

Junior Winter Training 2020

Week 2

Intro ;

1. Reminder about injury, feeling ill, getting injured etc
2. Reminder about respect to each other. Working as a team, encourage each other. (Limit mucking around, fighting each other, comments etc)
3. Explain briefly what is going to happen in the session
4. 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 easier it should be !

U9s; As All Stars ideas (As per link)

U11s;

Warm up - TS will set up stations - requires cones & hurdles - Group split in to 4

Technical - Batting

Reminder of what we did in Week 1 - Ask questions

Working similar to last week but on the full ball & pull short

Coach to demonstrate - Get kids down each side of net, but back away from the nets

Drill;

Nets down - 4 groups with one coach or helper

Use tennis balls & Incrediballs

They need bats, gloves and helmets

Batsman steps up, gets in to their set up, shouts ready to coach.
Coach feeds full toss - And to feed the three balls in fairly quick succession, so the batsman needs to reset to their set up quickly.
Looking for the kids initially to play any shot they like, but to hit the ball as hard as possible.
Give them three each, then return to back of queue and next one steps up.
If someone is struggling, rein it back and go slowly for them

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.

Once everyone has had one go, then torch ball drill (will demonstrate - This should get them to watch the ball closer)

Call in and discuss - Then short briefing on picking up length of the ball and what we can do to help.

Second - same groups.

Pull shot - Demonstrate & explain technique.

Start with kids facing on to ball - Coach to on bounce fairly short (but not too hard) and kids to pull through to leg - 3 balls

After everyone's had a go, then get them to do their set up before before executing the same shot as in a game.

Call in and discuss - Explain that there are other short ball shots but we don't have to play the ball at all.

Go for about 20-30 mins of just ball hitting.

Pull nets back and out of the way.

Bowling work;

Get any keepers to get their kit on.

3 "lanes" - Set up 3 wickets (stumps both ends) - Lay out cones in a square for ideal line & length to land in

Discuss bowling and the different types and find out who does what - Split them in to spinners & seamers.

Explain basic grips and the ABCDE of bowling.

Get them to bowl, hitting zones - A few runs through each.

Then go in to getting them to score points - 2 for landing in the zone and 5 if they hit the stumps.

Also work with keepers in technique.

Finish up with fielding and fielding game.

Last 5 minutes- Sum up & ask for feedback (Kids & coaches)

U13's & U15's;

Over to the coaches for these age groups.

Warm up - Coaches choice. (I will assist, but wont be setting up or doing)

Technical - Batting as per U11s - **Again, ideally coaches for these age groups to demonstrate or I can do if you want - please advise**

Reminder of what we did in Week 1 - Ask questions

Working similar to last week but on the full ball & pull short

Coach to demonstrate - Get kids down each side of net, but back away from the nets

Drill;

Nets down - U13's in 3 or 4 groups on left hand side - U15s in two groups right hand side

Use tennis balls & Incrediballs (Under 15s could mix it up and integrate cricket balls)

They need bats, gloves and helmets

Batsman steps up, gets in to their set up, shouts ready to coach.

Coach feeds full toss - And to feed the three balls in fairly quick succession, so the batsman needs to reset to their set up quickly.

Looking for the kids initially to play any shot they like, but to hit the ball as hard as possible.

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

If someone is struggling, rein it back and go slowly for them

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 kids still miss or get out to a full toss.



Once everyone has had one go, then torch ball drill (will demonstrate - This should get them to watch the ball closer)

Call in and discuss - Then short briefing on picking up length of the ball and what we can do to help.

Second - same groups.

Pull shot - Demonstrate & explain technique.

Start with kids facing on to ball - Coach to on bounce fairly short (but not too hard) and kids to pull through to leg - 3 balls

After everyone's had a go, then get them to do their set up before before executing the same shot as in a game.

Call in and discuss - Explain that there are other short ball shots but we don't have to play the ball at all.

Go for about 20-30 mins of just ball hitting

Next - Coaches choice - Work on stuff they need to improve on, be it bowling line & length or fielding etc. (Again I'll be on hand but only to assist)

Don't forget to use the coaches tools - Instruct, Demonstrate, Observe, Analyse, Intervene, Praise, Question, Feedback, Silence.