



SMASHING GLASS CEILINGS

CATHERINE DALTON - FAST BOWLING COACH

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Female fast bowling coaches are a rare breed. But Catherine Dalton is pretty much out there on her own. As the first female coach to work with Ranji Trophy & IPL players, she has changed the perception of expectation. And it's purely down to her understanding of her chosen subject - the generation of speed in fast bowlers.

Dalton, a former Ireland International who played at the last ICC T20 World Cup and current Middlesex allrounder, is Assistant Head Coach of The Ultimate Pace Foundation (UPF). Her own journey from schoolgirl cricketer to leading fast bowling coach is remarkable. "Working with players from Test, First-Class & IPL cricket is a thrill. But you don't expect

a female to be doing that as a specialist fast bowling coach." Having been requested by Rajasthan Cricket Association to coach in Jaipur in 2016, she has spent 4 years helping develop players in India alongside her mentor and guide, Ian Pont.

"I think that's what has really helped me," she said. "Ian is a well-respected International Coach so being assistant to him has opened a number of doors. Players have taken me seriously, to the point that I can stand alone and deliver huge parts of the camp seamlessly."

Dalton admits herself she has got better for the experience. "At UPF we are breaking glass ceilings. But that's only possible if what you do and the way you do

it can make a genuine difference. The pedagogy we use is amazing. It explains why we can get results so quickly for increasing speed and accuracy."

Dalton gained a 1st Class Honours Degree in Physical Education and holds her ECB coaching badges. She played football for West Ham United and Tottenham Hotspur, so really understands sport completely.

"I have found India an amazing place to develop my coaching skills. We've had around 15 camps and changed the lives of many young fast bowlers. Their interaction and response to what we do is incredible. It's hard to describe."

The biggest praise comes from Pont though, who

has taken her under his wing during her eight year transformation as a both a player and coach. He said "Cath is a game changer and it's rare to be able to say that about ANY coach. She understands the technique of fast bowling better than anyone else I know. Plus, she is the world's best demonstrator of the fast bowling positions needed for bowling drills. Her presentation ability has improved beyond recognition, too."

UPF continues to grow and Dalton is in it for the long haul. Her passion shines through as she talks about the coaching methods. "I absolutely love what I am doing and believe in the coaching systems we use because the changes we make are visible. I don't think you can be happy as



CATH DALTON LEADS THE SESSION

a coach unless what you do is worthwhile."

Both Dalton and Pont are behind the launch of the new website UPFcricket.com that shares their combined knowledge online. "For me it's all about speed. Male or female, my aim is to help everyone be the best version of themselves. I have a passion for pace. If I can instil that in others, I'm happy."

THE NEED FOR SPEED

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