

## **Junior Summer Training 2021**

**17th May 2021**

### **Intro ;**

1. Explain the social distancing rule - 1m apart minimum - 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 catching & throwing - Get to the ball quickly, beign comfortable, nice hand presentation, set position, watch ball in to hands.**

**Throwing - side on, extend arm, front arm direction, transfer weight through.**

**Focus; Running between the wickets - As a warm up**

**Bowling - Run up and approach**

Warm up; Coaches stretches - Just get them to warm up the legs, backs & arms/shoulders

Running between the wickets - Either get a dice or a random dice app on your phone. Set up a pitch length using cones as the crease line or ideally use hurdles or two stump ends with a stump between as something to slide the bat under.

The idea is to score 40 runs by running and as quickly as possible.

1 roll - 1 run, 2 roll - 2 runs, 3 roll - 3 runs, 4 roll - 4 runs, 5 roll - dot ball, 6 roll - 6 runs

Try not to rest too long between rolls (Count to 5 or 10 depending on the group capabilities)

Demonstrate to them the technique - Importance of that first run, running quickly to turn it in to two.

Sliding the bat over the line by extending the arm (Rather than what they do a lot and running in to the crease)

Keeping a low position at point of sliding bat, in order to turn back for a 2nd, 3rd etc AND all importantly turning the right way so they can see the ball to judge if more runs are available.

Coach to move from left to right so that when they run they should have the bat in the correct hand and being facing the right way to look at the ball (the coach) to judge on the run. (In their cricket they turn blind and so cant see if the fielder has the ball or what is happening and it turns quickly in to a run out)

Rest & drink.

### **Technical; Bowling - The run up, approach and release (for mainly seamers) - Research - Four tent pegs drill as a general principle - See link on Page 4**

Kit; Set up two “pitches”, so two groups (4 sets of stumps)

Talk to them about the run up - SMOOTH, RHYTHMICAL, CONSISTENT, REPEATABLE

The speed - starting off slow and speeding up so at point of “coil” position they are at their peak speed.

Coil - nice and high

Release - down from the coil position, braced leg and release to follow through.

Drill 1; To start, get them to line up and from a standing position practice the coil and hold, then down and release (No ball at this point) - Lots of goes. (Set 4 Tent Pegs as a guide)

Drill 2 - Using cricket balls and the pitches - Get them one at a time from a standing position to coil and release the ball at the crease - do this 6 times each

Use keepers if you have them or coach/assistants to keep

Drill 3 - Get them to mark up run ups, and then run up using the baove technique and bowl.

Make sure they are using straight lines to run up, and not weaving. Nice high coil and land and follow through.

Use cones or discs if necessary to get them to follow through.

Use a hurdle (low one) if necessary to get them to coil/hop at the crease as some of them dont and just “skip” through the crease and also slow down at the crease too.

Look for the slowing at the crease - lots of them do this. They run in but at point of coil they have slowed because they don't step over/coil enough when they should be at their fastest (Quite hard to explain this, needs a demo)

For any spinners, obviously this is slightly different. Get them to work on their run up, but their coil is different and is more a swivel & turn. Nice and high at crease, swivel & turn release - Treddy if he's available would be best to demo  
Again it's hard to put in words/on paper so needs a demo.

This is important; We need to remember they are individuals - We don't want to turn them in to robots. They need to appreciate the basics/technique but it's getting them to understand they should adapt this to suit their own methods & be comfortable but also repeatable. We also need to look out for any mixed actions so they avoid injury.

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

**To finish up -** Either;

1. Boundary fielding - Use boundary rope. Set up two cones about 10m apart round the boundary line. Starting one side, the need to run round and stop the boundary, pick up the ball and return in to coach or keeper. Once thrown in the stop at the cone the other side.

Then when everyone is one side go back the other way.

You can also do this for catches (pretending to hit a 6)

You can also do this with them working in pairs with an equal group on each cone. The two front men work together - one stops and flicks the other throws in OR one jumps up to flick the ball up from going for 6 while the other catches and throws in

2. Use nets - Worked quite well last week. Set batters targets/pretend fields, get bowlers to have a plan and bowler certain deliveries.(Using the technique above don't forget)

## U15s/18s - Thursday 20th May

Warm up - As above

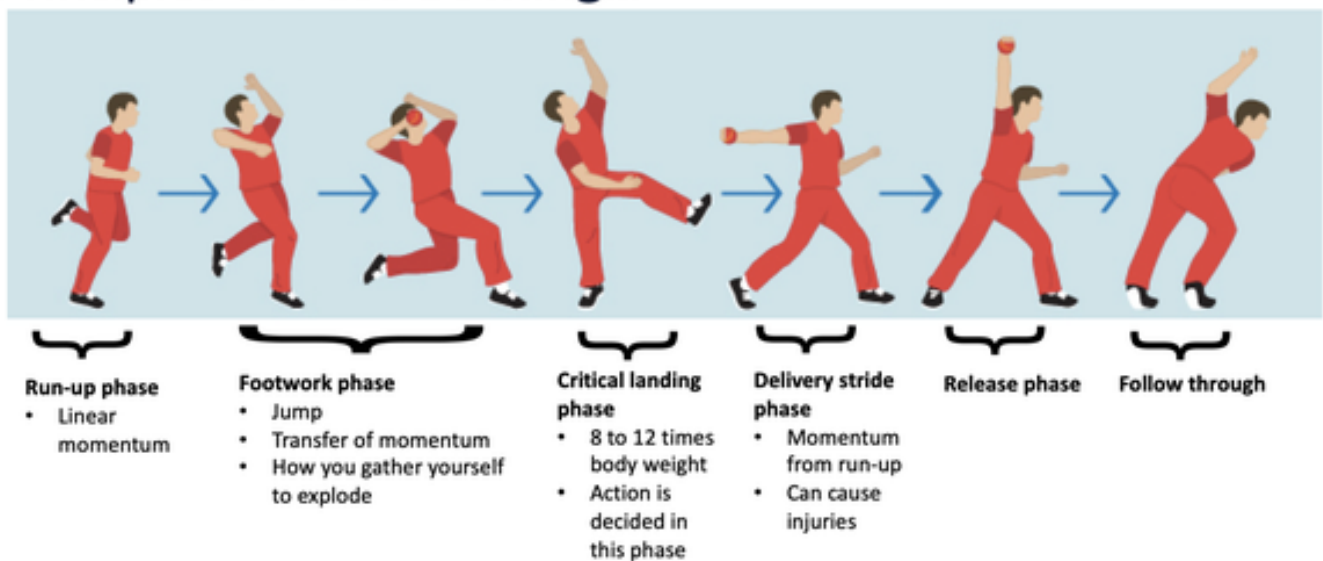
Technical; As above - i.e run up, approach & release

Finish with nets or fielding;

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.

### Principles of Pace Bowling...



# BOUNDARY FIELDING

