**The AUCC Junior Coaching Program is made up of several key components with different emphasis for different age groups. The following pages set out an explanation of the program.**

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| A Typical Week at AUCC | | | | | | |
| Monday | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Girls Night Training | Team Trainings  &  Y2-4 Mentoring Visits | Team Trainings  &  Y2-4 Mentoring Visits | Team Trainings  &  Y2-4 Mentoring Visits | Y0/1 Program | Junior & Youth Games | Rep Fixture games  (approx 6 during season) |
| Y5+ Club Coaching |
| Rep Squads Training | Y5+ Coach Training |
| Some Y3 & Y4 Games |

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| Team Trainings | | | |
| Team Trainings are a critical component of team development. Every team should have a regular weekly team training, run by the parent coach and/or other parents. Team training is the most important part of team preparation and development. | | | |
| Y2-4 Mixed Softball Team Training | **Y5+ Boys Hardball Team Training** | | **All Girls Teams Training** |
| Softball teams should train on a grass strip wicket at CMP. Preferably Tuesday, Wednesday or Thursday between 4-6pm.  Girls softball teams note, even if you are attending Girls-Night coaching on Monday, you should also run a Team Training. Team Training might be on another day, or some teams choose to combine team training with Girls night and follow-on to team training immediately afterwards.  Book your time & location with our JCC (See section on TTS bookings below) | Both Boys & Girls Hardball teams should train preferably Tuesday, Wednesday or Thursday between 4-6pm. There are nets and/or wickets available at Sacred Heart College and Glover Park as well as CMP.  These team trainings are in addition to your regular Club Coaching programs (Girls on Monday, Boys on Friday)  Book your time & location with our JCC (See section on TTS bookings below) | | Our Prem Women are committed to supporting a ‘Girls Night’ Club-Coaching session from 4-6pm on Mondays.  We ask that all Girls teams (softball &  hardball) aim to make this their regular training time at CMP (Field E). Parent-coaches should be in attendance as normal and will be supported by our Prem Women helping to coach the girls  teams. Even if not all of your team can make it to this training, any girls who are able to attend are encouraged to do so.  If you wish to run an additional team training on another day of the week, please book your time & location with our JCC (See section on TTS bookings below) |
| Please click [here](http://aucc.co.nz/teamtrainingtimes.php) to view the available slots in the TTS Schedule  Softball teams; you should choose a Grass Wicket to book - please click [here](http://aucc.co.nz/UFresource/Colin_Maiden_Park-Cricket_wickets.pdf) to view the CMP grounds map  Hardball teams - please click [here](http://aucc.co.nz/UFresource/CMP_Nets.pdf) to view the CMP nets map  Once you’ve decided which TTS slot you’d like, please email jcc@aucc.co.nz and to get booked in | | | |
| Further Guidelines for training times   * ‘Peak’ Training times are weekdays Tues-Thurs 4pm-8pm * CMP Nets are reserved for senior teams from 6pm onward Tues, Wed, Thurs. * Please avoid scheduling practices on Monday or Friday afternoons if possible to avoid clashes with other programs | | * On CMP Field E, W11 should not be used when the nets are in use, for safety reasons. * Softball teams cannot book nets during peak training times, due to the large number of hardball teams that we need to accommodate. * Softball teams please do not train on grass wickets that are marked ready for matches (train alongside them instead) | |

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| Coach Support | | | |
| Coaching Curriculum | **Session Plans** | **Coach Mentoring**  **(Softball Grades\*)** | **Coach Training** |
| Our ‘Junior Coaching Curriculum’ clearly sets out which core skills should be developed at each year level and provides you with a clear pathway that you can follow when coaching your teams. | For Year 2-5 & Girls U11 teams, the Coaching Curriculum will be supported by pre-rolled ready-to-use session plans for team trainings. The aim of the session plans is to make it easy for our parent-coaches to deliver well-structured training sessions without necessarily having any cricket knowledge themselves. Each session plan will set out a series of skills, drills, and games, which are aligned with the skills in the Curriculum. | **As a club we are aligning with NZC policy that supporting our Volunteer Coaches will bring the best out in our junior cricketers.**  Our senior club coaches will provide Mentoring & support for parent coaches.  Our aim is to send out an experienced coach to team training sessions to observe and provide feedback to Volunteer Coaches.  The purpose is to empower Volunteer Coaches and to assist with development of their coaching ability.  Visits will be on Tuesdays, Wednesday and Thursdays 4-6pm. | The club provides FREE NZC Coaching courses & qualifications for all Parent coaches.  All Parent coaches must complete minimum coaching qualifications.  See the Coaching page on our website or Contact Ben for more info.  Alongside Club Coaching on a Friday afternoon, we will have opportunities for parent coaches to work with one of our senior coaches on techniques and drills for coaching their team.  We will communicate details of these workshops closer to the time. |
| The Curriculum is available through [ClubHub](https://www.clubhubssl.com/hubsystem/index.php?&fuseaction=login.login&callclub=AUCC) | Session plans will be emailed weekly, and are also available through [ClubHub](https://www.clubhubssl.com/hubsystem/index.php?&fuseaction=login.login&callclub=AUCC) |

\*For all other teams Year 5 upwards, if you would like to request a coach at one of your trainings to help with selected players and technique please email [jcc@aucc.co.nz](mailto:jcc@aucc.co.nz) with your request, otherwise please utilise the Friday Night Programme (below) and get as many of your team as possible down to CMP to work with our trained club coaches.

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| Club Coaching | | | |
| New for the 2018-19 Season is our Friday afternoon Club Coaching Program  This is for cricketers of all abilities who want sharpen up technique before Saturday with our trained club coaches.  This training is a core membership benefit and available to all Junior Hardball members at no additional cost.  Every Junior Hardball Cricketer will get to come to a session every fortnight at their allocated time to receive coaching from our qualified Club Coaching Team. Club Coaching is held at CMP Field E & Nets.  The club coaches provide supervised net and fielding sessions as a part of our Junior Program, working specifically on technique, and drill based fielding in 1 hour sessions on a Friday afternoon, the sessions will be held at the E block nets.  Each age band of players will be split into 2 groups “Blue’ & ‘White’. These 2 groups will attend Friday coaching on a rotating fortnightly basis starting from Friday 26 Oct. | | | |
| Fridays 4-5pm | | **Fridays 5.15-6.15pm** | **Fridays 6.30-7.30pm** |
| Boys Y8/U14/U16 | **Boys Y7 + Girls U16** | **Boys Y5 + Girls U11** | **Boys Y6 + Girls U13** |
| All Boys Y8, Y9, U14 & U16 Teams will be in the ‘White’ Group | All **Boys Y7 Teams & all Girls U16 Teams** will be in the ‘Blue’ Group | The **Boys Y5 & Girls U11** teams will be split into 2 training groups (White or Blue).  All Girls U11 teams will be in the ‘Blue’ group.  The 2 training groups ‘White’ & ‘Blue’ will attend training on a fortnightly rotation. | **The Boys Y6 & Girls U13** teams will be split into 2 training groups (White or Blue).  All Girls U13 teams will be in the ‘Blue’ group.  The 2 training groups ‘White’ & ‘Blue’ will attend training on a fortnightly rotation. |
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