

## **Junior Summer Training 2021**

**7th June 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/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 running between wickets & bowling**

**Running the first run quickly, looking at the ball/fielder and not turning blind, sliding bat in.**

**Run up consistent & repeatable, 4 points of the bowling action**

### **Focus;**

**Batting - Back to basics, the set up (**

**Fielding - Attacking the ball & throwing in to the keeper**

Warm up; Coaches choice - Must involve a ball somehow.

Then, get them to do some running between the wickets as per last week to instil watching the ball/fielder and not turning blind

Rest & drink.

**Technical; Batting - The Setup - Brief discussion and get them to do their set up.**

**Briefly run through; stance/feet, head & eyes, hands & grip, backswing/back lift bat position, initial foot movement/trigger (to decide front or back foot shot)**

**Watch for their feet — some of them get their “front foot” in front of their back foot when it should be level or slightly behind (meaning they have to play around their leg to hit the ball)**

**Also the backlift - The bat can come from “behind them” instead of straight or slightly pointing towards slips. (What tends to happen is they then swish across the line, which can work but not ideal)**

### **Technical; Fielding**

Kit; Kids to use their own ball ideally - Set of stumps (Use a keeper if there is one, but if not coach will keep) - Cone 20m away as a start point

From stump, coach hits or rolls ball out fairly hard - Kids to attack ball using correct techniques and throw in to coach or keeper at the top of the stump.

Looking for a slightly crouched ready/start position - Quickly to the ball (make sure they are still in the crouched position ideally as they tend to come up and then go down and miss the ball - Looking at an aeroplane approach to the ball and not a helicopter drop, if that makes sense!)

Two handed pick up, with something behind the ball in case of a miss (Foot, leg etc)

Back up ready to throw; nice side on position for throwing, front arm to aim, back arm extended, holding the ball across seam and forward movement in to throw over the top of the stumps)

A few goes of this - Next introduce, one bounce stop, and then catches.

**It's important to get the technique right before speed at this stage.**

Next, you might need to think about the stump position.

Set stumps up say 10-20m away from the boundary line.

Get the kids to start at the stumps. Coach rolls the ball out towards the boundary - They need to chase, turn, set themselves, aim and then throw at the base of the stumps.

Have a few goes and have a game. Coach gets 4 points for a boundary, kids gets 1 point for a stop, 1 point for a good throw or 2 points for a direct hit,

**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

OR

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 10th May**

Warm up - As above

Technical; As above

Finish with nets and fielding (Catches)

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.