

Junior Summer Training 2021

26/27/29th July 2021

Intro ;

1. Covid has changed - There's no requirement for social distancing etc BUT we should still maintain this and the cleaning of equipment, hands, etc
2. Reminder about injury, feeling ill, getting injured etc
3. Reminder about respect to each other. Working as a team, encourage each other. (Limit mucking around, fighting each other, comments etc)
4. Explain briefly what is going to happen in the session
5. 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 !

U11s & 13s;

Reminder of last weeks high catching (Watching the ball, getting to the ball as quickly as possible, hands)

Focus;

Using your feet to spin & sweeping

Warm up; Coaches choice - Must involve running

Rest & drink.

Technical; Advancing down the pitch to a spin bowler or playing the sweep shot

Briefly discuss - Why we would want to use our feet ? Getting to the ball as quickly as possible to mitigate any spin

Sweep - What sort of ball ? Where to hit the ball (which depends where it is bowled) - Different types of sweep to use to different lines & lengths - Re iterate the risk of the shot without lots of practice

Set up;

Two groups, one with the coach and one with assistant.

Use Incrediballs (Better as they won't need to kit up and it will bounce a little more and should be easier to spin)

Set of stumps

Cones as hitting zones/targets

1. Using your feet - One at a time, they set themselves up holding a pretend bat - Coach to feed ball (tennis balls might be better here but Incredi's will work to) - Once the feed is released, they should advance down the pitch and attempt to catch the ball as it bounces or on the bounce (This should get them to get their feet, head and hands in the correct position including the low position) - 2-3 goes each



2. Using your feet - 4 line up behind stumps and the others act as fielders - Set up an offside & an on side hitting zone using cones - Coach to feed

Two balls each

First batter sets up at the stumps - Coach imitates a spin bowler (Can be under arm or overarm and attempt to spin - fairly slow) - The aim is for the Junior to advance as quickly as possible towards the ball to play the shot, either just as it lands or as it lands and to drive it along the floor to the hitting zone (offside or legside, depending where the ball is)

Once they've had two goes, put their bat down behind the stumps and go & field. One of the fielders then comes & joins the batting line.
Repeat for two or three goes each

If they struggle with this, then reign it back and use drop feeds for them to advance towards the ball

Once completed, just discuss what they might have done better and discuss the technique - Getting to the ball quickly, getting your head/hands/feet in the right position to play the shot

3. Sweep shot - Discuss the different types - Paddle sweep, conventional sweep, sweep in front of square, slog sweep, reverse sweep. Demonstrate each of the different shots (with or without a ball)



Paddle - Hit ball on the floor guiding it using the pace of the ball, down & behind leg



Conventional - Low and towards the ball - Bat high to low and hotting down & behind leg



In front of square - Same position as conventional, hitting high to low, but extended arms out to hit in front.



Slog sweep - Same positioning, high to low but really hitting the ball, & clearing that front leg out of the way to play a big shot to cow corner



Reverse sweep - Briefly discussing the shot - It is difficult to demonstrate because there is technique to it and correct positioning is important. Same principles as normal sweep shot though. Any kids that play hockey will have a good grasp of the hands position to play this.

Drill - 4 line up behind stumps and the others act as fielders - Coach to feed - Two balls each

First batter sets up at the stumps - Coach to call which type of sweep shot to play -

Coach imitates a spin bowler (Can be under arm or overarm and attempt to spin - fairly slow) - Vary the line and length of the ball to suit

Once the shots have been played, they put bat down and go and field - One of the fielders comes in and joins the line for batting.

3 or 4 goes each.

You're going to need a fair bit of space for this as it is hitting to the legside predominantly.

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

To finish up;

Mini match if there's time - They must use one of the shots used in the technical

U15s Thursday 29th July

Warm up - As above

Technical; As above

Finish with nets (or use a pitch if one available) and 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.

U18s

Fielding drills & nets as U15's or use of a pitch - If bowling, get them to work on the slower ball (Disguising it)