

Folkestone Cricket Club – Under 9s Junior Winter Training 2020 - Week 2



- **18:00 – 18:15**

WARM UP: Volcanoes & craters

AIM: Get ready for action - Different whole-body movements – Teamwork

EQUIPMENT: Balls, Cones

ORGANISATION: Two teams – volcanoes and craters

Spread cones out over playing area as volcanoes (down) and craters (up)

The teams turn as many of their opposition's cones over as possible

Cones cannot be protected - Use different types of movement around playing area - Count the cones at the end to decide a winner

- **18:20 – 18:35**

FIELDING: Around the Milky Way

AIM: Different whole-body movements - Watch and catch a ball - Throw a ball - Teamwork

EQUIPMENT: Balls, cones

ORGANISATION: Lay out lots of stars as gates using cones

In pairs, players have to visit each star and pass the ball back and forth to complete two catches

Set time limits to see how many catches can be completed

Get pairs to think about their route

- **18:40 – 18:55**

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

- **19:00 -19:30**

GAME: Continuous cricket

VOLCANOES AND CRATERS



Aim

- ✓ Get ready for action
- ✓ Different whole-body movements
- ✓ Teamwork.

Equipment



Organisation

- ✓ Two teams – volcanoes and craters
- ✓ Spread cones out over playing area as volcanoes (down) and craters (up)
- ✓ The teams turn as many of their opposition's cones over as possible
- ✓ Cones cannot be protected
- ✓ Use different types of movement around playing area
- ✓ Count the cones at the end to decide a winner.

CHANGE IT! Adaptation / Variation

Easier:

- Use cones only without balls
- Use two hands to turn cone over
- Match players to ability/age
- Decrease size of playing area

More Challenging :

- Different movement pattern around the space - eg hop/skip/side gallop
- Introduced balls or beanbags
- Play with uneven numbers in team
- Give one team a head start

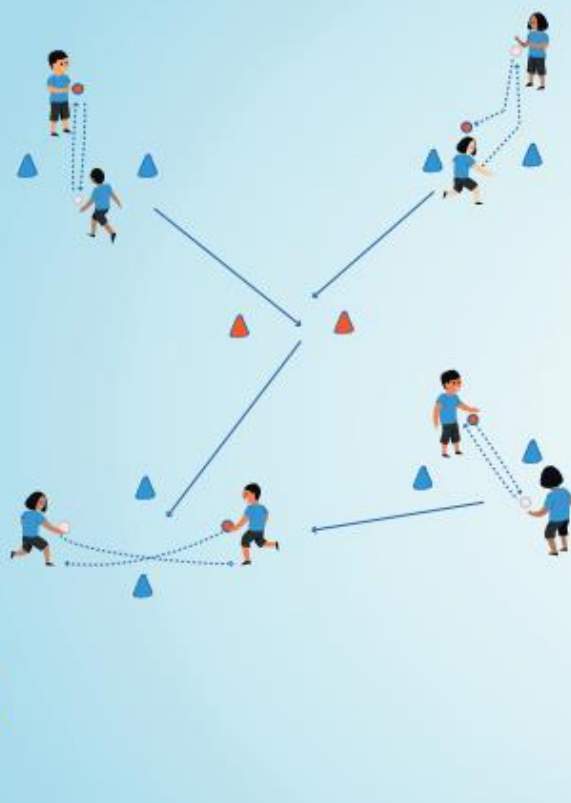
COMPETITION CORNER

Creating teams with uneven numbers, with less developed or younger All Stars in the bigger team, can be a great way of levelling the playing field and challenging older and more developed All Stars.

GET THE ADULTS INVOLVED

Adults versus All Stars in this game can be great fun but maybe also ask the kids to come up with different ways to move around the space.

AROUND THE MILKY WAY



Aim

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

Equipment



Organisation

- ✓ Lay out lots of stars as gates using cones
- ✓ In pairs, players have to visit each star and pass the ball back and forth to complete two catches
- ✓ Set time limits to see how many catches can be completed
- ✓ Get pairs to think about their route.

CHANGE IT! Adaptation / Variation

Easier:

- Decrease size of playing area
- Roll balls between pairs
- Reduce number of gates
- Match players by ability.

More Challenging:

- Introduce one-handed catching, bounce catches and distance between pairs
- Static balance – on one leg
- Move around the space in different ways such as hopping/zigzagging etc
- Increase the size of the playing area.

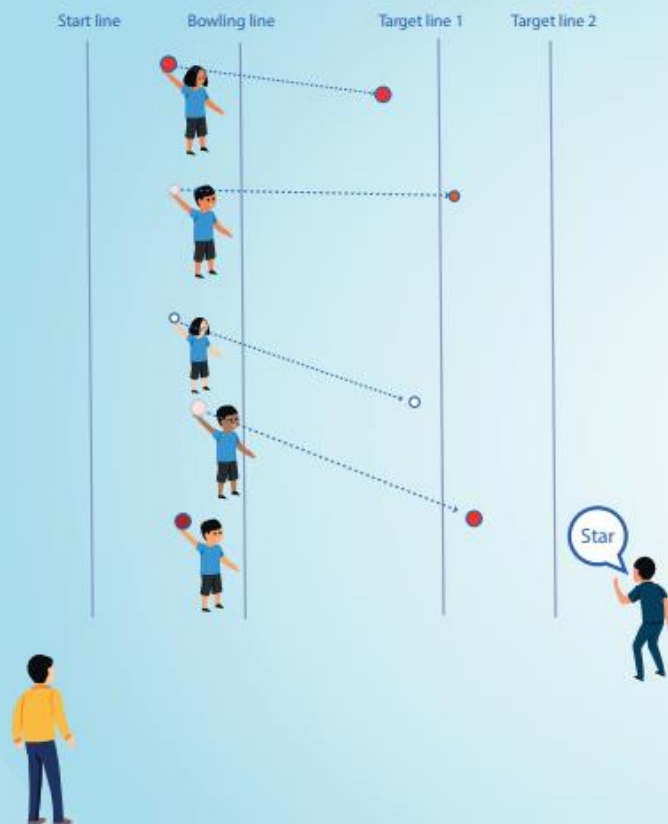
COMPETITION CORNER

Challenge pairs to see how many stars they can visit in 30 seconds BUT put the rule in place that they can't go the nearest star to the one they just visited.

GET THE ADULTS INVOLVED

This game works great if adults pair up with their All Stars and challenge them to take different types of catches at the different planets (high, low, fast etc).

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.