

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



### **18:00 – 18:15 – JOINT U6 and U9s WARM UP: Pass the comets**

**AIM:** Watch and catch a ball - Throw a ball - Team work

**EQUIPMENT:** Balls, Cones, Bats, Stumps

**ORGANISATION:** Spread cones of different colours around the playing area

Fielders start on a cone and the batters start at each of their stumps

When the coach calls a colour the fielders run out to stand on a cone of that colour

The coach passes the ball to the first fielder who throws it to the next fielder and so on until the ball has passed around all players

Whilst the ball is being passed around the pair of batters score as many runs as they can by running between the wickets

Video Link: <https://icoachcricket.ecb.co.uk/activity/all-stars-cricket/704>

SPLIT the U6s and U9s into separate groups for the activities

- **18:20 – 18:35 - BATTING: Deep space batting**

**AIM:** Watch and hit a moving ball with a free swing of the bat - Run between the wickets - Stop, catch, throw - Teamwork

**EQUIPMENT:** Balls, Bats, Stumps

**ORGANISATION:** Players play as one batter, 4-6 fielders and a wicketkeeper.

Fielders start on a cone and are designated a ball each to field

The coach feeds the balls to the batter who hits each ball and the designated fielder comes out from the cone, chases the ball and run it back into the Activator

The coach feeds the balls quickly so all fielders are out at the same time, once all four are delivered the batter can run to score as many as they can

If the batter misses the ball, the wicketkeeper retrieves it and throws it into the playing area to be fielded

After playing one round players rotate with the wicketkeeper becoming the batter

Video Link: <https://icoachcricket.ecb.co.uk/activity/all-stars-cricket/702>

- **18:40 – 18:55 - FIELDING: Catching comets**

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

**EQUIPMENT:** Balls, Bean bags, Cones

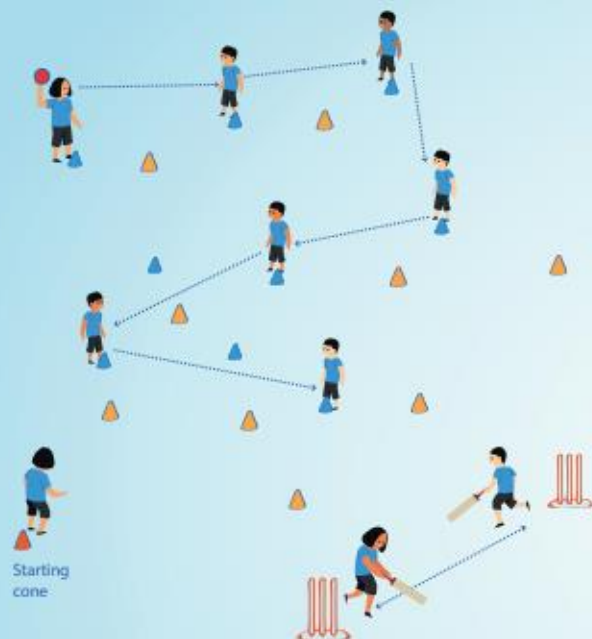
**ORGANISATION:** In pairs, players form a circle with the rest of the group and stand opposite their partner

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**

# PASS THE COMETS



## COMPETITION CORNER

Split into two teams with one team going to one colour and the other to a different colour. Introduce a set of stumps near a cone and teams race to see who can pass it round the group with the winning team being the first to knock over the stump.



### Aim

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

### Equipment



### Organisation

- ✓ Spread cones of different colours around the playing area
- ✓ Fielders start on a cone and the batters start at each of their stumps
- ✓ When the Activator calls a colour the fielders run out to stand on a cone of that colour
- ✓ The Activator passes the ball to the first fielder who throws it to the next fielder and so on until the ball has passed around all players
- ✓ Whilst the ball is being passed around the pair of batters score as many runs as they can by running between the wickets.

## CHANGE IT! Adaptation / Variation

### Easier:

- Roll between players
- Smaller distance between cones
- Allow ball to bounce between fielders
- Underarm throwing.

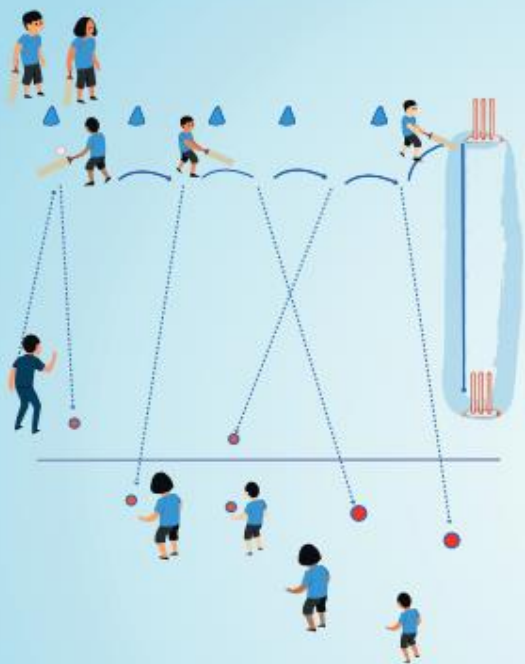
### More Challenging:

- Increase distance between cones
- If a ball goes to ground it restarts the game
- Players run to another cone before passing the ball on
- Players must catch balancing on one leg.

## GET THE ADULTS INVOLVED

Involve adults by having them compete against All Stars. Make the All Stars go to one colour and adults to another to make it a race to get the ball around.

# DEEP SPACE BATTING



## BATTING

### Aim

- ✓ Watch and hit a moving ball with a free swing of the bat
- ✓ Run between the wickets
- ✓ Stop, catch, throw!
- ✓ Teamwork.

### Equipment



### Organisation

- ✓ Players play as one batter, 4-6 fielders and a wicketkeeper
- ✓ Fielders start on a cone and are designated a ball each to field
- ✓ The Activator feeds the balls to the batter who hits each ball and the designated fielder comes out from the cone, chases the ball and runs it back into the Activator
- ✓ The Activator feeds the balls quickly so all fielders are out at the same time, once all four are delivered the batter can run to score as many as they can
- ✓ If the batter misses the ball, the wicketkeeper retrieves it and throws it into the playing area to be fielded
- ✓ After playing one round players rotate with the wicketkeeper becoming the batter.

### CHANGE IT! Adaptation / Variation

#### Easier:

- Use larger balls
- Drop feed or roll the ball to the batter
- Shorten the running distance to help score more runs
- Activator can assist younger or less developed players by kicking balls further if they don't hit it far.

#### More Challenging:

- Increase the speed of the bowling
- Encourage the fielders to throw the ball back to Activator
- Vary where the ball is delivered to encourage more developed players to play different shots.

### COMPETITION CORNER

This can be turned into a pairs game by having two batters running between the wickets and facing double the amount of balls alternately.

### GET THE ADULTS INVOLVED

Although this game works great with six fielders, the more games with small numbers the better, so ask adults to help with running a group.



# 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.