

Junior Summer Training 2020

2nd May 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/carer 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 bowling - ABCDE - Get them to tell you 3 things important for bowling

**Focus; Batting - Judging length & line (including avoid)
- Playing legside glance and full toss**

Warm up;

Coaches choice; Suggest a mini game - Hand hockey or Test Match or Cricketers football (no tackling allowed)

Rest & drink.

Technical; Batting - Length & line

Clean all/any equipment after thoroughly and wash your hands

Kit; Use their own cricket ball - 3 sets of stumps -

Kit; Use tennis

Two Groups and a coach/helper for each - Need 4 cones (2 pairs the same colour) for each group

Set up stumps - position 2 cones where a full length would be, 2 cones further back where a good length would be (see sketch)

Kids to wear gloves if they have them but no bat required yet.

One at a time, they should get in the set up batting position (Balanced, eye/head level, bat back lift etc)

Drill; Coach to feed overarm - 3 balls - As coach feeds the ball, kid to call out (depending which zone it lands in) - Full, Good or Short.

For a full ball, we are looking for a forward drive or defence - and for them to move as if they were playing a shot but catch the ball

For a good length ball, similarly a forward shot & catch or possible a back foot shot and catch or just avoid the ball if bouncy or wide.

For a short ball, either avoid the ball or get in the best position to pull/hook/cut and either catch or hit the ball with their glove

They should fetch their own balls if they go anywhere.

Have quite a few rounds of this

Review with them.

Drill; Progress the same drill but they should use their bat. They should also where a box, helmet and possible at least one pad (front leg)

Repeat as above but hit the ball as necessary.

Watch out for the short ball - Make sure there is space to play the shot but also, make them understand to judge the short ball as from previous sessions they will attempt to play everything and top edge it in the air a lot.

Repeat a few times

Spend about 20-30 mins

Review with them and answer questions

Technical; Batting - Legside glance or paddle

Still Two groups;

Discuss what sort of ball you would play this shot to and/or if they even know what this is? (Its a ball heading towards legside - can be full or short)

Demonstrate the position they need to get in in order to play the shot (See demo in order to demo!)

Get them to set up - Coach to over arm throw ball short or full and kid to attempt shot - 3 goes each and 3 rounds

10 mins

Technical; Batting - Full toss

You're going to need a bit of space here - Still two groups

Get them to put helmets on - Use windballs or cricket balls depending on group capability

At Junior level cricket, they is a lot of full toss balls - A lot of the time they avoid the ball when its bowled

Discuss with them what shot they can play - Pull to leg, cut over point or straight down the ground (Anywhere really so it avoids a fielder and/or isn't top edged/edged straight up for a catch)

Coach to underarm on the full and get them to hit it as mentioned.

3 round

10 mins

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

U11s - Finish on a quick game of tip & run - Make your own rules

U13s - Finish with fielding - High catching (Technique of hand position)

U15s/18s - Thursday 6th May

Warm up - Coaches choice

Technical; Batting

Discuss to see if they know and can judge line & length of a ball - No need to do this as a drill but to remind them of it.

Drill; The legside glance as above

Drill; Hitting the full toss

Finish with nets;

Two batters per net - Get them to simulate a game - Discuss with the bowlers a field to set then tell the batters where the field is or use cones to position dummy fielders - Batters should play the ball on merit and run runs as in a game on the quality of their shot (Self assessment)

Bowlers should have a plan of what they want to do and how they can execute their skill.

LENGTH - BATTING

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// FULL //

1 ○

1 ○ ←

CONES 1

(Same colour)

// GOOD //

2 ○

2 ○ ←

CONES 2

(Same colour)

// SHORT //