

2019

JUNIOR CAMP DIARY



TENDULKAR MIDDLESEX
GLOBAL ACADEMY

WELCOME TO YOUR TMGA CAMP DIARY.

This Junior Camp Diary is to be used throughout your camp to record your key learning and personal highlights. It is designed to be filled out by parents and players communicating to record the player's own most relevant answers for them. There will be questions with options for the players to select the most relevant answers, as well as opportunities to record other relevant key messages.



INTRODUCTION

THE CAMP

1. Sachin Tendulkar and Middlesex Cricket combine to present a 1st class, unique cricket camp experience.
2. Learn about the game, train hard and improve your performance through a world class learning programme and high level training environment which is open to all.
3. A message from Sachin: “I am delighted to be partnering with Middlesex Cricket on this new venture. The objective is not only to produce good cricketers but also good global citizens of the future. Through this association, Middlesex and I are focused on providing the very best in cricket education.”



KEY PEOPLE

TMGA

James Keightley, General Manager

✉ james.keightley@tendulkarmga.com

Josh Knappett, Global Head Coach

✉ josh.knappett@tendulkarmga.com

Oli Francis, Operations and
Administration Manager

✉ oli.francis@tendulkarmga.com

☎ +44 7557 094760

Participant's wellbeing, satisfaction, safety and inclusion are of paramount importance to TMGA. If you have an issue, please either contact your lead coach, Head Coach, or a TMGA member of staff as appropriate.

1

RECORD
KEY
LEARNING

2

UNDERSTAND
LOG
PROGRESS

3

REMEMBER
FAVOURITE
MOMENTS

GLOBAL CITIZENS

Sachin Tendulkar and Middlesex Cricket are connected by values based on equality, performance and trust. TMGA are passionate about helping people fit into society, show interest in other cultures, look after the planet, and be good Global Citizens.

We develop players to be better people and better cricketers in a holistic and supportive learning environment.

We support players develop a strong work ethic and a love of the game through a 'want to learn' culture.

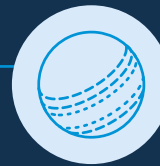
During the camp we look to develop your skills across; batting, bowling, fielding, wicket keeping and athletic movements by enhancing; technical, tactical, mental, lifestyle and social skills.



DAY 1

Theme: World Class Basics

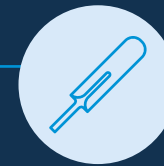
Batting, bowling, fielding and wicket keeping fundamentals. Develop as a team.



DAY 2

Theme: Combat Spin

Bowl spin, bat against spin, and develop understanding on tactics and game play with/against spin.



DAY 3

Theme: Go Faster

Bowl fast, bat against fast and swinging ball, and develop understanding on tactics and game play with/against pace and swing bowling.



DAY 4

Theme: Innovate

It's a fast moving game. Develop tactics, understand performance outcomes, and perform with all your new enhanced knowledge.

DAY 1

WORLD CLASS BASICS



Key Learning from the day:

Favourite moment of the day:

KEY LEARNING PERSONAL CHECK

1

Please pick your top 3 personal development learning outcomes from today and rank them 1 (highest) to 3.

Be a global citizen

Be kind

Have a strong work ethic

Get to know my group (team) and coaches

Show respect

ORDER

2

Batting: What Basics are important for your personal development? (Of your selection, rank what's most important to you)

Improve grip on the bat

Develop stance and ready position

Improve balance to help move better with more control

Be able to move forward and back with more security

Have a more free flowing and fuller bat swing on all shots

ORDER

3

Bowling: What basics are important for your personal improvement? (Of your selection, rank what's most important to you)

Improve grip on the ball

Straighten approach to the crease

Understand sequence of movements and timings

Improve balance by leaning to the side less as I release the ball

Have a smoother ball path with my bowling arm remaining straight through release

Complete the action and follow through fully

ORDER

4

Fielding: What basics are important for your personal development? (Of your selection, rank what's most important to you)

Be ready and wanting of every ball to be hit near or at me.

Move low and fast to the ball

Present my hands in a stronger and more confident position through pick up or catching position

Understand sequence of movements in preparation to throw with power and with fewest number of steps needed for accuracy

Improve throwing slot and release position

ORDER

5

Wicket Keeping (if relevant): What basics are important for your personal development? (Of your selection, rank what's most important to you)

Improve set up with deeper squat and consistently preparing for each ball

Improve set up position by being closer to the stumps with good view of bowler

Present my hands to the ball for longer

Understand the sequence of movements to get comfortable catching position with head over or near to the ball

Keep 1 foot anchored next to the stumps but free your other foot to help me get near to the ball when stood up. (no need for anchor when stood back)

ORDER

6

Social and Mental skill development: What basics are important for your personal improvement? (Of your selection, rank what's most important to you)

Make new friends

Have role models

Be open minded

Give 100% every time without fear or concern

Perform in the present. Learn from the past. Prepare for the future.

Be a team player

ORDER



Key Learning from the day:

Favourite moment of the day:

KEY LEARNING PERSONAL CHECK

1

Top learning points from the day:
(Of your selection, rank what's most important to you)

Spinners can be good through economical run rate or by taking wickets

Spin bowlers are not slow bowlers, they are skilled specialists

Bowling spin can be fun

Batting against spin can be fun

Knowing how to field when spinner is bowling is important

Each fielder is very important when a spinner is bowling. So they have to be in the right position and ready for it to come to them

ORDER

2

Batting: What is your best way of improving your performance against spin? (Of your selection, rank what's most important to you)

Develop plan based around scoring not surviving

Be able to hit the ball alongside my body as well as in front of body

Learn how to score with sweep shots

Learn how to score by coming out my crease

Judge when to attack and when to defend

Enhance ability to hit ball on both sides of the field

ORDER

3

Bowling: What is important for you to be a more effective spin bowler? (Of your selection, rank what's most important to you)

Enhance Grip

Change landing position of my feet through the crease

Improve release position to help control and comfort

Spin the ball faster

Bowl the ball quicker

Know where to put my fielders

ORDER

4

Fielding: What are the important learning points for you when you are fielding to a spin bowler? (Of your selection, rank what's most important to you)

Stay low and dynamic ready for reaction catches

Be confident under high catches

Develop position of hands to ensure strong and large catching area presented to the ball

Improve throwing accuracy for long range throw

Develop a wider and lower base position with legs as I prepare to throw

Release the ball from a wider position and follow through fully towards the target

ORDER

5

Wicket Keeping: What do you have to do to be more effective against a spin bowler? (Of your selection, rank what's most important to you)

Make sure I'm in the best starting position I can be for every ball.

Develop attacking and ready thought process ready for dismissals

Expect and prepare to receive every ball regardless of what the batter does

Develop my sequence of movements to help me get gloves to ball smoother

Improve my leg side takes

ORDER

6

Social and Mental skill development: What is important for you to be in control with how you feel and work within your team? (Of your selection, rank what's most important to you)

Be happy with who I am

Be confident in my skills

Be confident in my plans

Stay calm under pressure

Look to dominate in my strengths

ORDER



Key Learning from the day:

Favourite moment of the day:

KEY LEARNING PERSONAL CHECK

1

Top learning points from the day:
(Of your selection, rank what's most important to you)

Bowlers who bowl fast with pace, bounce and swing, are highly valuable to any team

Bowling fast is difficult and physically tiring

Swing bowlers can be highly effective without extreme pace

Batting against fast/swing bowling can be fun but challenging

I need to stay in control of hydration and energy through; rest, drinking, food/snacks before, during and after each day.

ORDER

2

Batting: What is your best way of improving your performance against fast or swing bowling?
(Of your selection, rank what's most important to you)

Develop my set up and stance

Don't move too early. Have a plan and then judge the ball. Don't forget to move quickly.

Ensure I get my body and bat to best position for where the ball finishes

Increase range of shot options

Be confident playing short and pitch up deliveries

Be able to play horizontal and vertical bat shots on both side of the pitch

ORDER

3

Bowling: What is important for you to be a more effective fast or swing bowler? (Of your selection, rank what's most important to you)

Improve my grip on the ball

Keep my feet landing in spots that join up aiming at target more

Be stronger with my front leg and keep straighter

Understand my sequence of movements to be smoother and better

Improve my release position to help me be higher or to not lean over to the side so much

ORDER

4

Fielding: What are the important learning points for you when you are fielding to a fast/swing bowler? (Of your selection, rank what's most important to you)

Develop comfortable position to move dynamically for diving and sideways catches when in slip positions

Be confident at catching fast moving flat catches

Develop accuracy for direct hit when throwing from close

Develop a low position to approach the ball in when picking up a moving ball with 1 or 2 hands

If the ball doesn't come to me, improve where I need to move to either support the active fielder or back up the throw

ORDER

5

Wicket Keeping (if relevant): What do you have to do to be more effective against a fast or swing bowler? (Of your selection, rank what's most important to you)

Adapt the distance away from the stumps for starting position when stood back

Knowing when and how to stand up versus this type of bowler

Develop attacking and ready mindset for edges and diving when stood back

Prepare to receive every ball

Develop your sequence of movements

Have fun with diving catches practice

ORDER

6

Social and Mental skill development: What is important for you to be in control with how you feel and work within your team?(Of your selection, rank what's most important to you)

Enjoy learning new skills

Love cricket (playing, training, watching supporting)

Enjoy building stronger friendships with players and coaches

Don't worry about what other people think

Look to dominate in my strengths

Keep having fun

ORDER

DAY 4

INNOVATE



Key Learning from the day:

Favourite moment of the day:

KEY LEARNING PERSONAL CHECK

1 Top learning points from the day: (Of your selection, rank what's most important to you)

Innovation is vitally important

The game is changing very quickly

Innovating can be fun

Innovation can be risky for performance

Be open minded to change and try new things - Know that mistakes and failure are normal part of learning

Copy other players and invent your own style and skills

ORDER

2

Batting: My most effective way of innovating is: (Of your selection, rank what's most important to you)

ORDER

Copying what I see others do and finding out what may work for me

Inventing different solutions to normal problems

Being fearless with my approach

Practicing my skills in the right environment and learning which I'm best at

Try and hit the ball where there are no fielders

Be aware of the speed/style of ball and how that influences the shots I try

3

Bowling: My most effective way of innovating is: (Of your selection, rank what's most important to you)

ORDER

Copying what I see others do and finding out what may work for me

Inventing different solutions to normal problems

Being fearless with my approach

Practicing my skills in the right environment and learning which I'm best at

Try and hit the ball where there are no fielders

Be aware of the speed/style of ball and how that influences the shots I try

4

Fielding: Which fielding skills are important for your learning today? (Of your selection, rank what's most important to you)

ORDER

Be confident in catching 1 handed catches (and confident in 1 handed pick up and throws for ground fielding)

Try to practice boundary catches more to help me keep my feet in the boundary while the ball is travelling over it

Have fun with experimenting and trying new fielding skills. Fielding is about taking wickets not just stopping boundaries

Take the positive attacking option instead of the defensive and negative choice. Have confidence in your skill and ability to allow exciting plays.

Practicing my skills in the right environment

5

Wicket Keeping: My most effective way of performing well and innovating: (Of your selection, rank what's most important to you)

Ensure that I prepare well and try to keep a clear view of the ball regardless of how the batter moves

Try to reduce time between catching the ball and taking the bails off

Make sure to secure the ball in hands before taking bails off

Copying what I see others do and finding out what may work for me

Practicing my skills in the right environment and learning which I'm best at

ORDER

6

Social and Mental skill development: What is important with innovation for me and the people around me? (Of your selection, rank what's most important to you)

Failure is a natural part of trying and learning new skills

Failure is important to help players understand their performance capabilities

Understanding my own process of learning and that it can be different to others. So not to judge someone else, rather respect their approach.

Being open and growth minded about learning new skills is important and innovation has a part to play in all learning of new skills.

Develop innovation through unstructured play as well as structured play

Be confident at innovating and using new methods in games in the right environment

ORDER

TRAINING DIARY AND EXTRA LEARNING

Use this space as an opportunity to record any additional: thoughts, feelings, emotions, outcomes and aspects of performance you experienced.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Key Learning

[illegible]

Favourite Moments

[illegible]

PERFORMANCE LOGGING

1. Learning from match play and training
2. Record key outcomes and moments in training
3. Training is fun. Value it. Perform in the middle.

What have you learnt from other people? _____

Learning outcomes and performance training notes _____

Who do I need to communicate with? To be; challenged, supported, educated, inspired and/or reassured by.

What am I struggling with at the moment? What questions do I need to ask someone?



POINT OF DIFFERENCE

What makes me different? _____

What are my strengths? _____

Which other high profile players have a similar strength in their game?

Big moments and Career Highlights so far