

## Junior Winter Training 2020

### Week 9

#### **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; Defence & drive (Did any of them do any home work ?)**

#### **Focus; Batting - Other shots - Sweep**

Warm up;

Set up - 4 or 5 sets of stumps, a plastic bat on each, a tennis ball on each, a cone approx 3-4 m away as a bowlers mark on each (That's it we'll, come back to this)

First get them to do a few stretches - Simply shoulder pulls overs, windmills on arms, leg stretches etc - About 5 or 6

About 2-4 mins

Next split them in to 4 or 5 teams, for a warm up game of test match - 1 batter, 1 keeper and the rest fielders all close round the bat. Coach/assistant bowls

Bowler throws and batter plays or leaves. They can be out bowled, caught on the full or one hand one bounce, and 3 misses.

#### **NO ATTACKING SHOTS**

Its to get them to play a defence, or glances or leaves - just trying to manoeuvre the ball around without whacking it. It won't be easy for them, and may frustrate batters.

Everyone to have a bat

About 10-12 mins

Quick drink

### **Drill; Batting - Sweep**

Nets down

**Duncan - If you want to continue your good work with the lesser ones or if you want to do this shot too? Leave that up to you**

Bring them in to discuss type of sweep shots to be played. Which type of bowling generally do they play a sweep shot to i.e. a spinner. Also discuss in the modern game sweep shots are played to all types of bowling - Quick & slow

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.  
Each net will be a station - If Treddy is there perhaps he can demo

**Demonstration** - Need to demonstrate each type of sweep shot - so they will need to come round and view.

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 stumps with ball on top and hitting ball off (if this is possible) but if not under arm bobble feed Progress to bobble feed if stump thing works

Part 3 - If time, reverse sweep (Again Treddy is probably best to demonstrate and give the technique)

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.

Make sure they are aware this type of shot doesn't necessarily involve power but timing and being delicate in playing the ball, using the pace of the ball to the bat (not necessarily hitting it)

10-15 mins in each

Last Hour - Nets with hard ball

Split them up in to capability groups as per last week

For the better group, make sure they work hard as if in a game.

Batters in pairs - Get them to judge their own shots if good or bad - Running 1s, 2s & 3s based on the shot.

Bowlers in tandem. Tell them what sort of ball to bowl (Concentrate on stock balls and length, and then add in the odd varying ball eg Yorkers

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. 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.

If they are out, they are out - Remaining batsman on their own till, someone else is ready

Other side some fielding & catching - Use keepers

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