

## Junior Winter Training 2020

### Week 7

#### **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 last week; Judging line & length**

#### **Focus;**

Warm up;

Old school;

4 or 5 groups - They work as a team in a line and keep moving i.e. Instruct when they get close to coming back  
Start at one end of the hall and go 3/4 of the way down (Mark with a cone) - So they don't crash in to each other, get them going up the left hand side and back the right hand side. (Don't need the cones as the diagram necessarily)

1. Up - slow jog, Back - high knees
2. Up - Flick up at the back, Back - jog
3. Up - Side to sides facing wall, Back- Side to side facing curtain
4. Up - Two steps forward, one back, Back - 3/4 pace sprint
5. Up - Rotate shoulder clockwise (Arms out to side and round & round) whilst jogging, Back - Ditto but anti clockwise
6. Up - 5 press ups & sprint, Back - 5 sit ups and sprint
7. Get a ball ready - Up - Throw ball to each other up the line & back down, Back - Ditto
8. Sprint up & back

10 mins

Quick drink;

**Drill; Batting - Short ball and playing & leaving.**

Bring them in to discuss type of shots to play to the short ball - Pull, hook, cut. But also sometimes to leave the ball - They need to think about how & when - Don't forget & ask them the very first thing - THE SET UP - Can also mention the trigger movement (See if they know what this is)

Nets down

Split them in to groups of 4s or 5s ideally - Will need a coach with each group. Break them up in to capability groups (Duncan as you mentioned last week, if you can take the weaker group and concentrate on the basics )

**Demonstration** - Need to demonstrate the 3 shots (Technique; High to low on pull, similar on cut, hook different ) - Can bounce or throw on the full (Reason for throw on the full is as a feed it will be easier and safer rather than trying to bounce a cricket ball in to the floor which will need some pace on it!)

Set of stumps for batting - Tennis balls (or cricket balls if the more able want to use but they will need full kit)

Batman steps up - Remember set up - Coach bounces ball short or throws ball on the full – 3 balls each - We're looking for their first movement, the trigger. They can play shots or leave.

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

Look at traditional pull shot i.e. square leg area and modern i.e early on the pull in front of square.

Keep going until time used up.

Depending on the groups capability the coach will have to judge what to introduce. i.e if a group are struggling, rein it right back to basics and keep it simple.

30 mins

Main - Nets.

Split them up in to capability groups.

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

Cricket balls - There will be some without kit so will have to be soft balls or use kit in store outside

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 keepers 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.**