

Folkestone Cricket Club - Junior Winter Training 2020 - Week 1



- **WARM UP:** Head, shoulders, knees, ball
AIM: Fast reactions, Listening, Competition
EQUIPMENT: Balls, Cones
ORGANISATION: Players find a partner and start facing each other either side of a cone with a ball on top. A few yards behind each player is another cone.
Players touch body parts as instructed by activator.
When they hear 'cone' they race around the cone behind them
When they hear 'ball' they race to pick up the ball quicker than their partner
- **BATTING:** The space race
AIM: Watch and hit a moving ball with a free swing of the bat
EQUIPMENT: Bats, balls, cones
ORGANISATION: Players need to visit as many 'planets' (sets of cones) as possible by dribbling the ball with their bat
Players can visit the planets in any order?
Coaches should aim to get as many players moving as possible?
- **BOWLING:** Star shapes
AIM: Straight arm when bowling and Co-ordinate body movements for bowling action
EQUIPMENT: Balls
ORGANISATION: Players start holding a ball at a start line with a bowling line 5-10 metres away and two target lines beyond that
On the call of "Go" players can move forward towards the bowling line
When the coach shouts "Stars" the players jump into a side on "star shape" with the ball in their outside hand and other hand facing forward
If any players don't get into a star shape within an allotted time they go back to the start line
Once the players reach the bowling line they must jump into the star shape and bowl the ball with a straight arm
- **FIELDING:** Star skills
AIM: Different whole-body movements. Watch and catch a ball
EQUIPMENT: Balls
ORGANISATION: Everyone has a ball and follows the leader. Pass ball around head, waist, knees, and ankles. Figure 8s. Switch ball from one hand to the other
Yo-yo - drop ball and catch before it hits the floor. Throw and catch. Throw, clap and catch. Bounce and catch. Invent your own!
- **GAME:** Continuous cricket

HEADS, SHOULDERS, KNEES, BALL



Heads, Shoulder, Knees...Ball

COMPETITION CORNER

Scores can be kept in one to one matches or accumulate scores for one team versus another. A great way to rotate who plays against who is by forming a competition ladder where after five rounds, the winners move in one direction and the losers move the other way.



Aim

- ✓ Fast reactions
- ✓ Listening
- ✓ Competition

Equipment



Organisation

- ✓ All Stars find a partner and start facing each other either side of a cone with a ball on top. A few yards behind each All Star is another cone.
- ✓ All stars touch body parts as instructed by activator.
- ✓ When they hear 'cone' they race around the cone behind them.
- ✓ When they hear 'ball' they race to pick up the ball quicker than their partner

CHANGE IT! Adaptation / Variation

Easier:

- More time between each instruction
- Use small number of instructions
- Shorten distance to cone behind them
- Use larger balls

More Challenging:

- Speed up the rate of instructions
- Vary instructions to complete tasks as well as finding body parts
- Start with their backs to each other
- Increase distance to cone behind them

GET THE ADULTS INVOLVED

All Stars can play against their adults. Adults can also keep score between a pair of All Stars.

THE SPACE RACE



COMPETITION CORNER

Working in pairs and having a time limit to meet as many planets as possible will create a more exciting and competitive game.



Aim

- ✓ Watch and hit a moving ball with a free swing of the bat.

Equipment



Organisation

- ✓ Players need to visit as many 'planets' (sets of cones) as possible by dribbling the ball with their bat
- ✓ Players can visit the planets in any order
- ✓ Activator should aim to get as many players moving as possible
- ✓ With more space, include more planets.

CHANGE IT! Adaptation / Variation

Easier:

- Use larger ball
- Decrease the size of the course and /or increase the size of the planets
- Play in teams
- Move around without the ball.

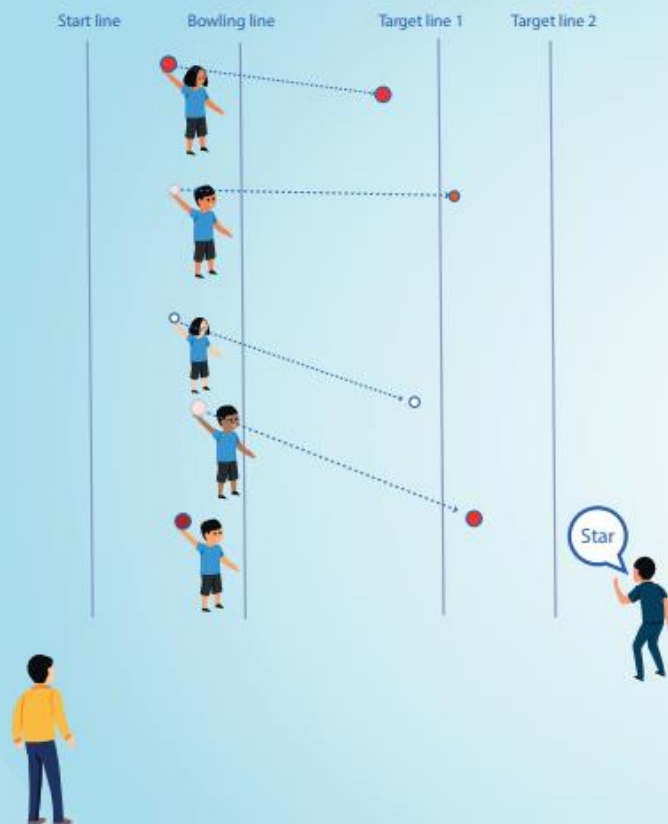
More Challenging:

- Sidestep/different ways of moving between each planet; figure of 8 at each planet
- Bounce ball on bat
- Use stump instead of a bat.

GET THE ADULTS INVOLVED

To make things more fun and challenging for your All Stars introduce adults into the space to act as 'aliens' that get in the way and other adults with beanbags that they can throw at the balls as 'meteors'.

STAR SHAPES



Aim

- ✓ Straight arm when bowling
- ✓ Co-ordinate body movements for bowling action.

Equipment



Organisation

- ✓ Players start holding a ball at a start line with a bowling line 5–10 metres away and two target lines beyond that
- ✓ On the call of 'go' players can move forward towards the bowling line
- ✓ When the Activator shouts 'stars' the players jump into a side-on 'star shape' with the ball in their outside hand and other hand facing forward
- ✓ If any players don't get into a star shape within an allotted time they go back to the start line
- ✓ Once the players reach the bowling line they must jump into the star shape and bowl the ball with a straight arm.

CHANGE IT! Adaptation / Variation

Easier:

- Start with players on the bowling line for their first go already in a star shape
- Reduce the distance to the target line
- Start at walking pace
- Give the All Stars more time to adopt a star shape.

More Challenging:

- Reduce the time to get into star shape
- Increase the distance between bowling and target line
- Decrease the distance between the target lines where the ball has to bounce.

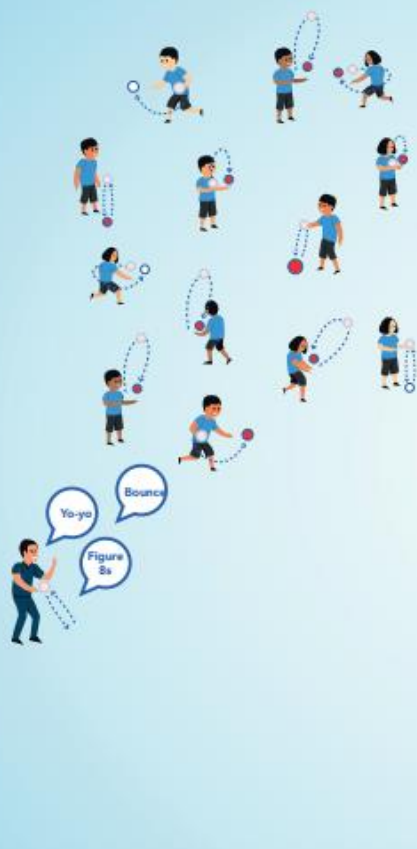
COMPETITION CORNER

Embed competition into this game by grouping the players into teams and creating an aggregate score.

GET THE ADULTS INVOLVED

Asking adults to field the ball and throw it back to their All Star, as well as judging the bowl and keeping score, could be a way to speed up the activity and keep everyone involved.

STAR SKILLS



COMPETITION CORNER

See how many times an All Star can perform a designated skill in 20 seconds. Repeat the exercise to see if they can beat their own personal best.

FIELDING

Aim

- ✓ Different whole-body movements
- ✓ Watch and catch a ball.

Equipment



Organisation

- ✓ Ensure every player has a ball or beanbag
- ✓ All activity should happen whilst moving continually
- ✓ Start by instructing players to try different skills – eg low catch, bounce and catch, roll and retrieve
- ✓ Develop skills that require interaction – eg place your ball on the floor and collect someone else's, swap balls with a partner
- ✓ Encourage players to create the next challenge or skill.

CHANGE IT! Adaptation / Variation

Easier:

- Start with simple skills where the ball doesn't leave the body – ie 'roll it around your belly'
- Start with players standing still to perform the skills
- Decrease the size of the space
- Use larger ball.

More Challenging:

- Increase the amount of and speed of commands
- Move around the space in different ways, such as hopping or sidestepping
- Introduce one-handed catching
- Designate different skills numbers rather than names.

GET THE ADULTS INVOLVED

Kids can be really challenged to be creative by pairing up with their adults and asking each to come up with a skill that their partner can copy.