

## Junior Winter Training 2022

### Week 3

#### **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 - Traffic light - 3 lines of cones (All the same colour) 3 equal groups in a line - Coach calls out various commands that the groups have to follow - For example; Change - group has to change positions within their group, red & yellow - groups change position with each other, jump in the air - the groups have to touch the floor etc etc - Make it more complicated by giving the groups names or numbers for swapping - Its about thinking mentally as well as doing the physical element-They should be jogging on the spot the whole time.

Reminder of what we did in Week 2 - Bowling - ABCDE etc



## Technical - Continuation of bowling - Swing & seam (Plus spin variations)

First of all talk to them about the line - Middle and off/off stump line is what we are looking for (hitting top of off)

Once satisfied, move on to show finger position and ball shine position for swinging the ball. Get them to bowl and have a few rounds and see if they can get it to swing - out swing and in swing. See attachment (Use the swing balls we bought in the summer too)

Try not to compromise the line though, still get them to think about line.

For spinners, its slightly different but still looking for the correct line (different line for off and leg spin obviously) - talk about the pivot position, imaginary hoop for ball trajectory etc) and trying to spin the ball via fingers/finger position

Have a good 15-20 mins to see if they can seam, swing & spin the ball

### **Set up;**

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

Lay out cones for landing zone & length if necessary.

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)

Mention finger spinners and wrist spinners

Bowling around 20-30mins



To Finish;

Nets - With a focus

Split them up in to their relevant ability groups

Get the bowlers to focus on one thing to work on specifically - i.e Yorkers or stock ball or trying to swing the ball

Likewise, batters, work on something specific eg sweeping or leg side shots or manoeuvring the ball

Suggest bat in pairs - Get them running

Get them to assess themselves or each other

How might they improve? Are they succeeding?

U13's & U15's;

Warm up - Football fielding - 2 teams (Get 15's & 13's together) - 4 base with 1 stump in - 2 close together each end - set of 2m cone exclusion zone - Start by rolling the ball - Must be 4 complete rolls to a team mate before shooting - 3 second time limit between rolls otherwise ball is turned over. 1 point for between stumps, 2 points for hitting stumps. Can do throwing, use different balls, two balls etc

Technical - Continuation of bowling as the U11's

They should have more of an idea how to swing or rather what they need to do to swing it. I'd hard a guess they can swing the ball one way but perhaps not the other - So a good focus point

**To finish;**

**U13's - Nets in the small side**

As the U11's, nets with focus (Will only be two nets) - Perhaps treat like a game or if you're out you're out or consequences for bad shot or bowl.

## **U15's - Fielding & catching**

### Fielding

Set the stumps up - 2 to 3 groups - Keepers/coaches at one end

1. 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.

2. Attack to a certain point, set themselves and coach or keeper does a short sharp catch

3. Move them back, for over arm. Roll outs, pick up with two hands and throw in.

4. Remove keepers and get them to hit base of stumps.

5. 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.

There's obviously technique here which they should know, but a reminder probably won't hurt

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