

Junior Winter Training 2022

Week 2

Intro ;

1. Reminder about injury, feeling ill, getting injured etc
2. Reminder about respect to each other. Working as a team, encourage each other. (Limit mucking around, fighting each other, comments etc)
3. Explain briefly what is going to happen in the session
4. 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 !

U9s; As All Stars ideas (As per link)

U11s;

Warm up - Running & sprints - Get them in to 3/4/5 groups (Depending on numbers)

Line of cones for each group to about half the hall or 2/3 of half the hall
Get the front person of each group to work with each other.

1. Gentle jog up RHS of cones and return LHS of cones - Start the next person when they reach half way up the cones
2. 3/4 pace sprint up, jog back
3. Start side on, turn and sprint up - Jog back
4. Start side on but the opposite way, turn and sprint up - jog back
5. Start face backwards, turn, sprint up, jog back.
6. Start lying face down, jump up, sprint & jog back.
7. Now in twos, one in front of the other (1m apart), both lie face down and on go the back man tries to catch the front man - jog back

Reminder of what we did in Week 1 - Hitting the ball - Drive & power hit/full toss. Ask questions & get them to demonstrate.

Technical - Bowling

Start with the basic grip of seam bowling (Two fingers across the top of the seam, fingers spread slightly apart and thumb underneath)

Discuss the ABCDE of bowling -

A= Alignment (Side on/point forward) - Some chest on bowlers (But don't mix the action as it causes back injuries)

B = Base (Solid Base)

C = Circle (Arm coming round)

D = Drive (Going forward/follow through)

E = Energy

Talk to them about a run up - Smooth & rhythmical & repeatable

- Rhythmical, balanced and aligned approach to crease
- Head in optimal position for you (player) to enable focus on target area (adaptable) throughout action
- Jump and gather towards target
- Strong, tall and aligned (hips and shoulders) at back foot contact (throughout action to release)
- Increase energy towards target throughout delivery
- Maximum energy from the action transferred to ball at point of release (to enhance pace, seam, swing or spin)
- Energy continues towards target through to full completion of action and follow-through

If Treddy is available, get him a group to show spin, the grip & the different set up etc

Drill;

Equipment - 6 sets of stumps - cricket balls or Incrediballs Two or three groups depending on numbers.

U11s pitch length is 17 yards.

Coaches will need to keep or use any keepers ideally. Coach really needs to be at the bowling end

Get them to bowl a few - Next lay out cones as a channel for them to run through so they are going straight - Next lay out cones so they know roughly where to follow through.

Lay out cones for landing zone & length

Talk to them about different grips to make the ball swing.



For spinners its about trying to spin the ball, the pivot movement at the crease (Up, over and down) and length (Get them to imagine a rope or line or hoop 2/3 down on the length of the pitch but in the air and them having to get the ball over the rope)
Bowling around 20-30mins

To Finish;

Fielding

Set the stumps up - 2 to 3 groups - Keepers/coaches at one end - Simple roll outs, pick up and under arm in.

After a while get them to do a competition between the groups. First team to complete wins.

Then move them back, for over arm.

Then remove keepers and get them to hit base of stumps.

Lastly, get them to start at the stumps with the keeper, roll out and get them to field, turn and throw to keeper/coach at stumps.

Put some catching in there too or make them work in pairs.

If time 5 mins, at end cone game (Heads, shoulders, knees - Cone)



U13's & U15's;

Warm up - Either a bleep test or sprints as above

Technical - Bowling

Again as above but they should know more on what they are doing - With the older ones its more about a stock ball and the addition of a variation. Consistent run ups, speed build up, gather and follow through.

Do they know how to swing the ball for in swing or out swing? Slower ball? Knuckle ball? etc etc

Do a competition of points for landing the ball in a certain zone (Use cones) and for hitting the stumps

To finish;

Either

Nets down - A continuation of the previous week, using the bowling methods/technique of this week. Make it realistic and meaningful with them working on certain things and/or getting them to assess their own shots or balls bowled or the ultimate if they're out they're out !

OR

Fielding drills as above

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