



Junior Winter Training 2022

Week 4

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 - 1. Stretches - Squat x 10, Twist from the waist x 10, Alternate leg lunges x10, Back stretches x 5, Push ups x 10, sit ups x 10 - 4 mins

In groups - 3 cones laid out in front of each group - Cone 1, 2 & 3. Call out numbers and they touch cone & run back - Dummy run then race

Approx 5-6 mins

Reminder of what we did in Week 3 -Swing & seam (Plus spin variations)



Technical - Throwing

Over arm throw - Hold the ball across the seam, solid base, side on position, throwing arm extension, front arm as direction, follow through on the throw

First, get them lined up along the hall facing the wall, to practice the ideal technique - For most it will be the throwing arm extension (whereas they tend to shot-put the ball) and the front arm (lack of use)

Discuss baseball style throwing if you want - but you'll need to research a bit first or set it as homework

Drill;

Set in ability groups

5 or 6 groups - Two cones approx 2 to 2.5m apart at group end (along curtain) - set of stumps at wall end (set between the cones)

Starting with the ball in their hand, they start in the centre, move right & touch the cone, move left and touch the cone, move right once more and touch the cone, then back to the centre, set throwing position and try to hit the stumps.

Few goes each.

Next same thing but one stump - Have a competition if you like

Lastly, set the stumps over so the base is standing up and hit the base

To Finish;

Two nets (4 lanes) down;

Split them in to capability groups - 4 batters (2 pairs) - 6 bowlers (3 in each net)

Best batters V Best bowlers - Proper focus, game situation.

Others to the side doing catching and fielding

After 10-15 minutes, fielders go off and bat/bowl, and netters field - Maybe two or 3 rounds depending on numbers



U13's & U15's;

Warm up - As U11's but intense

Technical - Throwing as above

Have a competition at each stage to make it more "real" i.e bit of pressure to succeed

To finish;

U13's - As per U11's above

U15's - Nets - Bat in pairs if enough - Set an amount of overs or timed innings - The rest can bowl.

However, on each batting pair, one of the U15's to umpire/assess (It will need a sheet), the batsmen and bowlers on shots played/balls bowled and their quality. Out of 10.

Need to record the amount of balls faced for batsmen.

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

WARM UP - RUNNING

IN GROUPS - CONES IN FRONT OF EACH

0 3

EXAMPLE

0 2

CALL 21

11

13

0 1

312

331 ETC ETC.

GROUP.

THROWING

WALL

STUMPS

CONE

CURTAIN

