

## Folkestone Cricket Club – Under 9s Junior Winter Training 2020 - Week 5



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

**WARM UP: Lost in space**

**AIM:** Get ready for action - Use different whole-body movements - Watch and catch a ball

**EQUIPMENT:** Balls, Cones

**ORGANISATION:** Two or three players are picked as catchers, with the rest of the group as runners who are given a ball each

Runners have to avoid being tagged by the catchers

If tagged, a runner must stand with their legs apart and their hands on their head – they are lost in space

To be released, a free runner must roll their ball between the legs of a runner who is lost in space

Activator can time the game, or play until all runners become lost in space

- **18:20 – 18:35 – SPLIT INTO 2 GROUPS – U6s and U9s**

**BOWLING: Star strike**

**AIM:** Straight arm when bowling - Co-ordinate body movements for bowling action

**EQUIPMENT:** Balls, Cones, Stumps

**ORGANISATION:** In pairs or small groups, bowlers attempt to hit the cones and stumps

Bowlers rotate with wicketkeeper after each attempt

- **18:40 – 18:55**

**FIELDING: Meteor shower**

**AIM:** Fast and accurate footwork - Accurate throwing

**EQUIPMENT:** Balls, Stumps, Rope

**ORGANISATION:** Juniors start behind a line holding balls and bean bags

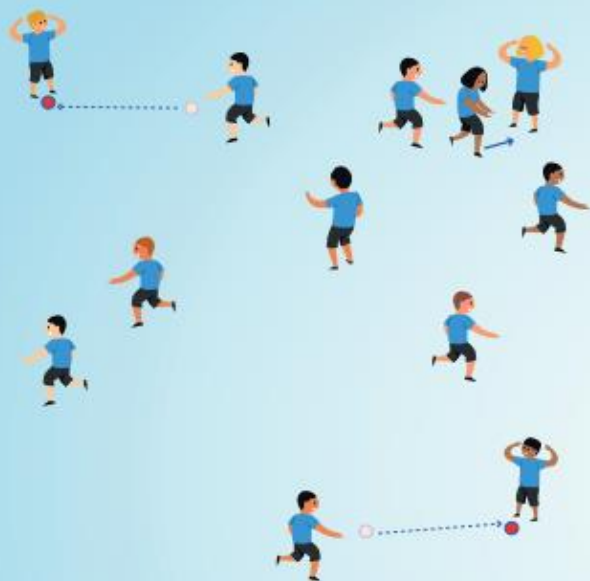
Target stumps are set up an appropriate distance away. Juniors try to knock stumps down

Adults past the stumps throw balls beyond the juniors who have to retrieve them and return to throw them again until all the stumps are knocked down

**19:00 -19:30**

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

# LOST IN SPACE



## Aim

- ✓ Get ready for action
- ✓ Use different whole-body movements
- ✓ Watch and catch a ball.

## Equipment



## Organisation

- ✓ Two or three players are picked as catchers, with the rest of the group as runners who are given a ball each
- ✓ Runners have to avoid being tagged by the catchers
- ✓ If tagged, a runner must stand with their legs apart and their hands on their head – they are lost in space
- ✓ To be released, a free runner must roll their ball between the legs of a runner who is lost in space
- ✓ Activator can time the game, or play until all runners become lost in space.

## CHANGE IT! Adaptation / Variation

### Easier:

- Use large balls
- Increase playing space to avoid catchers
- Play in teams
- Run through legs of stuck players

### More Challenging:

- Use small balls for catching
- A catch and return throw to release stuck players
- Change how players move round the area
- Decrease space to avoid catchers

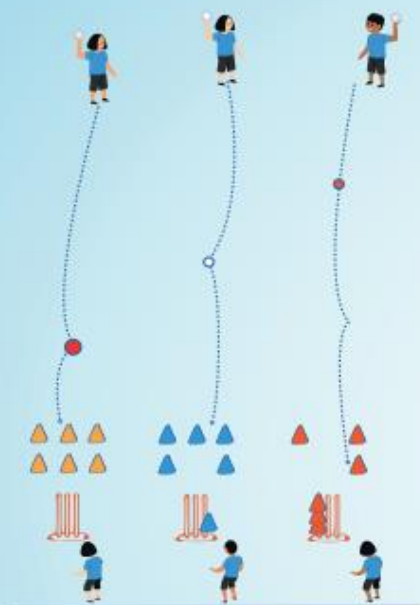
## COMPETITION CORNER

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.

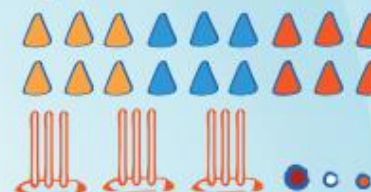
# STAR STRIKE



## Aim

- ✔ Straight arm when bowling
- ✔ Co-ordinate body movements for bowling action.

## Equipment



## Organisation

- ✔ In pairs or small groups, bowlers attempt to hit the cones and stumps
- ✔ Bowlers rotate with wicketkeeper after each attempt
- ✔ If a cone is hit it is placed on the stumps
- ✔ The first team that hits the most cones wins.

## CHANGE IT! Adaptation / Variation

### Easier:

- Bowl from a stationary star shape to begin
- Decrease pitch length
- Have more cones to hit
- Use larger ball.

### More Challenging:

- Spread out the cones
- Decrease team size
- Increase pitch length
- Develop to having a run up to bowl.

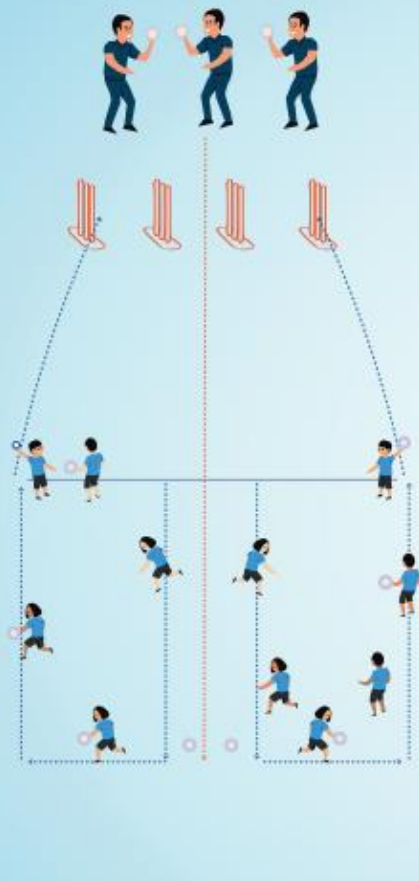
## COMPETITION CORNER

Place scores on different coloured cones, with the same coloured cones grouped together, and with double points for hitting the cones and the stumps in one bowl. Players can aim to beat their score each time.

## GET THE ADULTS INVOLVED

Using adults as the wicketkeeper and returning the ball to their All Star in this game will mean that kids can get more chances to bowl in this game.

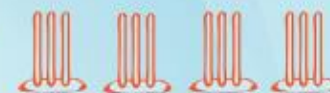
# METEOR SHOWER



## Aim

- ✓ Fast and accurate footwork
- ✓ Accurate throwing

## Equipment



## Organisation

- ✓ All Stars start behind a line holding balls and bean bags.
- ✓ Target stumps are set up an appropriate distance away. All Stars try to knock stumps down.
- ✓ Adults past the stumps throw balls beyond the All Stars who have to retrieve them and return to throw them again until all the stumps are knocked down

## CHANGE IT! Adaptation / Variation

### Easier:

- Stumps are closer to the throwing line
- Use bigger balls
- Adults don't throw the balls so far beyond the All Stars

### More Challenging:

- Stumps are further away from the throwing line
- Adults stand between All Stars and stumps and hit balls away
- Adults throw balls a long way beyond All Stars for them to retrieve
- Only use small balls

## COMPETITION CORNER

Individuals can keep score of how many stumps they hit. All the All Stars can also work as one big team to knock down all the stumps as quickly as possible. Their times can be compared to other groups.

## GET THE ADULTS INVOLVED

Adults are essential to keep the balls being thrown beyond the All Stars. Adults can also perform the role of batters trying to stop the balls hitting the stumps