

## Folkestone Cricket Club – Under 9s Junior Winter Training 2020 - Week 7



- **18:00 – 18:15 – JOINT U6 and U9s WARM UP: Volcanoes & craters**  
**AIM:** Get ready for action - Different whole-body movements – Teamwork  
**EQUIPMENT:** Balls, Cones  
**ORGANISATION:** Two teams – volcanoes and craters  
Spread cones out over playing area as volcanoes (down) and craters (up)  
The teams turn as many of their opposition’s cones over as possible  
Cones cannot be protected - Use different types of movement around playing area - Count the cones at the end to decide a winner  
Video link: <https://icoachcricket.ecb.co.uk/index.php?r=entryLevelActivity/view&id=119>
  - **18:20 – 18:35 – SPLIT INTO 2 GROUPS – U6s and U9s**  
**BATTING: Three bats**  
**AIM:** Batters hit the ball and score runs - Fielders get the ball quickly - Communication  
**EQUIPMENT:** Cones, Balls, Stumps, Bats  
**ORGANISATION:** Split group into a batting team and a fielding team. The batting team start with three bats and the coach starts with the same  
When the batter hits the balls, they run around a cone and pass their bat onto the next person in the queue who doesn’t have one  
Fielders will retrieve the balls and get them back to the coach who can bowl as soon as a they have a ball in hand  
If the batter is bowled or caught, the team loses a bat. When they lose all three bats the teams swap  
Video link: <https://icoachcricket.ecb.co.uk/index.php?r=entryLevelActivity/view&id=137>
  - **18:40 – 18:55 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  
Video link: <https://icoachcricket.ecb.co.uk/index.php?r=entryLevelActivity/view&id=69>
- 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

# VOLCANOES AND CRATERS



## Aim

- ✓ Get ready for action
- ✓ Different whole-body movements
- ✓ Teamwork.

## Equipment



## Organisation

- ✓ Two teams – volcanoes and craters
- ✓ Spread cones out over playing area as volcanoes (down) and craters (up)
- ✓ The teams turn as many of their opposition's cones over as possible
- ✓ Cones cannot be protected
- ✓ Use different types of movement around playing area
- ✓ Count the cones at the end to decide a winner.

## CHANGE IT! Adaptation / Variation

### Easier:

- Use cones only without balls
- Use two hands to turn cone over
- Match players to ability/age
- Decrease size of playing area

### More Challenging :

- Different movement pattern around the space - eg hop/skip/side gallop
- Introduced balls or beanbags
- Play with uneven numbers in team
- Give one team a head start

## COMPETITION CORNER

Creating teams with uneven numbers, with less developed or younger All Stars in the bigger team, can be a great way of levelling the playing field and challenging older and more developed All Stars.

## GET THE ADULTS INVOLVED

Adults versus All Stars in this game can be great fun but maybe also ask the kids to come up with different ways to move around the space.

# THREE BATS



## Aim

- ✓ Batters hit the ball and score runs
- ✓ Fielders get the ball quickly
- ✓ Communication

## Equipment



## Organisation

- ✓ Split All Stars into a batting team and a fielding team. The batting team start with three bats and the activator starts with the same.
- ✓ When the batter hits the balls, they run around a cone and pass their bat onto the next person in the queue who doesn't have one.
- ✓ Fielders will retrieve the balls and get them back to the activator who can bowl as soon as a they have a ball in hand.
- ✓ If the batter is bowled or caught, the team loses a bat.
- ✓ When they lose all three bats the teams swap

## CHANGE IT! Adaptation / Variation

### Easier:

- Increase the number of bats the team starts with
- Reduce the distance they have to run
- Use larger balls
- Start fielders a greater distance from the batter

### More Challenging:

- Reduce the number of bats the team starts with
- Increase the distance the batting team has to run
- Use smaller ball
- Increase number of ways batters can lose lives e.g. three misses in a row

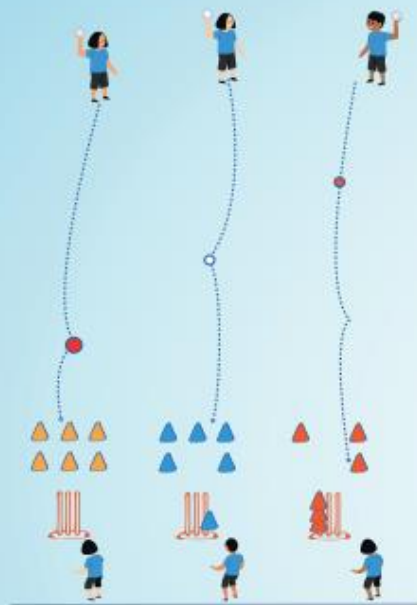
## COMPETITION CORNER

Teams can count the number of runs they score until they've lost all their bats. To add some variation, add some target zones to score bonus runs. You can play multiple innings and accumulate scores or start again each time.

## GET THE ADULTS INVOLVED

Adults can be really useful as wicket keepers or helping the line to organise and keep the game flowing. This should be a fast paced fun game so use adults to help that.

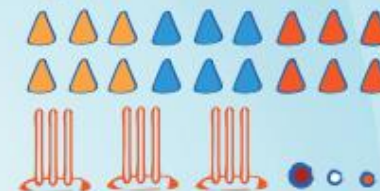
# STAR STRIKE



## 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.