



**CHANCE TO SHINE**  
Spreading the power of cricket



# PLAY HARD, PLAY FAIR

## MCC Spirit of Cricket

As a Chance to Shine coach you play a vital role in introducing children to cricket and encouraging them to develop a lifelong love of the game.

As well as teaching cricket skills you are also responsible for promoting the values that underpin the sport and making sure they are upheld by the next generation of players.

By helping your students embody the MCC Spirit of Cricket you will be developing them not just as players but as people. You will also empower them to play their part in protecting the traditions of the game and ensuring it has a bright future.



**COMPETITION** play hard, play fair, play to win.

**RESPECT** yourself, your team mates, the opposition and all the people who help you play.

**INTEGRITY** always give your best.

**COLLABORATION** work together as a team to help everyone achieve success.

**KEEP TO THE RULES** choose to play fairly at all times.

**ENJOYMENT** have fun, play with a smile and celebrate the success of yourself and others.

**TRADITION** protect the history of the game and play your part in ensuring it has a bright future.

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## MCC Spirit of Cricket for Coaches

As a Chance To Shine coach you are a role model for the young people that you work with in schools. If they are to play the game in a way that embodies the MCC Spirit of Cricket. It is important that you lead by example. By promoting the MCC Spirit of Cricket you will help pupils identify sporting behaviour, understand its importance, and demonstrate it both on and off the pitch.

**COMPETITION** Provide your players with competitive opportunities but always praise effort as well as achievement. Always try to help your players achieve their personal best.

**RESPECT** Learn the names of all children and staff involved in a session. Conduct yourself professionally at all times and give the same amount of attention to every individual.

**INTEGRITY** Always give your best. Plan sessions in advance and give the same level of energy and enthusiasm in every session.

**COLLABORATION** Encourage children to work together and do the same by involving staff and passing on your knowledge to them.

**KEEP TO THE RULES** Be fair and consistent at all times. Make sure the rules are the same for every player.

**ENJOYMENT** Have fun and coach with a smile. Make sure all players are involved and achieve success. Take the time to praise your players.

**TRADITION** Promote the MCC Spirit of Cricket and explain why it is so important. Encourage your players to become MCC Spirit of Cricket Ambassadors.

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# PLAY HARD, PLAY FAIR

## MCC Spirit of Cricket for Primary Schools: KS 2 - Years 3 & 4

Every player who demonstrates outstanding sportsmanship during your coaching sessions will have the opportunity to become an MCC Spirit of Cricket Ambassador. To do this they must demonstrate certain types of positive behaviour linked to the MCC Spirit of Cricket's seven underpinning values. Evidence of this will be recorded on individual cards which will be filled in by the children following the end of each coaching session. To become an MCC Spirit of Cricket Ambassador and receive their certificate, pupils must provide examples for all seven values and get these signed off by a classmate and their coach/teacher.

As the coach you will need to encourage players to use their cards and provide opportunities for them to demonstrate each behaviour during your sessions. For examples of what the children need to show see below:

**COMPETITION** Take part in all aspects of a cricket game including batting, bowling and fielding and show understanding of basic rules.

**RESPECT** Treat everyone the same in victory and defeat. Discuss how my actions affect myself and others and listen to the coach when they are speaking.

**INTEGRITY** Try my best during every practice session.

**COLLABORATION** Work together with a partner to achieve our personal best.

**KEEP TO THE RULES** Be fair and consistent at all times. Make sure the rules are the same for every player.

**ENJOYMENT** Play with a smile and enjoy playing cricket.

**TRADITION** Use an online resource to research and discuss cricket's main traditions and historical events. Create a poster promoting the MCC Spirit of Cricket.

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# PLAY HARD, PLAY FAIR

## MCC Spirit of Cricket for Primary Schools: KS 2 - Years 5 & 6

In order for Year 5 and 6 pupils to become MCC Spirit of Cricket Ambassadors they must demonstrate the behaviours shown below in addition to those outlined for Year 3 and 4.

If they became an MCC Spirit of Cricket Ambassador in Year 3/4 then they already need to follow the list below:

**COMPETITION** Demonstrate tactical thinking to help me and/or my team be successful.

**RESPECT** Thank and shake hands with coaches, officials, teammates, opposition and teachers after every session.

**INTEGRITY** Give accurate scores during practices and matches.

**COLLABORATION** Offer advice and encouragement to your partner or small group to help them improve their personal best.

**KEEP TO THE RULES** Umpire a game or practice fairly and keep to the rules.

**ENJOYMENT** Offer encouragement, advice or friendship to help someone else enjoy the session more.

**TRADITION** Use an online resource to research and discuss cricket's main traditions and historical events. Write a persuasive letter encouraging a team to choose to follow the MCC Spirit of Cricket.

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## MCC Spirit of Cricket for Secondary Schools: KS 3 - Years 7-9

Secondary school students can achieve MCC Spirit of Ambassador status in exactly the same way as primary school pupils. They need to demonstrate positive behaviour linked to the MCC Spirit of Cricket's seven underpinning values and provide evidence of this on their individual cards. As in primary schools these will need to be signed off by one of their peers and their coach/teacher. In order for Key Stage 3 students to become MCC Spirit of Cricket Ambassadors they must demonstrate the behaviours shown below in addition to those outlined for primary school pupils.

If they can provide evidence of having become a MCC Spirit of Cricket Ambassador at primary school then they only need to follow the list below:

**COMPETITION** In small groups discuss what makes good competition. Use these points to set up a competitive cricket-related practice drill.

**RESPECT** Identify skills and positive qualities in a teammate and feed back to them.

**INTEGRITY** Take part in a game without umpires and make fair decisions about my own game eg decide when I am out, how many balls I have bowled etc without someone having to intervene.

**COLLABORATION** Offer advice and encouragement to your partner or

small group to help them improve their personal best.

**KEEP TO THE RULES** In a small group discuss why rules are important. Take an existing cricket game or practice and improve it by adding new rules.

**ENJOYMENT** In a small group discuss what makes cricket fun. Use one or more of these ideas to adapt an existing game or practice to make it more enjoyable.

**TRADITION** Create a presentation on why Spirit of Cricket are important/can be applied in 21st Century.

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## MCC Spirit of Cricket for Secondary Schools: KS 4 - Years 10-11

In order for Key Stage 4 students to become MCC Spirit of Cricket Ambassadors they must demonstrate the behaviours shown below in addition to those outlined for Key Stage 3 and primary school pupils.

If they can provide evidence of having become an MCC Spirit of Cricket Ambassador before then they only need to follow the list below:

**COMPETITION** In a small group set-up and run a cricket match or festival. Organise your group so that there are umpires, scorers, people to explain the rules etc.

**RESPECT** Listen to my peers and cooperate with them when they lead a coaching session.

**INTEGRITY** In pairs discuss why integrity is important in sport. Come up with a definition of integrity and mark out of 10 for how well I demonstrate it when I play. Score your partner as well and compare with each other. Discuss how you can improve your score.

**COLLABORATION** Captain a team or lead a coaching session and ensure that everyone is involved and plays an equal part.

**KEEP TO THE RULES** In pairs or a small group discuss why cheating takes place in sport and give some common examples. Come up with a five point plan to eradicate cheating in cricket and share with the whole class.

**ENJOYMENT** Plan and run a practice or game for a small group with the focus that every player enjoys it. Review with the group afterwards and discuss how I did this or how I could do it better.

**TRADITION** In small groups create a presentation on why Spirit of Cricket are important/can be applied in 21st Century.

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# DISTRACTION CATCHING

To develop close catching technique

To reinforce the MCC Spirit of Cricket values make sure you allow at least 5 minutes at the end of every session to reflect on how and when they were used during the practice.

Here is a practical example of how you can bring this part of the session to life using a simple close catching game.

## CRICKET IN PRACTICE

**EQUIPMENT:** 1 tennis ball between 2 players and different coloured balls for each of the seven MCC Spirit of Cricket Values.

**DESCRIPTION:** Split the group into pairs and number them 1 and 2. Get them to stand in a circle facing their partner about 4m away. All players 1s throw underarm across the circle to their partner at the same time. Player 2s catch using the close catch and throw back to player 1. Players should be set up so balls criss-cross one another.

**SAFETY:** Make sure players don't run in front of someone throwing.

**ABC:** Give one or more pair(s) a different coloured ball. Instruct players that if the ball falls near them they should use it instead of their original ball. At the end of the practice ask how many have touched it. Explain that each colour relates to a MCC Spirit of Cricket value. Ask the person who finishes with each different coloured ball to discuss with a small group where they saw the behaviour demonstrated during the session and feedback to the class.

**INCREASE THE TEST:**

- Players count how many catches they take in one minute.
- Give both player 1 and 2 a ball so there are now two balls per pair.

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