

Date: 6th–12th October 2004 Venue: Entrecasteaux, Provence, France

Coaching for Greater Understanding

Player Profile

Sol Terry (France U17 Captain)

www.cfgu.co.uk

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Personal Details

Name: Solomon (Sol) Terry

Date of Birth: 9th December 1986

Place of Birth: Hebden Bridge, England

Home Address:

Quqrtier Les Lonnes
83570
Entrecasteaux
France

Telephone Numbers (including emergency):

+33 494 044 213
+33 630 009 377 Mum (Jaquie) & Dad (Len)

Club: Entrecasteaux C.C.

Captain: Sean Burke

Team Manager: Sean Burke

Coach: Len Terry - ECB Level 1 & Trevor Yeomans ECB Level 2

Type of Cricketer: Right arm medium, right handed batsman

Injuries: Broke pelvis and left leg aged 14, but no recurring problems from the injury

Additional Information:

Sol has been invited to Lords for a trial with the MCC Young Cricketers
He was the French Under 17 Captain in 2004

Sol Terry on himself:

I live with my parents in the South of France where my Dad setup Entrecasteaux Cricket Club. I was educated in the village am bi-lingual. I am right arm fast medium bowler and have always been more of a bowler than a batsman. I used to be tail-ender however was pushed up the order this year and enjoyed it a lot more, scoring my first century this season. I have played cricket since I was 10 and love the game.

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Batting - Setup

CFGU Early Observations

His head position is generally good, although sometimes he does end up leaning back, perhaps when trying to hit the ball too hard. His backswing is good but he needs to concentrate on making sure the bat stays over off stump and doesn't drift around to leg stump. He has an orthodox grip and a slight forward press as a pre-delivery movement. Sol's stance is good with his feet slightly further than shoulder width apart.



Sol keeps his hands tight to his body however the side on pictures illustrate that his hands could be a little further back past his right thigh enabling a more effective back swing.



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Batting - Shot Analysis



Straight Drive Front on View

Hips sideways head and foot moving towards the ball

Head over the ball and at point of contact hips are closed

Hands and elbow finish high, hips open slightly



Straight Drive Side on View

Hands by right thigh, right elbow out away from the body

Point of contact just above the toes, underneath eyes

High left elbow, back foot heel raised and back foot angled towards point - Balanced



Here Sol shows good technique and if this can be replicated in 'live situations' he will achieve success with his batting. At times though his head does fall back behind the point of contact, his hips open up and the bat swings from in to out.

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Batting - Shot Analysis

Back Foot Drive Front on View



Using depth of crease: by moving a long way back in to your crease you can give yourself more time

Point of contact is underneath the eyes, with the weight entirely on the right foot. The left foot moves in beside the right.

The follow through should be controlled with a high right elbow, hands finish high with the bat facing towards the direction the ball



Back Foot Drive Side on View



These pictures illustrate the areas to be worked on off the back foot. The primary problem is his head position which in turn affects the contact position and trajectory of the ball off the bat. Sol should be working on keeping his head in advance of his feet and point of contact underneath his eyes

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Batting Conclusions & Tactics

To Work on (Front foot):

Sol should be working on grooving the front foot shots, looking to maintain a good head position (over the front foot) and ensure that his back leg does not collapse. With this in mind the emphasis should be on ensuring that he leads with the head and shoulders opposed to with his left foot.

To work on (back foot):

Sol strikes the ball well, and plays with confidence off the back foot. If he can keep his head forward and stay on top of the ball it will allow him to consistently score off short of length balls. Similarly to the front foot shots he needs to do lots of grooving and concentrate on replicating good shots in practice to enable him to take them in to 'live' situations.

To work on (future)

Having made the necessary corrections to perfect the aforementioned shots off the back and front foot, Sol should then to turn his attentions to advancing his game by developing new shots such as the pull, sweep as well as learning to use his feet effectively to slow bowlers.

Tactics

Playing Out Swing - Think about

- Opening up the body and playing the ball late, opposed to thrusting front pad
- Scoring areas: Hitting towards mid-off and extra cover, opposed to mid-wicket, square leg and closing the face
- Maintaining head position on the line of the stumps, opposed to getting off-side and risking an LBW dismissal
- Refraining from opening the face and defending outside off stump, thus risking catches to the wicket keeper and slip cordon

Playing In Swing - Think about

- Think about opening up the body slightly and playing the ball late, opposed to thrusting front pad
- Scoring areas: Hitting towards mid-off and wide mid on, opposed to cover and point
- Maintaining head position on the line of the stumps, opposed to getting off-side and risking LBW decisions

Playing the ball turning into you - Think about

- Only play the cut and late cut shot when well set and sure of the pace, bounce and degree of turn in the wicket, if playing it at all. This is the most risky shot with the ball turning in!
- Look to hit the ball between mid off and square leg and don't be tempted to open the face and utilise big gaps on the off side
- Play the ball late and don't thrust your pads at the ball unless the ball is definitely not going to hit the stumps
- On a wicket that is turning a lot your most productive shots will be off the back foot between mid off and square leg

Playing the ball turning away from you - Think about

- Maintaining body shape and playing the ball late, opposed to thrusting front pad
- Scoring areas: Hitting towards mid-off and extra cover, opposed to mid on and mid wicket where you risk a leading edge
- Maintain head position on the line of the stumps, opposed to getting off-side
- Cutting: this will be a big shot against a bowler turning the ball away but only play it when well set and you have assessed the pace, bounce and degree of turn in the wicket

Playing Extreme Pace - Think about

- Being courageous
- Playing the line of the stumps (leave as much as you can)
- Taking each ball at a time
- Working in partnership with the other batsman, rotate the strike
- Shortening your back swing

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Bowling- Pre Coaching Analysis

CFGU Early Observations:

Sol is a front on bowler, he gains most of his pace from his bowling arm and his run up. He has a classic front on action, with his hips, shoulders and feet all in line, therefore there should be a reduced chance of injury other than from general 'wear and tear'.

He bowls with reasonable pace and his line and length is generally good. He swings the ball in to the right handed batsman and varies his pace well. Sol also has a good off cutter which he bowls with an off-spinner's action.

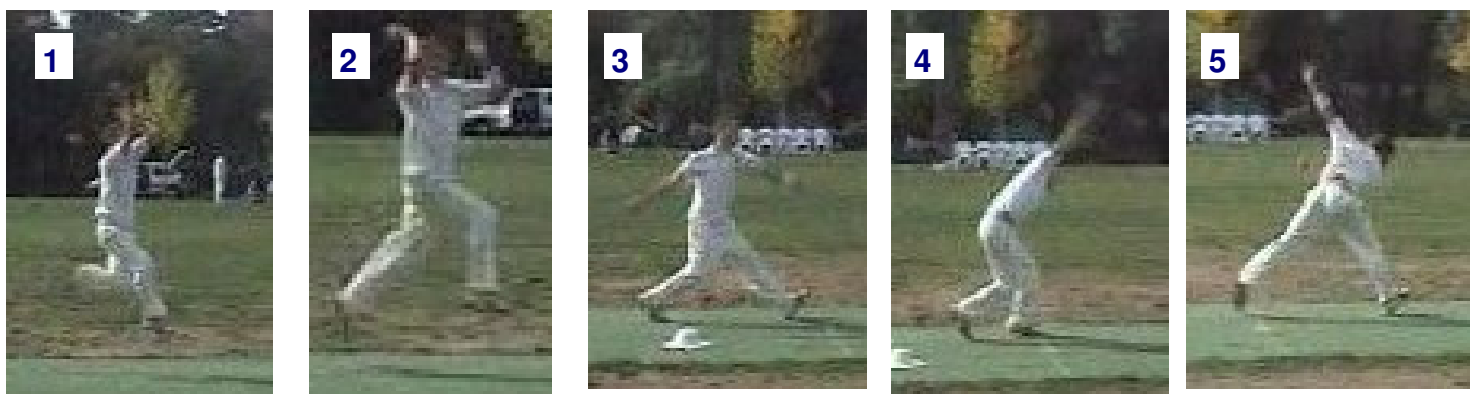
His head does fall away ever so slightly and his hands could be closer together at positions 1 & 2.

Original Action Front on View, Positions 1 - 5



Positions 1 & 2 illustrate Sol's hands being a little too far apart causing him to lose energy during in his action. Video footage has also demonstrated that the movement of his hands causes his head to move around significantly, which in turn creates issues with balance in his action.

During his run-up he tends to hold his hands together, and pulls them across his body as he runs, which also causes his head to move around during his run-up.



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Bowling - Action Modifications & Recommendations



Positions 1 & 2 show the major area of improvement with the hands much closer together. Video footage has also illustrated that with his hands moving around less at positions 1 & 2 his head is significantly more still.

Position 4 shows a collapsed front leg, which perhaps results in a slight loss of energy in his action, one of his long term aims should be to bowl over his front leg, keeping it braced in positions 3 & 4.



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Bowling Conclusions & Tactics

Short Term Recommendations

Sol shows great awareness and control of his body which has allowed him to make the necessary corrections detailed earlier in this report. He now needs to program these movements into his muscles so that they become instinctive. Most of the work to be done is in the strengthening of the action from positions 1-4. This can be done through;

- Frequent practice bowling to hit the top off stump from the coil position and from a shortened run-up
- Keeping his hands closer to his body as achieved in the pictures on page 8, this must become natural
- During his run-up his hands should stay close to his side and pump opposed to swinging across his body

Long Term Recommendations

- Continued development of variations in pace, length (Yorkers & back of a length), types of delivery (away swinger/ off cutter) and line (containing and attacking)
- Driving his right leg through at the point of delivery
- Trying to develop bowling over a braced front leg allowing for a more efficient and stronger action

Tactics

Field Placing

With Sol's stock ball being an swinger, he needs to threaten the stumps and therefore risks being scored off through the leg side. He should therefore look to bowl at off stump and just outside with some protection on the leg-side.

Catching positions used should be set dependent on the batsmen's faults and the prevailing conditions. Common scenarios are as follows;

Collapsing back leg when driving - Gully/ 2nd Slip/ short extra cover
Over balancing towards off side & slow pitches - short mid-wicket
Playing hard at the ball on the front foot when there is bounce in the pitch - short leg
Defensive line outside off-stump on slow pitch - short extra cover/ short mid-wicket

None of these are strict rules, and are dependent on the ability of the batsmen, the type of game and stage of the game when bowling, in addition to the condition of the pitch and weather.

Delivery types:

Stock ball (in-swing): It is important that the stock ball, in Sol's case the in-swing, is perfected and can be controlled so that when under pressure he has something to fall back on. The stock ball should be aimed at the top of off-stump and just outside.

Variation (out-swing): As Sol develops this ball it should be used as a variation, the key to using any variation is to lull the batsman in to a false sense of security, if he is expecting a different delivery every ball or even every over he will be more alive to it. Should the out-swing not be working as Sol would like he can hold the ball across the seam and bowl a straight ball, this can often be as effective as making the ball swing in the opposite direction to that which the batsman expects.

Slower balls: For all seam bowlers variations in pace are crucial, especially in limited overs cricket. The slower balls should be bowled with the same arm speed but with a change in release. 'Split finger' balls, off-breaks, leg spinners, 'knuckle' balls or over the wrist balls, all of these methods decrease the force behind the ball out of the hand allowing for the action speed to be maintained, thus increasing the chance of deception.

Length: Sol should be attempting to hit the top of off stump. Movement gained in or away from batsmen on this line or length is potentially lethal as any mistake could result in a wicket. Should batsmen being trying to force the pace against him he should concentrate on bowling full and straight, working on a they miss I hit scenario. It is important to realise that a traditional good length at the end of an innings is not a good ball. Yorkers are the key as batsmen cannot get underneath the ball and many of their scoring areas will be shutdown.

Motto: Keep it simple! Remember Glen McGrath who when asked 'What's the secret to finding faults in the techniques of the best batsmen in the World?' replied slightly puzzled; 'There is none, unless I'm bowling at the end of an innings or the odd bouncer I am just aiming at the top of off stump, if a bloke can keep hitting me for runs from there he is damned good player!'

Keep Cricket as simple as possible!

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Conclusions

Sol is an exciting prospect for French and English cricket. He is incredibly enthusiastic and has a real desire to improve and succeed. His natural athleticism and fitness serves him well, his ability to take on board new information and put it into place is exceptional.

The key to Sol's future success is that he continues to find suitable challenges within the game that inspire him to think cricket, and continue to practice. His love of the game is unquestioned and if it can be channelled in the right direction I have no doubt he will fulfil his potential.

To Work On

Batting

To Work on (Front foot):

Sol should be working on grooving the front foot shots, looking to maintain a good head position (over the front foot) and ensure that his back leg does not collapse. With this in mind the emphasis should be on ensuring that he leans with the head and shoulders opposed to with his left foot.

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Bowling

Short Term Recommendations

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Long Term Recommendations

- Continued development of variations in pace, length (Yorkers & back of a length), types of delivery (away swinger/ off cutter) and line (containing and attacking)
- Technical improvements that include driving his right leg through at the point of delivery
- Trying to develop a braced front leg allowing for a more efficient action and greater pace
- High repetitions of light weights on his shoulders to improve strength and range of movement, in addition to work to strengthen his abdominal region and legs. His other sports (football & Kung Fu) should assist him well in these areas

Finally

On behalf of CFGU and myself I would like to wish Sol every success with his cricketing future and offer him our assistance at any time. I would also like to thank his parents (Len & Jacqui) and Entrecastaux Cricket Club for making me so welcome in their village and for looking after me so well. I look forward to returning!

Regards,
Jeremy Frith