

## Junior Winter Training 2020

### Week 8

#### **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; Short ball, playing & leaving**

**Focus; Other shots - Defence/Drives, legside (Glances & whip), sweep**

Warm up;

Stations

1. Side to side & take a catch at the top
2. Forwards & back catches
3. Side to side & throw
4. Hop & go
5. Run 4 (Bat slide)
6. Bench balance & catch

10-15 mins

Quick drink

## **Drill; Batting - Defence/Drives, legside (Glances & whip), sweep - Stations**

Bring them in to discuss type of shots to be played to full balls, legside balls/in-swinging balls, and to spinners primarily - Don't forget & ask them the very first thing - THE SET UP - Nets down

Each net will be a station with perhaps the middle bit between nets with Duncan picking up last week with the slightly weaker group working on getting the grip, set up, and playing straight. Can also work on the shots too.

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

**Demonstration** - Need to demonstrate each shot - so they will need to come round and view. (Treddy if available to demo?)

### Defence/ Drive

Part 1 - 3 cones in front of them (Offside, straight, leg side) - Set up then front foot defend/drive (No balls involved) - Need to listen to the call "defend" where they stop just before the cone or "drive" where they flow through with a full shot

Part 2 - Ditto but with a ball

Part 3 - If time - Drop feeds

### Legside

Part 1 - Slightly shorter and ball towards leg - Clip off thigh towards fine leg (may be difficult for them so coach will need to judge)

Probably use of tennis balls is best but can use cricket balls if in full kit.

Part 2 - Slightly fuller ball but again on legside - Whip to anywhere from just behind square to mid on.

### Sweep

Part 1 - Conventional behind square to fine leg - Full ball - Start in a front on position and get them to just help the ball behind. Progress this to actual shot

Part 2 - Modern slog sweep in front of square - Start using cones and hitting ball off. Progress to bobble feed.

Part 3 - If time, reverse sweep

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.

10-15 mins in each

Last 30 mins - Nets or keep going with drills depending how they work

Split them up in to capability groups as per last week

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

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 U11's but not separate drills. Split them in to groups. The coach feeds the ball and calls out/informs the player what shot to play.

Ask them cricket ball or softball. They will obviously need full kit if cricket ball.

20-30 mins

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

U15s - Netting & fielding - One net of batting etc with Roy - 2 bowlers bowling 6 balls alternately - 2 batters. Rotate bowlers in and out and use batsmen as and when.

Other side some fielding & catching

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