

Folkestone Cricket Club – Under 9s Junior Winter Training 2020 - Week 6



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

WARM UP: YES .. NO..WAIT

AIM: Get ready for action - Run between the wickets in straight lines - Develop sliding the bat over the line - Respond to calls and make decisions

EQUIPMENT: Bats, Cones, Stumps

ORGANISATION: Line up all players behind cones or on start line

Batters respond to activator's calls - 'No' = stay still or return to line - 'Yes' = run to opposite side - 'Wait' = move halfway and wait for next call

Video link: <https://icoachcricket.ecb.co.uk/index.php?r=entryLevelActivity/view&id=135>

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

BOWLING: Rapid rocket bowling

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

EQUIPMENT: Balls, Cones, Stumps

ORGANISATION: In pairs or smaller groups, one bowling and one keeping wicket

Bowler aims to land their ball in the target area

After six balls, swap roles

Video link: <https://icoachcricket.ecb.co.uk/index.php?r=entryLevelActivity/view&id=136>

- **18:40 – 18:55**

FIELDING: Catching comets

AIM: Watch and catch a ball - Throw a ball - Teamwork

EQUIPMENT: Balls, Bean bags, Cones

ORGANISATION: In pairs, players form a circle with the rest of the group and stand opposite their partner

All pairs then throw and catch their ball at the same time

Video link: <https://icoachcricket.ecb.co.uk/index.php?r=entryLevelActivity/view&id=134>

19:00 -19:30

GAME: Continuous cricket for U9s and U6s

Please register with the ECB icoach website – its free and you can use it on your mobile or tablet on the night

Click on the links above – click “Sign in or register” at the top right – then New User

YES, NO, WAIT



COMPETITION CORNER

Shorten the distance and see how many runs the players can make while the ball is hit and retrieved by the Activator BUT the score goes to zero if they're mid-run when the ball comes back in.



Aim

- ✓ Get ready for action
- ✓ Run between the wickets in straight lines
- ✓ Develop sliding the bat over the line
- ✓ Respond to calls and make decisions.

Equipment



Organisation

- ✓ Line up all players behind cones on start line
- ✓ Batters respond to Activator's calls
- ✓ 'No' = stay still or return to line
- ✓ 'Yes' = run through to other line
- ✓ 'Wait' = slowly sidestep out from line dragging bat and prepare to return to line
- ✓ Encourage the group to repeat the call and all call 'yes' or 'no'
- ✓ Once players have got the idea then ask them to react to the Activator hitting the ball
- ✓ Activator hits ball out of the area (yes)
- ✓ Activator misses the ball (no)
- ✓ Activator hits the ball short into the area (wait).

CHANGE IT! Adaptation / Variation

Easier:

- Use only yes/no calls
- Remove bats
- Reduce running distance

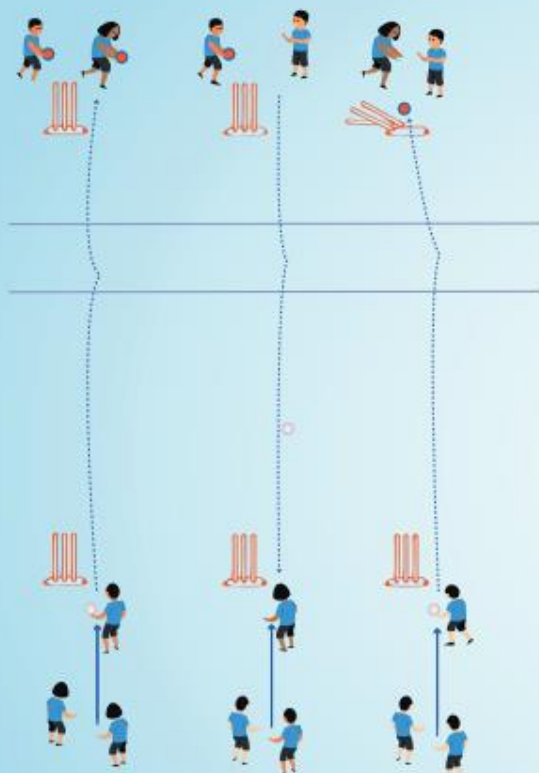
More Challenging:

- Hop/skip/jump variations to move between lines
- Last one back is 'out'
- Run with bat
- Increase running distance

GET THE ADULTS INVOLVED

Get adults on the pitch crossing over with their All Stars as batters do in the full game of cricket, even more fun if the kids get to choose how they move between the lines.

RAPID ROCKET BOWLING



COMPETITION CORNER

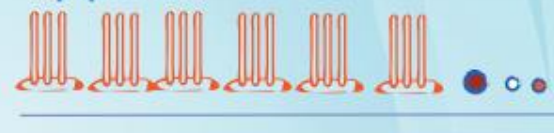
Using another two ropes or cones, include a smaller target area inside the original target area. If it lands in the outer area, the bowler scores 5 points and if it lands in the inner area they score 10 points. Bowl six balls, keep their score and see what the highest score is that they can achieve.



Aim

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

Equipment



Organisation

- ✓ In small groups make one player a wicket keeper and ball returner and have the others bowling in turn. The aim is to bowl the ball and bounce it between the two ropes in the target area
- ✓ If the ball bounces in the area teams score a point and if it then goes on to hit the stumps its 5 points
- ✓ Swap the wicket keeper after 6 balls

CHANGE IT! Adaptation / Variation

Easier:

- Decrease pitch length
- Aim for target rather than stumps
- Use larger ball and/or two sets of stumps
- Match players by ability.

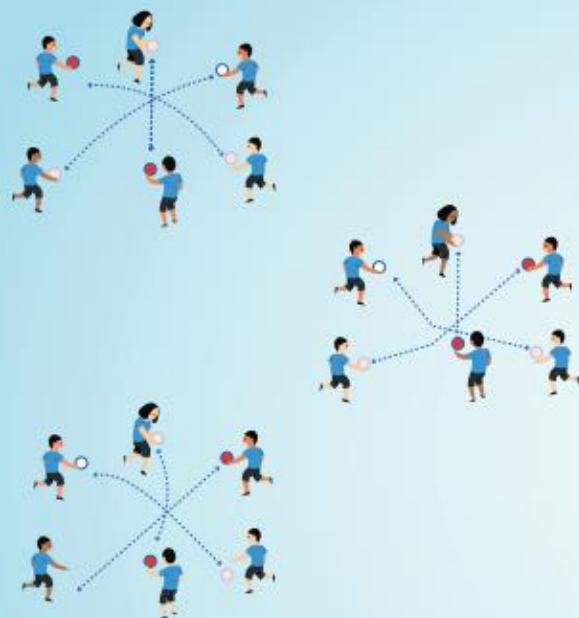
More Challenging:

- Increase pitch length
- Remove stump each time one is hit until none are left
- Use smaller ball
- Compete in a relay against other pairs or teams.

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

CATCHING COMETS



Aim

- ✓ Watch and catch a ball
- ✓ Throw a ball
- ✓ Teamwork.

Equipment



Organisation

- ✓ In pairs, players form a circle with the rest of the group and stand opposite their partner
- ✓ All pairs then throw and catch their ball at the same time.

CHANGE IT! Adaptation / Variation

Easier:

- Smaller circle
- Underarm throws or roll the ball
- Larger balls or beanbags
- Match pairs by ability.

More Challenging:

- Bigger circle
- After a catch, take a step back and/or use different throws
- Smaller balls and/or obstacles such as stumps
- Ask players to change rules, play in trios instead of pairs.

COMPETITION CORNER

Split into two teams in equal sized circles with one ball in each circle. Everyone in the circle must throw and catch the ball in a race to see which team comes first.

GET THE ADULTS INVOLVED

If adults are paired up with their All Star in this activity, they can challenge their own kids, with different types of catch, at the right pace. Also why not make it competitive with kids v adults challenges.