

Junior Winter Training 2020

Week 5

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;

Focus is fielding; The physical and mental side of the game. Talk about test matches and the concentration & fitness required.

Warm up;

Coaches choice.

Suggest cone work with feet and fitness.

Technical - Fielding (Catching & throwing)

Run through last week and get them to say what they did and the aspects we were looking for

Drill;

Throwing

Equipment - 8 sets of stumps - Incrediballs or cricket balls (*Ask them what they want to use but just make them aware of the difficulty of picking up the hardball inside, and jamming their finger between the hard floor and the ball*)

Two or three groups ?

Stumps at pitch length - U11s pitch length is 17 yards.

Need keepers and coaches as keepers - Coach rolls out from stumps one end, kids at the other end attack and under arm in to keeper. Start with straight rolls then go left hand side, then right hand side. (Quite difficult if 3 groups but use your discretion/noodle!)

Watch what they do first run through.

Talk to them about the start/ready position i.e slightly crouched and ready to get the ball (Helicopters and aeroplanes!).

Energy in attacking the balls.

Looking ideally for the one hand attack so picking up the ball in front of their lead foot and underarming in in one movement ideally. (Mention about the difference of being out and not out just by this method)

Run through 4-5 times.

Next move the stumps back or out of the way - Kids move right back. Same thing but overarm throwing. (We're looking for two handed collection this time not one handed)

Run through a few times and see what they do.

After, talk to them about technique, so the modern method of collection is to pick up with two hands but make sure your foot is behind the ball in case it is missed.

Discuss the side on position for throw, balanced, aiming arm, throwing arm and holding the ball, and the movement/energy forward in the throw. (No hand grenade throwing)

Run through 4-5 times - Approx 20 mins overall

Rest & set up for next.

Drill;

Catching

Explain the technique of catching - Strong balanced position to receive the ball, present a comfortable and maximised catching area of the hands, hand & head in line with the ball.

Partner up - and get them facing each other on the green line in the centre of the hall. Nothing silly, just waist high underarms to each other as many catches as possible in 2 mins.

Next one handed, left hand.

Next one handed, right hand.

Move them back - Overarm, catching 'English' method i.e two handed, in front of eyes, conventional

Next get them to try 'Aussie' style i.e overhand, higher, above head slightly so they can see. Mention hand position i.e together so ball can't burst through and hit them on the face, and position of hands so they can see the ball.

Just explain to them they can use either method (or any method really) whichever is most comfortable for them and they are catching the ball most times.

Approx 15 mins overall

Coaches choice - But do a game of some sort - Get them to use the principles during the session that they've learnt over the last 5 weeks.

If a game, change it up. Put the better players under pressure/slightly unfair, see how they cope. eg if batting they must play a cover drive or they are out or bowler must bowl a yorker etc etc

U13's & U15's;

Over to the coaches for these age groups.

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

Technical - Fielding; Stopping, throwing & catching as U11's but more intense.

They should know most of the basics but do re iterate.- How can they improve? Can they self assess?

Get keepers involved

20-30 mins

U13s - Duncan normally has this under control. Utilise better U13s with the 15s too. i.e Isaac & Ryder and any others ?

U15s - Split the group - Get 2 nets down and have a small group in the net for Roy to assess (if he's able to attend) and then to the side a small group doing fielding. Rotate the group around.

Last 5 mins - Cone game

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