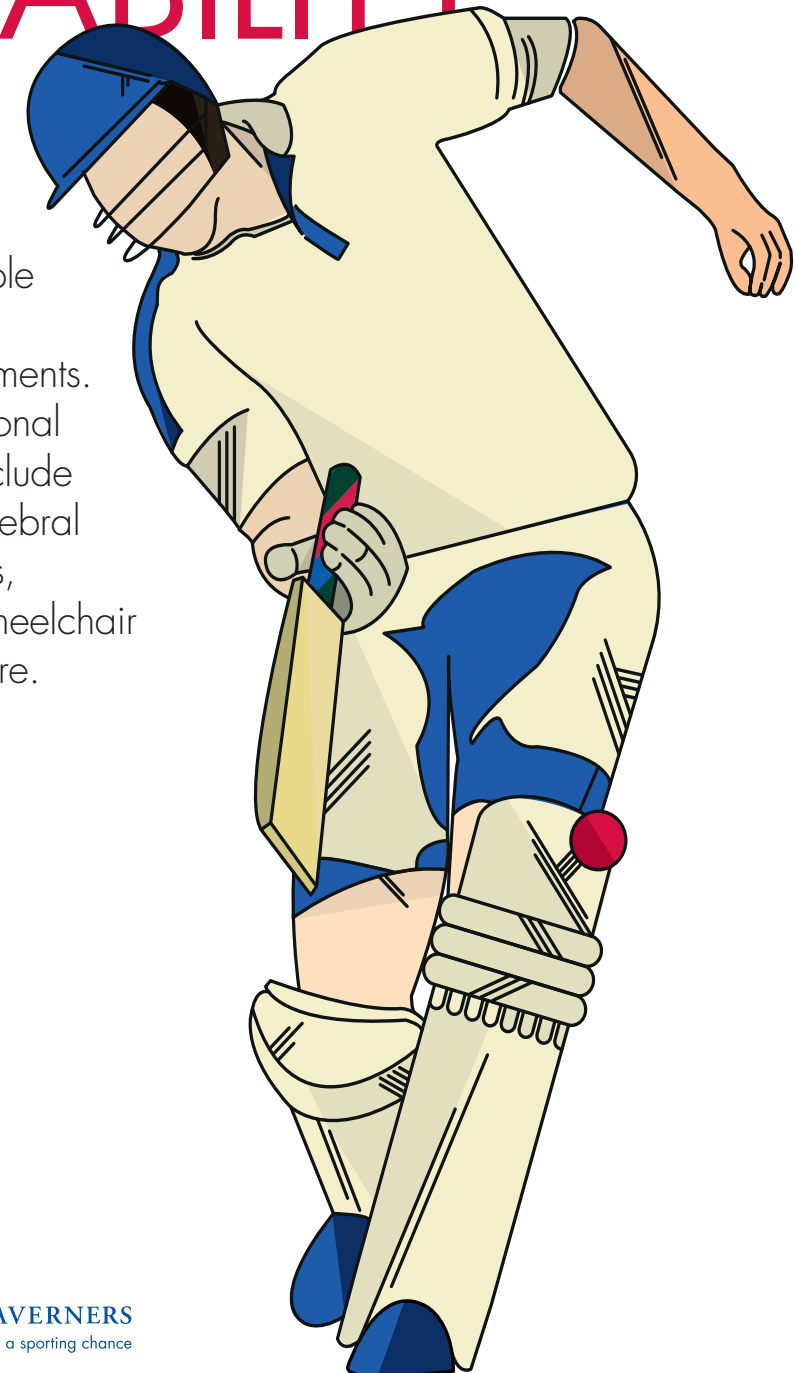
Tip 9 - Identify whether the players are able to lip-read or not

Tip 10 - Be patient, be positive



PREPARING TO COACH: PHYSICAL DISABILITY

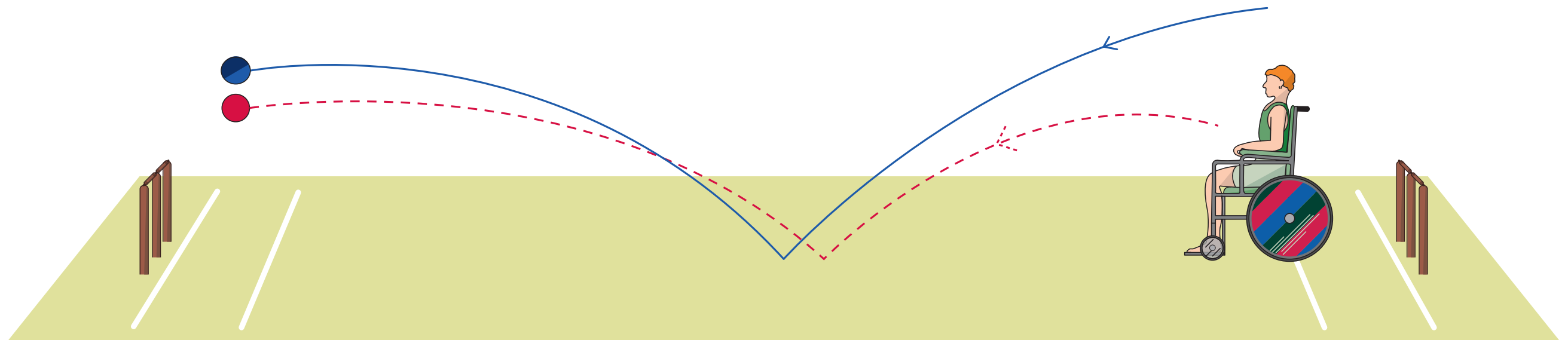
Physical Disability (PD) cricket can be played by people with all kinds of physical impairments. The current national competitions include people with cerebral palsy, amputees, hemiplegics, wheelchair players and more.



I: Rules

PD Cricket follows the current MCC laws of the game with a few adaptations to make it accessible to differing disabilities:

- Runners for batsmen are appointed before the match and umpires informed
- Wheelchair bowlers may bowl overarm or underarm from the traditional 22 yards, or from 16 yards if necessary



- Three substitute fielders are allowed on a roll-on, roll-off basis



- Wheelchairs and walking aids will be counted as a part of the player and therefore can be used to field the ball without penalty, and when batting will be treated as such with regard to the LBW law
- For safety reasons softer cricket balls are used in some matches, depending on the nature of the fielding side's mobility
- The no-ball law applies in that a no ball will be called if the ball is delivered on the full above waist height, irrespective of whether the batsman is in a wheelchair or not

- There may be an agreed option for bowlers to pitch the ball more than once due to their disability as long as deemed in the 'spirit of the game'



II: Physical Disability Criteria

For grass roots and club level physical disability cricket, participants are not required to undergo any classification profiling.

Players at county level have to undergo an independent classification assessment to ascertain each their eligibility to take part. Roughly speaking, a physically disabled person has to have lost a minimum of 15% functional mobility in one of six areas on the body to reach the minimum standard for disability sport. Following their assessment, the individual will be categorised within a range of 32 classifications.

The ECB has pioneered this process in world disability cricket.

For more information visit www.bacd.co.uk

III: Equipment and Set up

For PD cricket the equipment used is the same as in traditional cricket, however there are some players who use mobility aids such as wheelchairs or walking sticks. In addition some players with upper limb disabilities or amputees have adaptive aids made to help them hold the cricket bat in a conventional way.





IV: Coaching Awareness

Before you start:

- Ensure that the environment you use is suitable for those taking part. In particular, ensure that the facility is accessible for all players
- Be aware of the differing impairments that your players have and be aware of their limitations
- Be prepared to alter your coaching plan at a moment's notice in order to ensure all players are able to get the best out of a session. Adaptability is the key word

Did you know...

- Players with physical disability play in the same team as players with learning disabilities
- Disability cricket is played by players with all types of physical disability and is not segregated by disability types
- Bowling actions may vary. Captains and umpires will come to an agreement for bowling actions for any bowler who is unable to bowl in the conventional manner, for example some players may not be able to straighten their arm



Tips:

Tip 1 - Some people with a physical disability may have problems with speech and communication. It is therefore essential to create a way to make those people understand you

Tip 2 - Do not assume that a person with a physical disability cannot do something, ask first

Tip 3 - Always talk to the player and not to the person who may accompany them

Tip 4 - Be prepared to adapt a session to suit the participants, for example all of your players may be wheelchair users, and therefore a coaching plan needs to be appropriate

Tip 5 - Players with physical disabilities manifest themselves in a huge variety of ways. Try not to pigeon-hole people by disability 'group'. Players respond

much better in mixed physical disability groups in cricket

Tip 6 - When demonstrating a discipline as a coach; demonstrate it in the same way as you would for a non-disabled group. Players will generally adapt the demonstration to suit themselves, but be prepared to help them achieve their adapted methods

Tip 7 - See the player, not the disability

Tip 8 - Be aware of specific surface requirements for players in wheelchairs

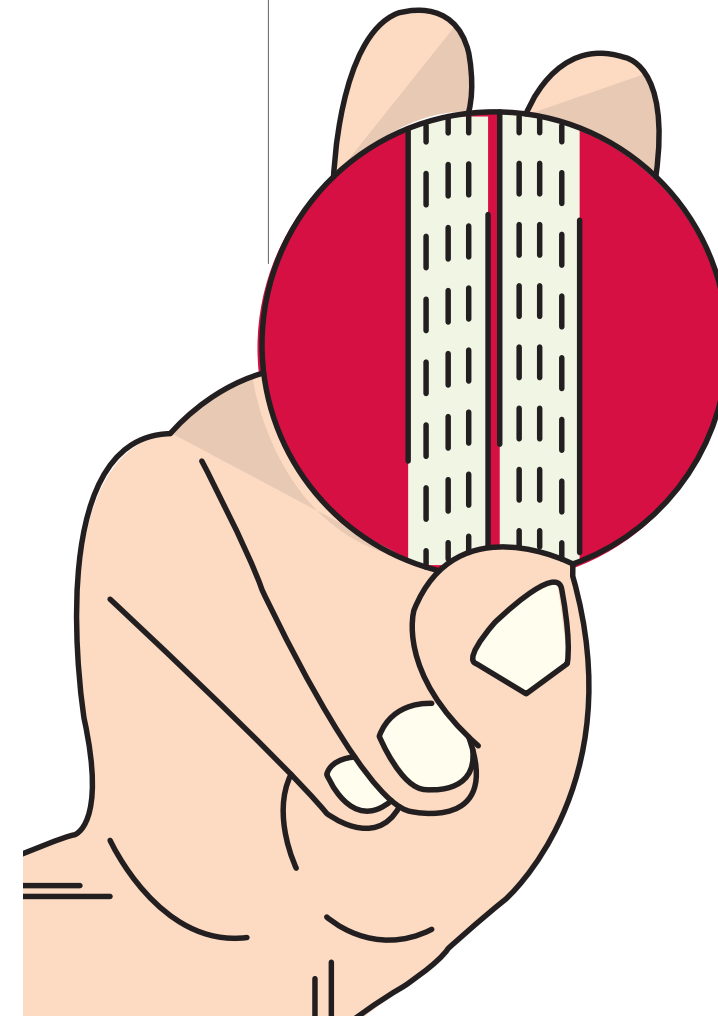
Tip 9 - Take regular breaks with physically disabled players as fatigue can be all consuming at times. Plan in more breaks and rest periods than you would for non-disabled players

Tip 10 - Be patient, be positive



PREPARING TO COACH: LEARNING DISABILITY

Players with learning disabilities play under the umbrella of Physical Disability cricket. As a result, players with both physical disabilities and learning disabilities play together on the same pitch.



I: Rules

Currently, players with learning disabilities and physical disabilities play together at all levels except international level. The rules are the same as in PD cricket (page 26).

II: Learning Disabled Categories

For grass roots and club level learning disability cricket, no documented evidence of a learning disability is required. Players at county level and above are required to produce documented evidence of a learning disability.

The ECB help to manage this process in all levels of learning disability classification.

For more information visit www.bacd.co.uk

III: Equipment & Set Up

For learning disabled cricket, there is no specific adapted equipment used. Games are played using standard equipment; however the type and size of ball may differ, depending upon the player. The setup of a game or training session is largely dependent on the makeup of participants and therefore can vary greatly.



IV: Coaching Awareness

Before you start:

- If coaching indoors, make sure the environment is safe and access to the property is secure so that your players need to seek permission to leave the facility
- Know who you should be expecting at the session
- Make sure there is support available for both players and coaches

Did you know...

- Disability cricket is played by players with all types of learning disability and is not segregated by disability types
- Players with a learning disability make up at least 50% of the total numbers playing disability cricket at county level



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Tips:



Tip 1 - Strive to have a predictable, consistent and organised coaching environment

Tip 2 - Avoid writing down long and complex instructions to groups of players with learning disabilities - instead, encourage communication by less verbal means, for example by demonstration

Tip 3 - Explain just one specific item at a time, practice and review. Ensure the whole group understands instructions before proceeding, for example get the group to repeat instructions

Tip 4 - Be firm with instructions, but remain calm and always deliver in a positive way

Tip 5 - Try to be understanding, particularly if a group becomes anxious or agitated

Tip 6 - Some learning disabilities mean that players may avoid eye contact and some can seem aloof or indifferent to others

Tip 7 - Keep the players involved as much as possible

Tip 8 - Address the players by their names – in some cases players may assume that you don't mean them when talking to a group if you don't specifically call their names

Tip 9 - Take regular breaks and build them into your coaching plan – before resuming the session after a break it is always worthwhile recapping what you have just done

Tip 10 - Be patient, be positive



CONTACTS & RESOURCES

Lord's Taverners

90 Chancery Lane
London
WC2A 1EU

Tel: 020 7025 0000

Email: disabilitycricket@lordstaverners.org

www.lordstaverners.org

England and Wales Cricket Board (ECB)

Lord's Cricket Ground
London
NW8 8QZ

Tel: +44 (0)20 7432 1200

Email: disabilitycricket@ecb.co.uk

www.ecb.co.uk/development/disability-cricket



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Blind Cricket England and Wales

www.bcew.co.uk

England Cricket Association for the Deaf

www.ecad.hitssports.com/home/default.aspx

British Association for Cricketers with Disabilities

www.bacd.co.uk

Cricket Federation for People with Disabilities

www.cfpd.org.uk

Table Cricket

Community Email: mark.dowling@cpsport.org

Schools Email: john.sullivan@lordstaverners.org

English Federation of Disability Sport

www.efds.co.uk

www.efds.co.uk/resources/case_studies

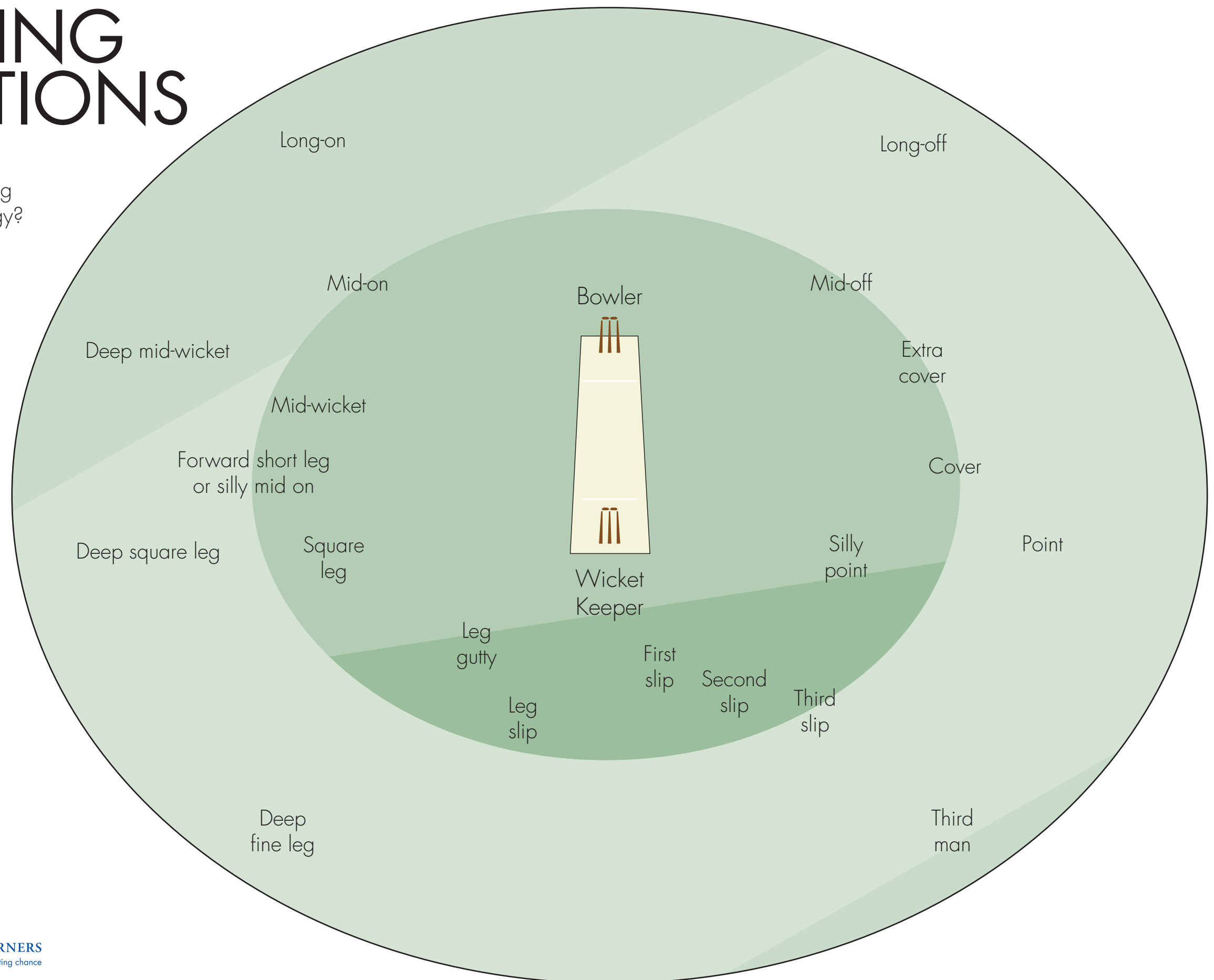
www.inclusion-club-hub.co.uk



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FIELDING POSITIONS

Confused by fielding positions terminology?



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