

## **Junior Winter Training 2020**

### **Week 1**

#### **Intro ;**

- 1. Health & Safety - Point out potential of fire alarm & what to do if it goes off and point out fire exits**
- 2. Safety - General about being sensible, not waving equipment around, throwing balls anywhere/at someone whos not looking and about the nets going up & down. Net safety - Always face the net watching for balls coming out, don't turn your back. Bowlers waiting don't throw balls up walls/net and watch for balls being hit out the net**  
**Tell them about injuries or accidents, that they must tell someone. Ask them if anyone is ill or has an injury before commencing and keep an eye on it. Explain that if anyone is feeling ill or does something to tell a coach/helper**
- 3. Respect - Mention about respect for each other as a group and they are one team. Don't fight/interfere with others when they are trying to do something, listen to the coach/helper.**
- 4. Explain briefly what is going to happen in the session - Example; warmup for x minutes, then say some catching & techniques, then a fielding drill, then batting or nets etc etc**
- 5. Chat to them - Ask if anyone has been to any other training, who got in to Spartans and/or Kent, tell them a joke. Tell them if they are welcome to ask questions and we will try to answer.**

**Keep it light, brief and fun - The quicker you are engaging them the easy it should be !**

**U9s;** As All Stars ideas (Leave that with Alwyn et al)

**U11s;**

**Warm up** - Coaches choice (Might be an idea to get them to start using cones, two steps, one step, side to side, then race them)

### **Technical - Batting**

Ask them about batting - Whats the first thing they do ? (Looking for the set up)

Demonstrate set up and the characteristics - Explain to them they need to find the best/ comfortable set up for them - Won't all necessarily be the same

### **Drill;**

Use tennis balls

They need bats & gloves

Depending on numbers; You either need to get the nets down and get 4 equal groups in each OR one long continuous line;

Batsman steps up, gets in to their set up, shouts ready to coach, coach bobbie feeds a ball underarm medium & low trajectory and get them to just hit the ball.

Give them two each, then return to back of queue and next one steps up.

This is a little off the coaching manual but we're looking for and trying to get them to hit the ball. A lot of the younger ones are more worried about getting out rather than scoring runs - We need to encourage them to be scoring runs.

Watch them and see what each one does - Ideally take notes on each one if possible.

At this stage we're looking for front foot shots (or sweeps) - Not back foot, no ramps, reverse sweeps etc.

When balls run out, get kids to fetch them and bring back to coach/helper

Go for about 20 mins of just ball hitting.

I believe you then wanted to explain about Indoor cricket. Coaches choice for remainder of session but would suggest a game if space & numbers allow.

If not then either drills or nets

**Last 5-10 minutes;** quick game? (Cone game) - Sum up and ask them if they enjoyed/ any questions

## **U13s & U15s;**

Intro as U11's but also would like to start thinking about the mental & tactical side of the game

**Warm up** - Coaches choice - Stations, running ?

### **Technical - Batting**

Ask them about batting - Whats the first thing they do ? (Looking for the set up)  
Demonstrate set up and the characteristics - Explain to them they need to find the best/ comfortable set up for them - Won't all necessarily be the same.

### **Drill;**

Use tennis balls

They need bats & gloves

Depending on numbers; You either need to get the nets down and get 4 equal groups in each OR one long continuous line;

Batsman steps up, gets in to their set up, shouts ready to coach, coach bobbles feeds a ball underarm medium & low trajectory and get them to just hit the ball.  
Give them two each, then return to back of queue and next one steps up.

This is a little off the coaching manual but we're looking for and trying to get them to hit the ball. No holds barred - Hit the back wall. Again we need to encourage them to be scoring runs but at this level watching and picking up the ball length.

Watch them and see what each kid does - Ideally take notes on each kid if possible.

At this stage we're looking for front foot shots (or sweeps) - Not back foot, no ramps, reverse sweeps etc.

When balls run out, get kids to fetch them and bring back to coach/helper

Go for about 20 mins of just ball hitting.

**Last hour or so;** Up to coach - Personally for first week, I'd get them do drills/running around (Fielding, use keepers) but up to you.



**Last 5-10 minutes;** Sum up and ask them if they enjoyed/any questions. Then run them!  
Run 21 - Run 4 x 4runs and a single OR wall leg benches who can last.