

## 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 - Suggest a game of hand ball/hockey - One stump at each end with circle of cones around (Approx 2.5m diameter) - No one is allowed inside circles - Split them in to two teams - Start with tennis ball but use a variety of balls during warm up. Start under arm not above head height, then overarm any height, then one bounce.

5 mins

Reminder of what we did in Week 2 - Hitting the full ball & pull shot. Ask questions & get them to demonstrate.

#### Technical - Bowling

We touched on this last week so they should have some idea.

Start with the basic grip of seam bowling (Two fingers across the top of the seam, fingers spread slightly apart and thumb underneath)

Discuss the ABCDE of bowling -

A= Alignment (Side on/point forward) - Some chest on bowlers (But don't mix the action as it causes back injuries)

B = Base (Solid Base)

C = Circle (Arm coming round)

D = Drive (Going forward/follow through)      E = Energy

Talk to them about a run up - Smooth & rhythmical & repeatable

- Rhythmical, balanced and aligned approach to crease
- Head in optimal position for you (player) to enable focus on target area (adaptable) throughout action
- Jump and gather towards target
- Strong, tall and aligned (hips and shoulders) at back foot contact (throughout action to release)
- Increase energy towards target throughout delivery
- Maximum energy from the action transferred to ball at point of release (to enhance pace, seam, swing or spin)
- Energy continues towards target through to full completion of action and follow-through

If Treddy is available, get him a group to show spin, the grip & the different set up etc

### **Drill;**

Equipment - 6 sets of stumps - cricket balls (Get them to share as there won't be enough)  
Two or three groups depending on numbers.  
U11s pitch length is 17 yards.

Get them to bowl a few - Next lay out cones as a channel for them to run through so they are going straight - Next lay out cones so they know roughly where to follow through.

Lay out cones for landing zone & length

Talk to them about different grips to make the ball swing.

Bowling around 20-30mins

If enough coaches, get any keepers involved - If I'm around I'll do some keeper work too.

Next drill, bit of fielding;

Set the stumps up - 2 to 3 groups - Keepers/coaches at one end - Simple roll outs, pick up and under arm in.

Then move them back, for over arm.

Then remove keepers and get them to hit base of stumps

Last hour, net them but give them task i.e batters no shots in the air, or only leg side shots for example, get them to run 1s, 2s, 3s etc. Bowlers full balls/yorkers or short balls

U13's & U15's;

Over to the coaches for these age groups.

Warm up - Coaches choice, but Bleep test or interval training? - Get them to run 100m at their pace but as fast as they dare, 30 secs rest, then go again. Do it 4-5 times if they can.

**Technical** - Bowling as U11's but they should be able to do this already as they will have heard it many times, but as reminders.

Talk to them about finger position to make the ball swing. Hitting the seam etc.

20 mins

U13s - Duncan normally has this under control.

U15s - I'd do fielding for the rest of the session.

Catching, throwing, running around - We've done nets & had a game previous weeks

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