

## Junior Winter Training 2020

### Week 6

#### **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;**

**Reminder of what we had done before the half term break ; Hitting the ball, bowling, fielding & catching**

**Focus; Batting - Judging line, length, playing & leaving. (Not hitting the ball hard)**

Warm up;

Keep ball - Split in to 4 groups and split hall in half. Mark out in cones the 'pitch'

Team 1 V Team 3, Team 2 V Team 4

Start underarm below shoulder height - Team must make 5 passes to a team mate to score a point. They keeping going unless the ball is intercepted or missed or dropped.

Next overarm, any height but it must go to 5 different team mates to score.

Mix it up; start with tennis ball, change to Incrediball, change to cricket ball, add a second ball, change the rules i.e. one bounce or roll along the floor.

10 mins

Quick drink;

**Drill;** Bats & tennis balls - 5 mins of keepy ups with bat - This is to see how they watch the ball/keep their eye on the ball, balance, control of ball etc.

5 mins

Bring them in to discuss line & length; How do they judge this? What are they watching?  
How can they approach this ?

Nets down

Split them in to groups of 4s or 5s ideally - Will need a coach with each group.

Set of stumps for batting - Tennis balls - Lay out 2 cones (same colour) for full length, good length, short length.

Batman steps up - Remember set up - Coach throws ball in whichever zone & batsman calls "full" or "good" or "short" - 3 balls each - We're looking for their first movement, the trigger. They can play shots or defend so long as its safe

Watch what they do first then discuss the trigger after a few goes.

Have three rounds each.

Mention practice that can be done anywhere to judge line (Use lines in hall or tape or piece of string)

Piece of homework for them.

Also use of cones to practice straight, off side and leg side shots.

**Drill;** Playing or leave

Thinking about our position from the above drills;

Set of stumps & tennis balls - Again in their same groups. (Cones away now)

Set up at the stumps, coach throw variation of balls. They can only defend or leave.

Mix up the throws full, short, length, wide etc

3 goes each and get through as many as possible.

Approx 20-30 mins in all

Main - Nets.

Split them up in to capability groups.

A team from last year B team etc - If some kids are better or struggling, don't be afraid to move them up & down in to different groups.

For the better group, they need some purpose. Split them in to two teams - Pairs of batsmen. A coach will need to umpire. Score points for good batting/shots, points for good bowling etc. Keep score. Get them to run & rotate. Could use if they're out they're out but see how it goes.

For the other groups, coach should judge best on how to approach i.e. in line with the above or ease back or just nets & get them doing the right things.

Possibly do some keeper drills or get them involved.

### **U13's & U15's;**

Warm up - As U11's - or leave that to you Dunc's whatever you think ?

**Technical** - As U11s

U13s - Duncan normally has this under control but perhaps as below ?

U15s - Netting - Again use the approach as for the U11s. You can have one net a generic with Roy giving advise, then the other net where they are scoring points. Rotate them from Roys net in to the points net.

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