

Junior Winter Training 2020

Week 4

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;

4 or 5 groups - Cones laid out

Series of walk, stretches, quick feet and side to sides - Approx 5 or 6 and finish with jogging/half pace/three quarter pace/sprint.

Approx 10 mins

Next;

Still in groups - 3 cones laid out in front of each group - Cone 1, 2 & 3.

Call out numbers and they touch cone & run back - Dummy run then race

Approx 10 mins

Reminder of what we did in Week 3 - Bowling, holding the ball, ABCDE, action etc. Ask questions & get them to demonstrate.

Technical - Bowling (Again)

As per last week, briefly run through but get them going quickly;

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.

Split them up into capability groups - 4 groups - If someone is slightly better then swap people around

Lay out cones for run up channel, follow through & landing zone.

Get them bowling.

5-10 mins - Talk to them on what they are doing, can they do anything better, then get them bowling again. If coach is brave enough then bat as it gives them a bit more incentive

Bowling around 20-30mins in all

If enough coaches, get any keepers involved

Next drill, bit of fielding;

Set up 4 stations;

(We need to ask 3 Hills if we can borrow the thick crash mat)

(We need a ramp)

1. Drop balls and catch before second bounce
2. Diving catches
3. Ramp catch and throw at stump (If no ramp, coach to throw)
4. Under arm catches to each other as run troughs

Discuss the technique behind each element - Basically catching (Hands, method of catching, eyes, a good throw, pick up etc)

Approx

Drill;

3 Groups - 3 bean throw and catching involving a keeper.

Drill (If time)

3 Groups - Set of stumps at end with keeper or coach catching - Roll outs and under arm in, then move to over arm.

If they are keen swop position of where coach rolls out to the group.

Last 5 if time - Score 21 as quick as possible - Running 4's

U13's & U15's;

Over to the coaches for these age groups.

Warm up - Coaches choice, as U11's - Leave that to you Dunc's whatever you think ?

Technical - Bowling as U11's again - How can they improve? Can they self assess?

Might do a bit of fielding too - Johnny needs keeping work

20 mins

U13s - Duncan normally has this under control.

U15s - Netting - Roy Downey has kindly agreed to assist with the 15's.

Last 10 mins - Nets back and run them as 11's but 26 runs.

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