

Folkestone Cricket Club – Under 9s Junior Winter Training 2020 - Week 3



- **18:00 – 18:15**

WARM UP: YES .. NO..WAIT

AIM: Get ready for action - Run between the wickets in straight lines - Develop sliding the bat over the line - Respond to calls and make decisions

EQUIPMENT: Bats, Cones, Stumps

ORGANISATION: Line up all players behind cones or on start line

Batters respond to activator's calls - 'No' = stay still or return to line - 'Yes' = run to opposite side - 'Wait' = move halfway and wait for next call

- **18:20 – 18:35**

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

18:40 – 18:55

BATTING: Deep space batting

AIM: Watch and hit a moving ball with a free swing of the bat - Run between the wickets - Stop, catch, throw - Teamwork

EQUIPMENT: Balls, Bats, Stumps

ORGANISATION: Players play as one batter, 4-6 fielders and a wicketkeeper

Fielders start on a cone and are designated a ball each to field

The coach feeds the balls to the batter who hits each ball and the designated fielder comes out from the cone, chases the ball and run it back into the Activator

The coach feeds the balls quickly so all fielders are out at the same time, once all four are delivered the batter can run to score as many as they can

If the batter misses the ball, the wicketkeeper retrieves it and throws it into the playing area to be fielded

After playing one round players rotate with the wicketkeeper becoming the batter

19:00 -19:30

GAME: Continuous cricket

YES, NO, WAIT



Aim

- ✓ Get ready for action
- ✓ Run between the wickets in straight lines
- ✓ Develop sliding the bat over the line
- ✓ Respond to calls and make decisions.

Equipment



Organisation

- ✓ Line up all players behind cones on start line
- ✓ Batters respond to Activator's calls
- ✓ 'No' = stay still or return to line
- ✓ 'Yes' = run through to other line
- ✓ 'Wait' = slowly sidestep out from line dragging bat and prepare to return to line
- ✓ Encourage the group to repeat the call and all call 'yes' or 'no'
- ✓ Once players have got the idea then ask them to react to the Activator hitting the ball
- ✓ Activator hits ball out of the area (yes)
- ✓ Activator misses the ball (no)
- ✓ Activator hits the ball short into the area (wait).

CHANGE IT! Adaptation / Variation

Easier:

- Use only yes/no calls
- Remove bats
- Reduce running distance

More Challenging:

- Hop/skip/jump variations to move between lines
- Last one back is 'out'
- Run with bat
- Increase running distance

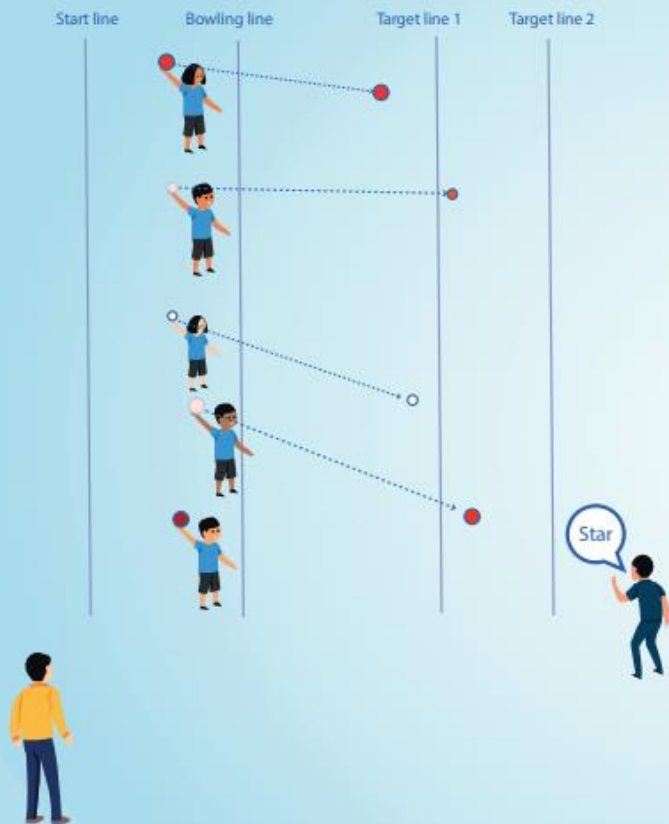
COMPETITION CORNER

Shorten the distance and see how many runs the players can make while the ball is hit and retrieved by the Activator BUT the score goes to zero if they're mid-run when the ball comes back in.

GET THE ADULTS INVOLVED

Get adults on the pitch crossing over with their All Stars as batters do in the full game of cricket, even more fun if the kids get to choose how they move between the lines.

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.

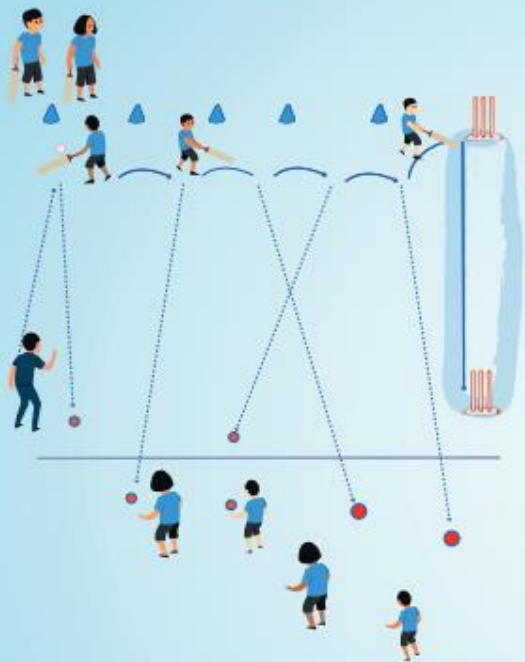
COMPETITION CORNER

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.

DEEP SPACE BATTING



Aim

- ✔ Watch and hit a moving ball with a free swing of the bat
- ✔ Run between the wickets
- ✔ Stop, catch, throw!
- ✔ Teamwork.

Equipment



Organisation

- ✔ Players play as one batter, 4-6 fielders and a wicketkeeper
- ✔ Fielders start on a cone and are designated a ball each to field
- ✔ The Activator feeds the balls to the batter who hits each ball and the designated fielder comes out from the cone, chases the ball and runs it back into the Activator
- ✔ The Activator feeds the balls quickly so all fielders are out at the same time, once all four are delivered the batter can run to score as many as they can
- ✔ If the batter misses the ball, the wicketkeeper retrieves it and throws it into the playing area to be fielded
- ✔ After playing one round players rotate with the wicketkeeper becoming the batter.

CHANGE IT! Adaptation / Variation

Easier:

- Use larger balls
- Drop feed or roll the ball to the batter
- Shorten the running distance to help score more runs
- Activator can assist younger or less developed players by kicking balls further if they don't hit it far.

More Challenging:

- Increase the speed of the bowling
- Encourage the fielders to throw the ball back to Activator
- Vary where the ball is delivered to encourage more developed players to play different shots.

COMPETITION CORNER

This can be turned into a pairs game by having two batters running between the wickets and facing double the amount of balls alternately.

GET THE ADULTS INVOLVED

Although this game works great with six fielders, the more games with small numbers the better, so ask adults to help with running a group.