

## **Junior Summer Training 2020**

### **18th April 2021 - Covid max 8**

#### **Intro ;**

1. Explain the social distancing rule - 2m apart at all times - No touching each other, no touching each others equipment, only use and touch their own equipment & ball on their own or it can be with a parent/carers or sibling from the same household.
2. Don't touch any of the cricket club equipment
3. If anything does accidentally get touched equipment wise to inform a coach
4. Reminder about injury, feeling ill, getting injured etc
5. Reminder about respect to each other. Working as a team, encourage each other. (Limit mucking around, fighting each other, comments etc)
6. Explain briefly what is going to happen in the session
7. 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 !

**Coaches will need latex gloves and/or mitt, rags/cloths and anti bac cleaning spray**

#### **U11s;**

**Quick intro in to what will happen over the coming weeks i.e. Batting work, bowling work, fielding etc and ask them what they would like to work on too (to perhaps incorporate in to our structure)**

#### **Focus; Batting**

Warm up;

Coaches choice - Must involve running somewhere (Technique of running - pumping arms and legs)

Rest & drink.

Technical; Batting - Hitting the ball !

Simple bat tap with the face - Going to need to make sure there is lots of space.

Do 10-20 taps.

Next try the same but the edge of the bat - 10 taps

Discuss with them - As per last year, the first important thing that starts the whole batting process- The Set Up (Feet, head, eyes, elbow, back lift)

Drill; Down the ground/straight hitting - Use tennis ball/soft balls - 1 stump  
4 will bat 4 will field

Hit out towards wicket.

Stump positioned batters end by a distance away

Batting 4 - One by one, - They set up - Coach to feed ball probably low full toss best or underarm - Kid steps forward to drive ball down the ground on the floor - 3 goes  
Then next batter etc

Fielding 4 - Stop the ball when hit towards them pick up and throw at stump (Get them to take turns rather than the same kid keep stopping!)

After one round, swop over - Have a couple of goes.

Encourage on & off drives.

Second - the same but can go in the air

Third - Turn batters 90 degrees clockwise, coach to remain in front - Full toss feed and they pull/hook the ball - Encourage hitting out in front of them attacking (rather than them stepping back)

Fourth - Position batters to cut

Fifth - Turn round the other way for sweep

Lastly - They should try to bat the opposite hand i.e if right handed, left handed. Discuss with them why ? (Modern day shots of reverse sweep/hitting of course)

Any celebrations, get them to do a virtual high five.

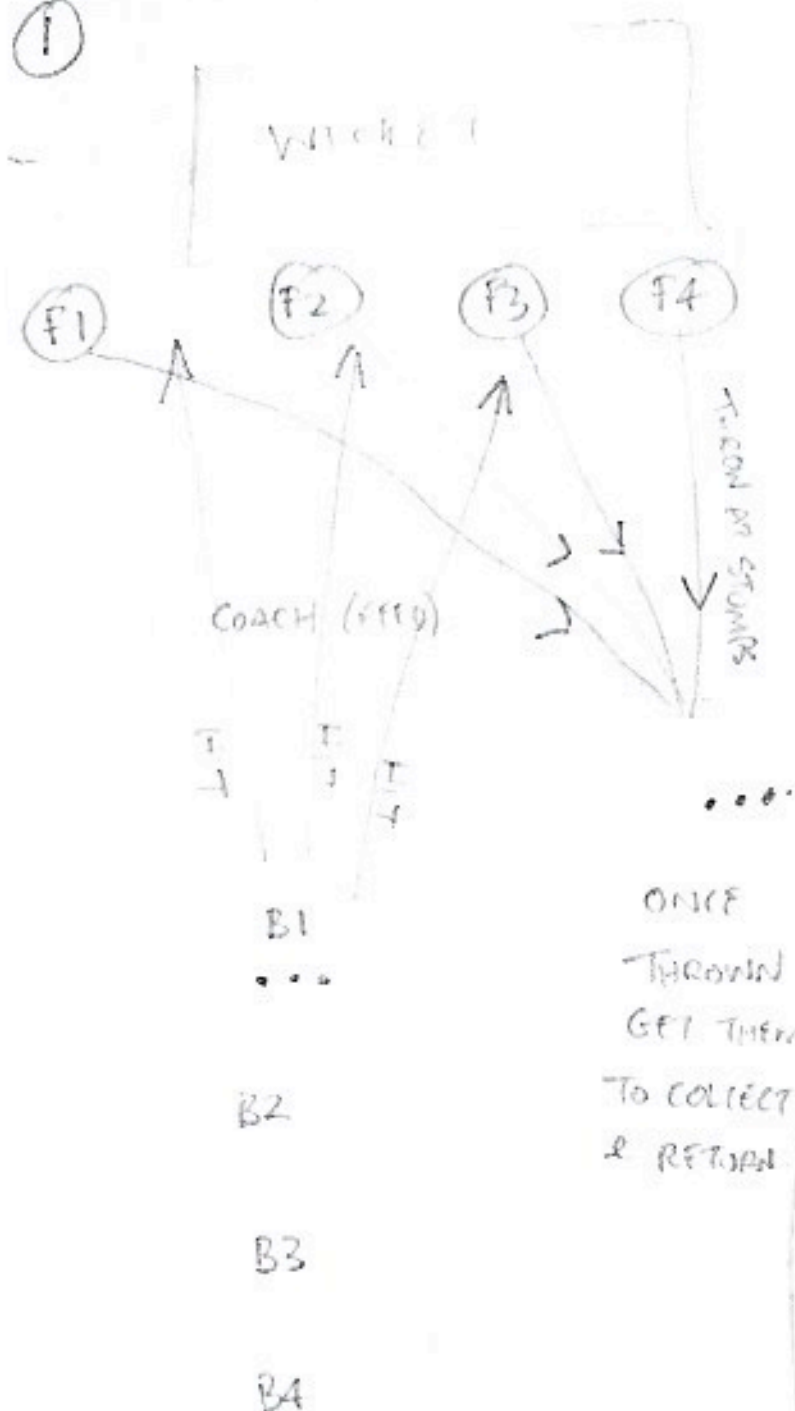
If time at end - Fielding drill (Simple rolls outs and under arm flicks, then move them back for over arm - Always attacking the ball)

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

**Clean all/any equipment after throughly and wash your hands**

# HITTING THE BALL

①



② Pull/Hook

