

## **Junior Summer Training 2021**

**14th 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 batting set up & fielding attacking the ball. Backing up keepers & bowlers**

### **Focus;**

**Fielding - Ring fielding, movement & backing up**

Warm up; Coaches choice

Rest & drink.

**Technical; Fielding - Fielding in the ring - Movement,/body position, approach/ walking in, quick to the ball, smooth collection and throw in. Backing up the keeper & bowler at all times**

Set up;

One set of stumps - Set out a ring of cones as per a standard ring field, (around stumps)  
Kids to be positioned at conventional fielding positions approx 1-2m back from the cones.  
Use keepers if they are available  
Get them to decide if using cricket balls or wind balls

Drill; First of all talk to them about the importance of being ready & getting to the ball quickly and why. Also about backing up behind.  
Coach to roll out ball, one at a time, to each of the fielding positions - Kid should be walking in/slightly crouched and then collecting the ball for an underarm throw in to the keeper (or coach if no keeper) at the top of the stumps.

Have a couple of rounds and see what happens.

Once it has been done a couple of times, see if they can improve - All be ready, all walking in, and a really important one is are they backing up the keeper (or coach) should they miss the ball.

Drill; Same thing but move the “fielders” back so they are having the same approach but over arm throw in to keeper. Looking for the one handed pick up, set position ready to throw and throw in.

Initially it’s about technique and getting all the stages/positions right before speed.

Drill; Introduce a second set of stumps bowlers end (Cricket pitch length) - This time same as last but coach calls “Bowlers” or “ Keepers” - Therefore bowlers end they are aiming at the base of the stumps or someone is running to the stumps so it can be thrown full to them and keepers/coaches end in the gloves (But backing up in case its missed)

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

### **To finish up - Either;**

1. Mini game involving running singles and rotating the strike - Form a ring of cones as an exclusion zone and no fielders are allowed to enter until the ball is hit or the batters decide to run. Get batters to bat in pairs with people who they normally bat with. Batters must not play attacking shots or they are out - it's all about the singles. Fielders need to attack and back up.  
Give both sides a min 10mins each to bat (or however long time)-If batters are out, the pair are out. They can come back 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. Work on attacking the quicker bowlers

### **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.