

## **Junior Summer Training 2020**

**25th April 2021**

### **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 & 13s;**

**Reminder of last weeks batting - Set up, set up set up ! - Driving the ball/pull shot/ sweep (What type of ball might we play these shots too? - Modern game, most bowling ! )**

### **Focus; Bowling**

Warm up;

Set up - Set of 5 cones x 3 rows - cones 3 to 4m apart - They must work on the left hand side of the cone up and return down the right hand side.

1. Gentle jog forwards and return jog backwards
2. High knees up & return with flick ups (to bottom)
3. On the spot - 10 simple squats getting as low as possible (Make sure weight is not over front of knee)
4. On the spot - 10 simple star jumps
5. Jump from standing still to as far forward as possible (Long jump), all the way to the top and return 3/4 pace using arm pumps
6. 10 push ups
7. Sprint up & jog back
8. Start sideways - sprint up, jog back.

9. Start backwards turn & sprint up and return sprint backwards
10. Lie down, jump up & sprint up and return jog back
11. Plank

Rest & drink.

Technical; Bowling

**Clean all/any equipment after thoroughly and wash your handsKit; Use their own cricket ball - 3 sets of stumps - cones (Approx 12nr)**

Set up cricket pitch length. Normal set of stumps batsman's end, bowlers end two sets of stumps forming a gateway with cones going back towards run up as an alley (See sketch)

Coach to act as keeper - Get then to mark out a run up, if they have one.

For seamers show basic ball grip and slight differences in grip for swing & seam bowling.

For spinners - Basic off spin or leg spin grip

Talk about run ups /approach - Consistent & repeatable

Talk about stock balls & variations

Repeatable bowling action

Drill; Line and length - See if they know what they are attempting to do. If they don't understand briefly explain. (Aiming top of off stump for this drill ideally)

1. Just get them to bowl to see what happens - Coach to encourage but not say anything else at this stage. After a few balls each, bring them in and ask how they thought it went, what they could improve on. Discuss the bowling action. ABCDE of bowling.
2. Put some cones out as a landing zone for a good length ball - Get them to hit/be close as possible.
3. If brave enough, coach to act as a batsman. (Defend only of course) - It does get them to focus a bit more.
4. Competition - Insert a second set of stumps at batsmen's end and their aim is to hit them. Each time they hit, take a stump out and see if they can hit them all.
5. If time, two balls each, with one stump to aim at.

Any celebrations, get them to do a virtual high five. Make sure they only use their own cricket ball at all times.

Finish with fielding - Do so simple fielding drills (Each to use their own cricket ball) - 8 or 9 cones spread out with each kid behind his/her cone (Approx 3 m apart) - Set of stumps 10-15m away with coach as keeper (Use any keepers too so long as they have all their gear)

One at a time, they under arm their ball to you on the full, you roll it back to them to stop. A few goes off that.

Next over arm throw

Last - Over arm throw to coach - Coach throw a catch back

Mix it up

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

### **U15s/18s - Thursday 29th April.**

Warm up - Coaches choice

Technical; Still bowling all as above but net based.

Reminder of the basics of bowling;

Grip

Run up & approach

Repeatable action

ABCDE -

After about 30mins of the above;

2 batters and 2 bowlers to carry on in the nets.

Other group to go outside and take some catches/ground fielding.

Rotate the batters, bowlers & fielding group so all will move round and do a bit of everything.

This is done like this so Roy & Josh can get a look at the 15s/18s for the elite group selection

# BOWLING

# FIELDING



You'll need to adapt  
if any left armers.