

**#THEPRIDEOFJOZI**



**LIONS**

**BEHIND  
SQUARE**

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# MESSAGE FROM THE CEO

**Dear Lions Cricket stakeholders and all cricket lovers,**

Some days, before my “start of play” begins, I head out to the iconic Imperial Wanderers Stadium pitch. I pause and admire the majestic and peaceful oval: The blank canvas that’s match ready.

The quiet moment gives me time to reflect on the year that’s past, the present and all it’s goodness, and the absolute thrill of what’s to come – inside and outside of the boundary rope. I recall past achievements and quietly congratulate all those who have made a meaningful impact on the stadium, our society, our community, the game and Lions Cricket at large. Upon today’s pitch ponder, I smile as I recall last week’s unquantifiable Test Match victory by the Proteas over India, 30 years post isolation at our iconic stadium. Didn’t this pitch, our players and our people deliver perfectly: I am still in awe of our first-time victory over India in Johannesburg – what a way to bring in the new year and one for the record books indeed!

As we face the 2022 innings, I am reminded of the blank canvas in front of us – and that the everyday ‘matches’ ahead of us, are ours for the taking. I have a saying of “100/0”: In cricket terms it looks like a hundred run partnership but in the terms of this “100/0” it is about us all taking 100% accountability and 100% responsibility, 100% of the time – with zero excuses. There will be challenges, conflict, criticism and perhaps chaos on some days, but that’s when role players and leaders will need to step up.

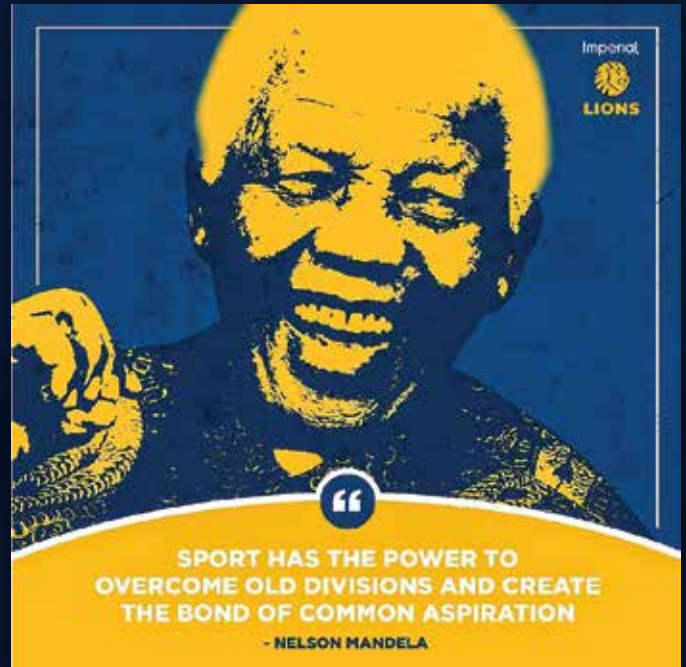
Talking of leadership, I am reminded of a quote by former South African President, Mr Nelson Mandela, who declared that:

“

**Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does.**

”

How fortunate we are to live our lives in sport, loving what we do, living our loves and learning along the way.



I’m a firm believer of “together we achieve more” – and this year will be no different. We need to passionately and patiently push ourselves, whilst working together with a common vision – which is to ensure



# MESSAGE FROM THE CEO



that the game of cricket thrives and is given the respect it deserves. My dream is for each individual to give and to grow – and to be a better person this time next year. Now is the time to lead from the front, to live every day, love, laugh and learn.

I am thoroughly ready for our 2022 innings: I am ready to support my teammates, communities and society; encourage the new caps; apply a steady and calm mind; all the while standing steadfast, proudly and determined to etch the 2022 innings in the match winning record books.

In closing, I found the words of Mahatma Gandhi to be most applicable:

“

**Live as if you were to die tomorrow.  
Learn as if you were to live forever.**

”

Learn and Lead as they will be the foundation of our 2022 innings! Never forget and know that I am absolutely, 100% all in and behind you every ball of every innings. We have 353 matches left until 2023... let us all make them count!!

***With much love, excitement,  
appreciation, and determination,***

***Jono Leaf-Wright***

# MESSAGE FROM THE CRICKET SERVICES MANAGER

Compliments of the new season and I trust it will be a great and successful one for all filled with good health and prosperity.

We are preparing for the second phase of our season for all involved including clubs, schools, provincial colts and academy, ladies' cricket, and lions senior cricket. I would like to take this time to reflect and congratulate all our teams that played at the end of the year in the CSA organized National cricket weeks that took place around the country as well as the successful regional festivals that were hosted by Lions Cricket. Our boys and girls represented us very well and we are proud of their respective achievements.

As we look ahead to 2022, I would like to wish all our teams everything of the best during their provincial tournaments as well as wish all the clubs and schools the best of luck as they will be competing for the higher honors. In addition, we wish our Central Gladiators team best of luck down in Paarl during the cubs week.

Lastly, as we welcomed the announcement that the curfew has been lifted, I would like to urge all our Lions Cricket families to act responsibly and still ensure that we do everything in our power to not spread the virus, which thus impacts on our opportunity and ability to play the game of cricket. I look forward to seeing everyone on the side of the cricket field.

All the best to all and here's wishing you success in everything you do.

**Good luck.**

**Reuben  
Mandlazi**





# KFC MINI CRICKET

National Seminar – The KFC National Seminar was held in Limpopo, Bela Bela at Zebula Lodge. The delegates from Lions Cricket who attended included Reuben Mandlazi (Cricket Services Manager), Dumile Skade (Coaching Education), Frank Zagwazatha (Rosebank Primary), Maleshane Ramaisha (Meredale Primary), Rebecca Maloka (Florida Primary) and Bryan Patel (Lions Cricket KFC Administrator). The theme for the seminar was “Recovery”. Aspects and discussions were centred around how we recover from the pandemic of Covid19 and rebuilding and re-establishing relationships with our schools nationally. Amidst the formalities of the seminar a lot of fun was had by all with interesting nature experiences with elephants as well as painting a flag for the Union based on the theme “Recovery”. The identity of Lions Cricket, in conjunction with Lions Cricket Mini Cricket was established, picture included.



Provincial Seminar – The Lions Cricket Provincial Seminar was held on the 14 October 2021 at the Imperial Wanderers Stadium. The seminar was opened with a welcome from the CEO, Jono Leaf-Wright, and address by our Cricket Services Manager, Reuben Mandlazi, who reinforced the theme of Recovery to all coaches, teachers and volunteers. Guest Speaker, Nicole Capper (former Mrs South Africa, Survivor contestant and entrepreneur) described her process of recovery and resilience which is needed through patience and perseverance to master on. The Recovery theme was apt in the current situation we are facing globally. In pressing the reset button how do we recover from loss of school participation and involvement due to school extra murals being put on hold and some not resuming at all.



# KFC MINI CRICKET

The theme provided insight as to how we as the cricket fraternity will recover from the pandemic. That includes building relationships with schools and following the protocols put in place for safety of all who participate, regular sanitising and to promote the game, encourage inter-class matches and games to supplement the lack of inter – school fixtures.

KFC Mini Cricket at Leeukop Prison – Lions Cricket KFC Mini Cricket has reached out to grow the game of cricket and also enrich and empower teachers.



The initiative in conjunction with CSA is to grow the love and passion for the game at all levels. Lions Cricket and CSA have partnered up to build relationships in growth and development of players as well as educators.

Soweto Hub Mini Cricket Course: The focus for the mini cricket course in Soweto was purely based on women development and empowerment of women coaches in the mini cricket structure. Surrounding schools from the Soweto township and areas surrounding gathered at the renowned Elkah Oval to engage in their KFC Mini Cricket course as well as the Orientation Coaching Level. The department of Education was in attendance and praised the efforts of the coaches and educators in looking at developing women in sport and especially cricket in the township.





# YOUTH AND SCHOOLS CRICKET

## National Week Report

2021

It gives me great pleasure to report on our provincial teams that participated in the Cricket South Africa cricket weeks in December 2021. Due to Covid-19 and the restrictions, it was a challenge for the coaches and selectors to build momentum in picking our final teams. But we made the best out of the conditions and managed to pick the best possible teams that represented Lions Cricket at the Cricket South Africa Cricket Weeks. I would also like to say thank you to Cricket South Africa for the manner in which the host Unions handled the tournament under a Bio secure environment.

In November 2021, we announced the age group teams that would take part in the various youth cricket weeks around the country. Five provincial teams were named including the under 16 girls' team, under 19 girls' team, under 16 boys' team, under 18 boys' team and under 17 Rural team.

## Lions Cricket U16 girls team:

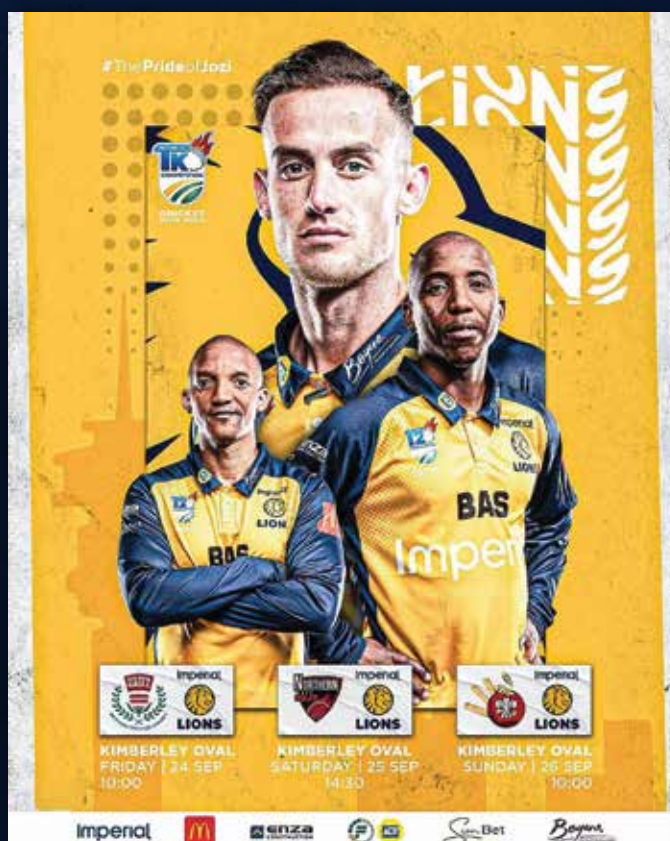
The selected players were instrumental in the overall sterling performances of the team which saw the girls U16 team crowned champions in the CSA U16 Girls Week. The hard work behind the scenes paid off in the end.

## Lions Cricket U16 boys team:

Our boys participated in the CSA U16 National week in Pretoria. Their sterling performances booked them a place in the final. Unfortunately, we fell short against Northerns in the final.

## Central Gauteng Lions U17 boys team:

Our boys participated in the CSA U17 National Rural week in Durban. The players managed to play competitive cricket during the week and bagged 2 victories in the allocated 6 games. I am very proud of the boys and I am sure that we will bounce back in 2022.





# YOUTH AND SCHOOLS CRICKET

## Central Gauteng Lions U17 boys team:

Our boys participated in the CSA U17 National Rural week in Durban. The players manage to play competitive cricket during the week and bagged 2 victories in the allocated 6 games. I am very proud of the boys and I am sure that we will bounce back in 2022.

## Central Gauteng Lions U19 girls team:

Our U19 Girls also played well and but in the final of the CSA U19 Girls Cricket Week. The team managed to win 6 out of the 7 games played. We are extremely proud of the girls and the following girls were selected for the SA schools/Fillies' teams:

- Refilwe Moncho (SA Schools)
- Oluhle Siyo (SA Schools)
- Relebohile Mkhize (SA Schools)
- Kayla Abbott (SA Fillies)

## Central Gauteng Lions U19 boys team:

Our flagship team were instrumental in the overall sterling performances of the team which saw them crowned champions in the CSA U19 Khaya Majola Cricket week that was held in Potchefstroom over the period 18 – 22 December 2021. Congratulations to the below boys that made the SA Schools and the SA Colts team.

- Richard Seletswane,
- Khaya Fakhude,
- Ronan Hermann,
- Kyle Glennistor
- JP King

In closing as I exit the position as Youth and Schools administrator for Lions Cricket, I would like to thank the following: Lions Cricket Staff, Schools Executive Committees, Area Reps and to the entire Lions Cricket and Cricket Services Team for the support and dedication towards cricket in this province. Keep up the good work and dream big.

## Gary Moos

**Youth and Schools Administrator**



# KNOW YOUR COACHES

## AHMED NAWAB



**Full names:** Ahmed Nawab

**Nickname:** Wabi

**Date of Birth:** 15 June 1983

**Birth place:** Jhb

**School Attended:** KES

**Club:** Lenasia Cricket Club

**Coaching Qualification:** Currently attending CSA level III

**Playing Career:** Lenasia CC, UJ CC, Highveld Strikers

### Where did you learn to play cricket?

I grew up playing cricket with my grandfather and uncle in the backyard of the house and ever since then it's been my passion. I then came through the Norwich life development programme and quickly moved on to playing club cricket in Lenasia. I was fortunate enough to learn from many older pros which helped me grow as a cricketer and as a person.

### Who is your greatest coach and what made him/her so special?

Definitely Gary Kirsten. His approach to the game resonates with me really well. He shows immense calmness in his approach and his attention to detail is admirable.

### What motivated you to become a coach?

My love and passion for the game of cricket played a big part in it. When I finished my playing career, I took some time off to reflect but still had a desire to still add value and make a difference in the game I love. The belief that I could influence the lives of other young up and coming players was also a motivating factor.

### Which coach inspired and had an influence on you as a player and why?

Like many young cricketers at the time, Jack Manack was one that really had a positive influence on me as a player and as a person. He encouraged enjoyment in the game and his passion to see you grow as a player and be great, was incredible.

### What is your strength as a person and a coach?

I'd like to think I show care in my players and hope that can help them on their way to be successful. Also understanding that developing a player holistically is the most important thing in achieving success. I have a deep set of values which I hold myself to and that provides me a strong base to perform my duties.

### What do you think is your purpose in the Lions Cricket Community as coach?

I think the most important purpose is to continually grow the game and to be a positive influence on every cricketer in the Lions community. I think also to ensure kids continue to love the game and stay in the game for a longer period of time.

### What is your coaching Philosophy?

My coaching philosophy is to ensure every cricketer has the opportunity to be successful. I firmly believe that creating a fun, positive learning environment is key to bringing about that success. It's about hard work and continually growing as a coach.

### What does it mean to coach at Lions Cricket?

It's a massive honor, and a huge responsibility that goes with it as well. It's one of the biggest provinces in the country and the pressure to perform is always going to be high. The fact that I have been privileged with this opportunity makes me feel proud and motivated to be better every day.

### Where do you draw your inspiration from?

The history of Lions, their working environment, but most importantly the people at The Lions family. They are all highly motivated, and eager for success on and off the field. This helps me to be the best that I can be for them, the players and the province. The support of my family also plays a massive role in providing inspiration for me to be better and do better for the Lions badge.

### What would you like your players to remember about you?

Most importantly as someone who cared for them and was truly honest with them. Someone who provided them with something to help them succeed not only as cricketers, but as human beings.



# DARREN SAMMY'S T20 CAPTAINCY TIPS

## TRUST YOUR INSTINCTS

If a decision or plan comes into your mind, then it's important to trust your gut. This is especially important in T20 when the game moves so quickly.

## STAY COOL

Always make sure you're calm. I think best when I'm calm and that allows me to trust my gut in pressurised situations. I take a breath, take my time and maybe go and talk to my bowler or a senior player and have a discussion, just to slow down the game.

## SEIZE THE MOMENT

In T20 you need to make sure you seize the momentum. When you have the momentum on your side, try your best to keep it. In Twenty20 every ball is an event and you need to win as many of those as you possibly can.

## BE PROACTIVE

Some captains let things happen and then they react. If you have a feeling that the ball is going to go to a certain position, put a man there and then let the bowler bowl. Stay one step ahead of the game.

## KEEP TALKING

Communication is vital. Talk to your bowlers about their plans. Don't be predictable. You can't bowl the same ball all the time because batsmen will pick up on what you're trying to do. T20 is very much a team sport. Don't be afraid to involve your teammates. Make everybody feel like they're part of the team, although remember you're the captain...



Two-time World T20 and Pakistan Super League-winning captain Darren Sammy shares some quick tips on short-format leadership.

# FIELDING COACHING

## TAKE BRILLIANT BOUNDARY CATCHES

### 1. KNOW THE ROPE

These are the ones we see on TV. If you coach a 9-, 10-, 11-year-old this is the sort of thing they want to practise!

Set up a line of cones (not the kind that you could trip over). Put a stump about 15 metres from this imaginary boundary rope. The player will run forward and touch the stump and as they're back-peddalling, that's the cue for the ball to be thrown in. For the coach it's easier to throw the ball because you can be more accurate. The fielder back-pedals towards the boundary rope. Then it's a case of space orientation.

Can they catch the ball but still be aware of where their feet are? Are they comfortable checking out where the line is and still taking the catch? Can they get used to moving their eyes back and forth between the ball and the boundary?

### 2. THE DOUBLE PLAY

Then introduce another player. This is the most fun one! Because then you can have the situation where they catch the ball and pass it off to their partner before landing on the other side of the line.

Set them up as if they were fielding at mid-on and mid-off. The ball goes straight down the middle, they converge on the ball and have to judge it and call for it... The coach is throwing no more than 20, 30 metres, and you just keep pushing them apart so it gets more challenging.

If you get the throw right then you force them into offloading it and making a judgment. And then you get players watching on the side saying, 'That was six!' and you have some fun. Obviously they only actually need to offload the ball when they're on the move over the line!

That drill works for an international cricketer down to a nine-year-old. It's a very fun drill and it picks out the real game players.



England lead fielding coach Chris Taylor on how to practise the most eye-catching fielding feat in modern cricket: catching on the boundary.



# FITNESS AS A WICKET-KEEPER

**Wicket keeping in cricket, they say is a thankless job. More than your excellent glove work, you commit one error and the critics go hammer and tong against you.**

*by Chinmoy Roy  
Monday, 6 January 2020*

Having said that, the world has seen the likes of Allan Knot, Rod Marsh and Adam Gilchrist who left the game leaving an indelible imprint with their glove work. Remember the demands are supremely high on fitness. Their job therefore, is that much more laudable.

Allan Knotty, even in the 1970's, was the epitome of fitness ethics. He would train hard and keep a disciplined diet plan that caught the eye of Indian maestro Sunil Gavaskar. In the early 2000's Adam Gilchrist turned keeping into a spectacle with his acrobatics. Gilly was supremely fit and apart from his stunning catches, his energy rubbed off on the Aussies in the field.

In contemporary cricket Wriddhiman Saha of India is one guy who, despite his not so enviable batting ability, has made headlines with some breath-taking glove work. The catch he took of Steve O'keeff of Australia at Pune in early 2017 earned him the nickname "Superman". It was not a freakish catch. Saha kept pulling off one after another superman like catches to show that like a bowler or batsman a wicket keeper can hog the limelight with his exceptional skills.

Having worked with Saha since his U-19 days till his debut test, this columnist knows a thing or two on his fitness. And the fitness regimen I devised for him could be a good template to follow. With my experience I wrote a programme with 60% emphasis on strength, 30% on conditioning inclusive of cardio interval and speed, and 10% mobility and prehab.

Since a keeper has to squat and get up 540 times during a day (90 overs), he needs solid muscular endurance. A keeper possessing a strong lower extremity can sustain the same intensity throughout the day. Therefore, moderate load and higher repetitions twice a week was what we worked on with one heavy lifting day during his early days. Right from his formative years, Saha was a natural with weight training. So he quickly graduated to Olympic lifts. Olympic lifts bring power to one's body and power is the essence of modern day cricket.

Whether it's Wriddhiman or Mark Boucher, the great leaps off the ground – left, right or centre is triggered by the power of the legs. Box jumps along with Olympic lifts made Saha's legs extremely powerful. Besides that he inherited a gifted muscle group. With so much explosive energy stored in the legs, flying like a superman is just waiting for the prey to arrive.

The second most important thing from the coach's perspective is agility. My Bengal coach Bharat Arun and

# FITNESS AS A WICKET-KEEPER

afterwards W.V. Raman gave me free hand to work on agility, especially the lateral movement which forms the chunk of a keeper's movement. Saha really enjoyed the lateral shuffle drill on the ladder or 6" speed hurdle.

Here sideways moves apart, the focus was on keeping the weight on the balls of the feet and a nice centre of gravity. Hip mobility contributes in smooth lateral movements. Saha spent a lot of time in mobilizing his hips with Lunge hip flexor stretch and 90-90 stretch. So it was not just the drill but the technical nitty-gritty's we worked on meticulously that delivered quality. To make things more challenging and specific I would incorporate cricket balls during the drills. Like, as he reached the end of the ladder doing lateral shuffle, I would lob a catch. He would catch and immediately go to the other end to take another catch. Then I would stand about 5 metres from him with 6 balls. I kept giving him six back to back catches left-right and centre as he would move within 5 metres sideways. Some of the drills I copied watching Adam Gilchrist train.

Speed of movement is another aspect. It is while reaching the stump to collect a throw, or backing up. I would make Saha do a short burst within 10-20 metres using signals to react. Saha's favourite sport is Formula 1 motor racing. No wonder he is lightening quick in sprints. I would throw a ball from different parts as he sprinted to collect it in behind the stump. Here too, the right balance and tremendous power of his legs could ignite sharp movement and speed.

**Sachin Tendulkar, the god of cricket says:**

“

**Hard work minimizes chances of failure.**

”

A firm believer of that, Wriddhiman Saha keeps working hard. This makes the man make frequent comebacks from injuries and keep repeating the superman acts.



Wicket-keeper about to catch the ball.



# CONCLUSION FROM THE COACHING MANAGER

I hope everyone has enjoyed the break and is looking forward to the second part of the 2021/2022 cricket season. The first half of the season has seen the entire cricket fraternity knuckle down with the hard work of coaching and administration of our game. By the time this article is published you would have seen the Imperial Wanderers Stadium once again host the most electric Test Match ever witnessed. The records that were broken at this game were astounding. I congratulate Mr Evan Flint and his team for making sure the Imperial Wanderers remains the place where memories are created for both players and cricket fans alike after South Africa won their first test out of the six test matches ever played against India at the Imperial Wanderers Stadium.

The Lions Cricket schools regional cricket festivals/weeks took place in November and early December 2021 and the standard of cricket displayed by the boys demonstrated that the game of cricket in schools is in good hands. The Lions Cricket under 16 and 19 boys' and girls' teams were selected to represent the province at various age group national weeks hosted by Cricket South Africa. Our teams showed some great character and cricketers also showed individual brilliance and they were rewarded.

Please be on the lookout of the following activities from the Coach

- Level 1 Coaching Course on the 21st-25th February 2022
- Lions Cricket Webinars with quality guests
- Coaches Forums
- 2022/23 Coach Development program which will be out soon.

Compliments of the New Year and all the best for the year ahead: May you enjoy every moment!

**Regards**  
**Dumile Skade**



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