

Junior Summer Training 2021

10th 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/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 - Judging length, leg glance & hitting full toss - Get them to tell you 3 things important for each

**Focus; Catching & throwing - Approach, set position, hands & head to catch
- Over arm throw - Solid base, side on position,
throwing arm extension, front arm as direction, follow through on the throw**

Warm up; Coaches choice

Rest & drink.

Technical; Catching & throwing

Kit; Use their own cricket ball (If not use our wind balls or similar) - Need cones (or stumps or tees can be used)

Set up 2 cones as a gate, then another 2 cones the same approx 10m away as another gate.

Ask them what you are looking for for catching -

(The set position/legs slightly bent - Balanced - Nice and still head level - Large presentation of hands for close catches - Hands out in front so you can see your hands - If a high catch and catching overhand, hands just above or just below eyes so you can see the ball in to hands (No holes in hands and one hand slightly lapped over the other so ball can't break through)

Don't tell them or guide them yet, have a run through of the drill first before speaking on how it might be improved.

Obviously there is technique but also they have to feel comfortable and find their own/ best way of catching rather than us "telling" them "you must do it this way"

Drill; Starting at the first gate - They throw you their ball underarm - Coach returns at waist height to throw a simple catch - Once catch taken, kid to move to the end of the line - Make sure they are keeping away from others and 2m distance. Do 3 times.

Review with them.

Drill; Starting at the first gate - They throw you their ball overarm (Again technique to be used for overarm throw) as you will be further back - They sprint to the second gate, set themselves and receive a catch at waist height again - They then return with their ball to the end of the line. Do 3 times.

Drill; As previous except when they have taken the catch, they return the ball, sprint backwards to the first gate, and coach throw high catch for them to take. They then return to the end of the line. Do 3 times

Review with them.

Drill; Trust. Starting at the nearest gate, they have their back to you. Coach to shout turn and throw a waist high catch. They throw the ball back, turn back round and go again.

After one round, mix it up with waist high & high catches

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

To finish up - Mini game of hitting the gaps - Lay cones out on offside and legside as a set field i.e cover, mid wicket, mid on etc. 1 pair bat, one bowler, keeper & rest field - Fielders to be in between the cones. Bowler bowls and batters need to place the ball between cones but also to the side of the fielder. They must run if the ball is hit. Score 2 points for a run, 2 points if it goes in the “gap”, loose 1 point if out. Fielders to keep their score too. Move the fielders around, 4 ball overs and maximum of 8 balls per batter. Coach needs to make sure, as best as possible, equal balls are received to the batters. Keep fielders active and engage. Encourage bowler to bowl full/length

U15s/18s - Thursday 14th May

Warm up - Coaches choice

Technical; Catching & throwing as above

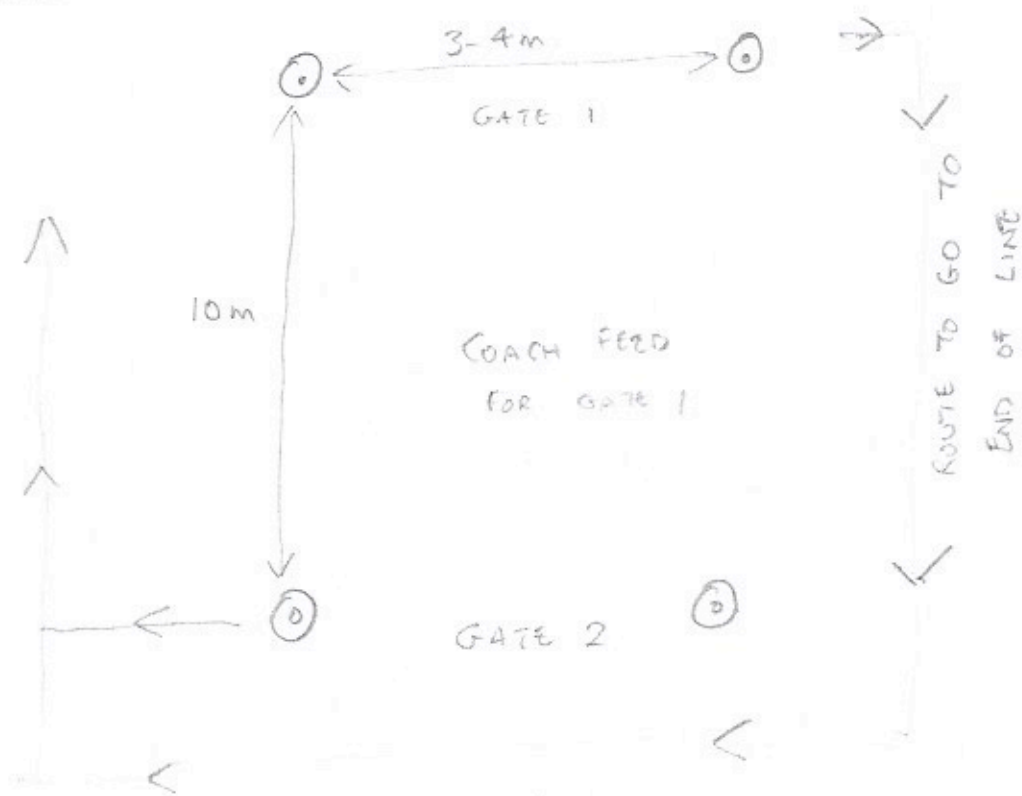
Finish with nets;

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.

CATCHING

10th May 2021



BATTING

