Folkestone Cricket Club – Under 9s Junior Winter Training 2020 - Week 4

- **18:00 – 18:15 – JOINT U6 and U9s WARM UP**

  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 – SPLIT INTO 2 GROUPS – U6s and U9s**

  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: **Caterpillar cricket**

  AIM: Watch and hit a moving ball with a free swing of the bat - Watch and catch a ball - Throw a ball - Teamwork

  EQUIPMENT: Balls, Bats, Stumps, Cones

  ORGANISATION: Two teams, one batting and one fielding - A bowler delivers the ball to a member of the batting team

  After the ball is hit, everyone from the batting team needs to complete a run by going around the cones laid out

  No runner can overtake the player who hit the ball

  While the batting team is running, the fielders need to collect the ball, complete three catches within their team and return the ball to the bowler

  Once the bowler has the ball, they must shout 'How's that!'

  A run is scored for every member of the team that completed a run before 'How's that' was shouted - Once everyone has batted, swap the teams over

  19:00 -19:30

  GAME: **Continuous cricket for U9s and Rounder's for U6s**

VOLCANOES AND CRATERS

WARM-UP

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.

STAR SHAPES

Start line   Bowling line   Target line 1   Target line 2
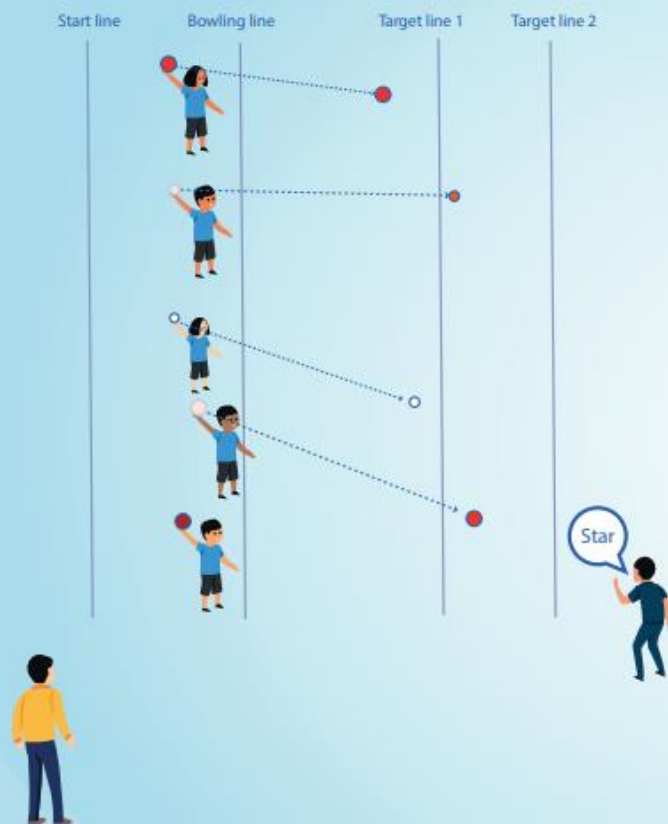
Star

BOWLING

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.

CATERPILLAR CRICKET
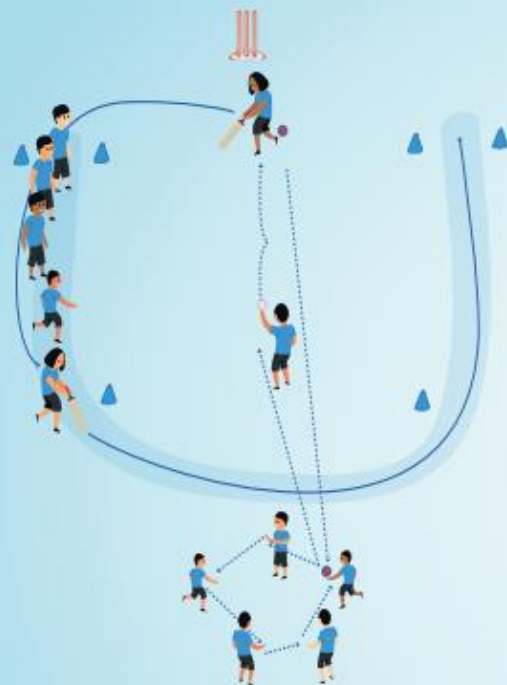
BATTING

Aim
- Watch and hit a moving ball with a free swing of the bat
- Watch and catch a ball
- Throw a ball
- Teamwork.

Equipment

Organisation
- Two teams, one batting and one fielding
- A bowler, Activator or volunteer delivers the ball to a member of the batting team
- After the ball is hit, everyone from the batting team needs to complete a run by going around the cones laid out
- No runner can overtake the player who hit the ball
- While the batting team is running, the fielders need to collect the ball, complete three catches within their team and return the ball to the bowler
- Once the bowler has the ball, they must shout 'How's that!'
- A run is scored for every member of the team that completed a run before 'How's that' was shouted
- Once everyone has batted, swap the teams over.

CHANGE IT! Adaptation / Variation

Easier:
- Drop feed or rolling feed for the batter to hit
- Fielders have to make more throws and catches before returning ball
- Use larger ball
- Reduce running distance.

More Challenging :
- Increase the speed of the bowl
- Fielders have to make fewer throws before the ball can be returned
- Longer running circuit
- Hit more than one ball before running.

COMPETITION CORNER
Introduce a point for each player a catcher tags and work in pairs/teams to score the most points.

GET THE ADULTS INVOLVED
Using adults as taggers in this game gets more kids involved in running.