



Junior Winter Training 2022

Week 5

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 - Hand hockey type game - Need 4 stumps (Plastic bases with one stump in each base) - Two of the stumps one end pushed close to together and the other two stumps the other end, as goals - 2m ring of cones around stumps as exclusion zone - 2 teams - Team must complete 4 clean passes before being able to shoot - Use different types of balls and different types of throws i.e Along floor, underarm throw below head height, overarm etc.

To score you get 1 point for getting the ball between the stumps and 2 points for hitting the stump

Approx 6 mins

Reminder of what we did in Week 4 - Throwing

Technical - Batting (Basic of setup, hitting under the eyes & progression to moving the feet)

Drill;

Get the nets down for hitting

Set in ability groups

Either get them in to groups and the coach feeds or get them in to pairs and they feed each other (Probably best if coach feeds!)

1. Simply they set up (Grip, feet, base, head, back-lift etc) - Coach bobble feeds tennis ball or incredible, the batsman does NOT move their feet but snaps their hands/wrist through the ball right under their nose/head - The idea is they are playing it as late as possible without moving but to get their hands through the ball (Ideal position is hitting just in front of or at their front leg knee position if possible) - This is all about get their hands through the ball. The ball should be hit along the floor NOT in the air, and in the V
2. Progress on to a stride towards the ball but again playing it at the same hitting position - Again the ball along the floor
3. Lastly, either a bobble or a full feed, and they are coming down the pitch to hit the ball in the V, along the ground or in the air.

These drills are about getting your hands through the ball, nice back swing and follow through, and timing the ball more by playing it later. It's also important to stress getting the head in the right position too, talk about alignment to the ball - I would guess that a lot of them will struggle in not moving their feet, so we need to make them understand why they are doing this.

To Finish;

Fielding (You'll need to push nets back)

Split in to two groups.

A set of stumps at the opposite end to the groups, with a keeper or coach as keeper.

First - Short form - short roll outs with underarm flick returns, attacking the ball. Have a run through, then get them to race doing this.



Second similar thing, but they run in to a close position, set themselves, take a catch and return the ball to the keeper/coach.

Third, move them back. Longer roll outs, which they attack, set themselves and throw in to the keeper/coach (to their gloves NOT at the stumps)

Four, they will need to think & concentrate, as will the keepers/coach. - Roll it out straight, they attack, pick up, but through it diagonally to the other keeper/coach (of the other group) - Once gone through, race them

Fifth, again concentration! - Coach/Keeper rolls out diagonally to the opposite side group, they attack, field and through it back straight to their teams keeper/coach.

Again race them after a few goes

Lastly if time, the groups all come down behind the coach/keeper.

Roll out, they chase down, turn, set up for throwing and return to the keeper.

Set a line of cones if you like as a boundary.

U13's & U15's;

Warm up - As U11's or up to the coaches if they want to do something else

Technical - Batting as above

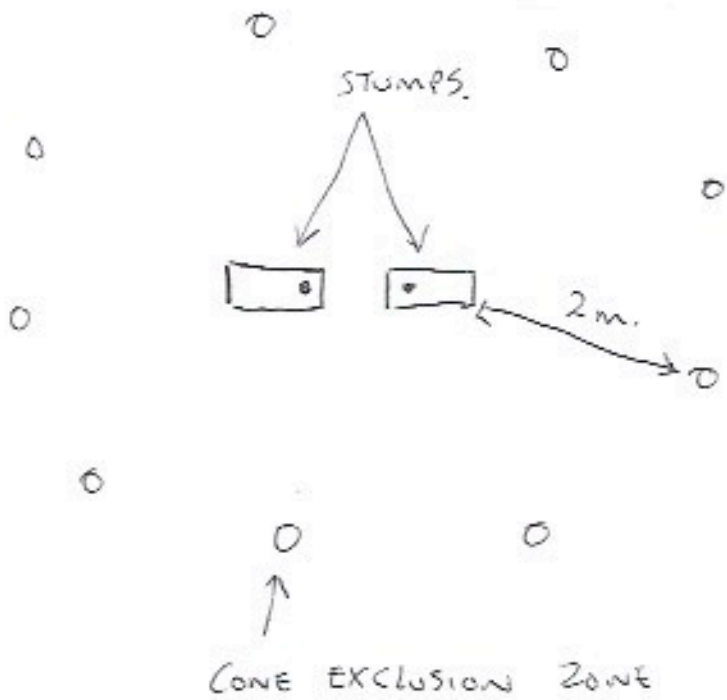
To finish;

U13's - As per U11's above

U15's - As per U11's if room small side or can mix in to one big group with 13's

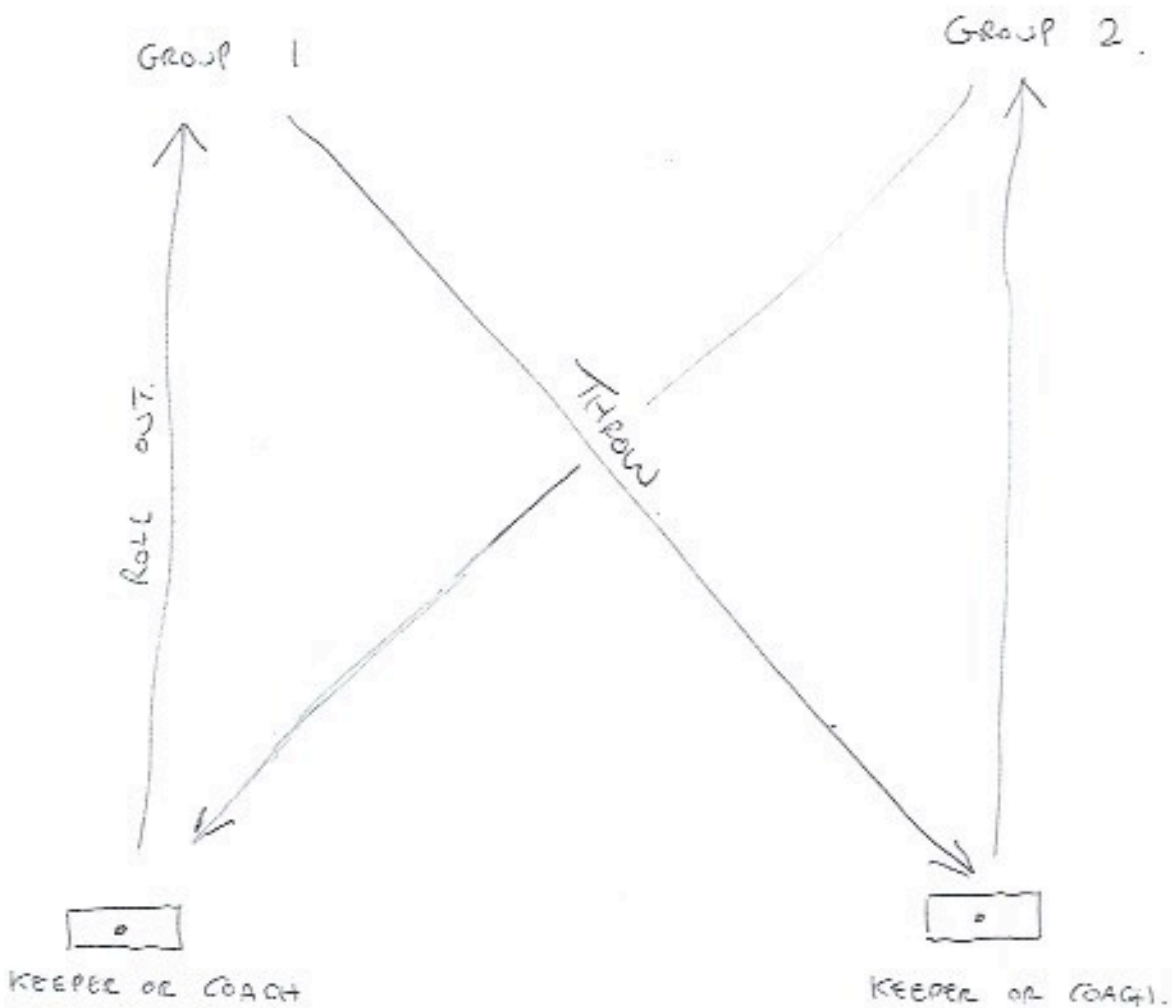
Don't forget to use the coaches tools - Instruct, Demonstrate, Observe, Analyse, Intervene, Praise, Question, Feedback, Silence.

WARM UP.



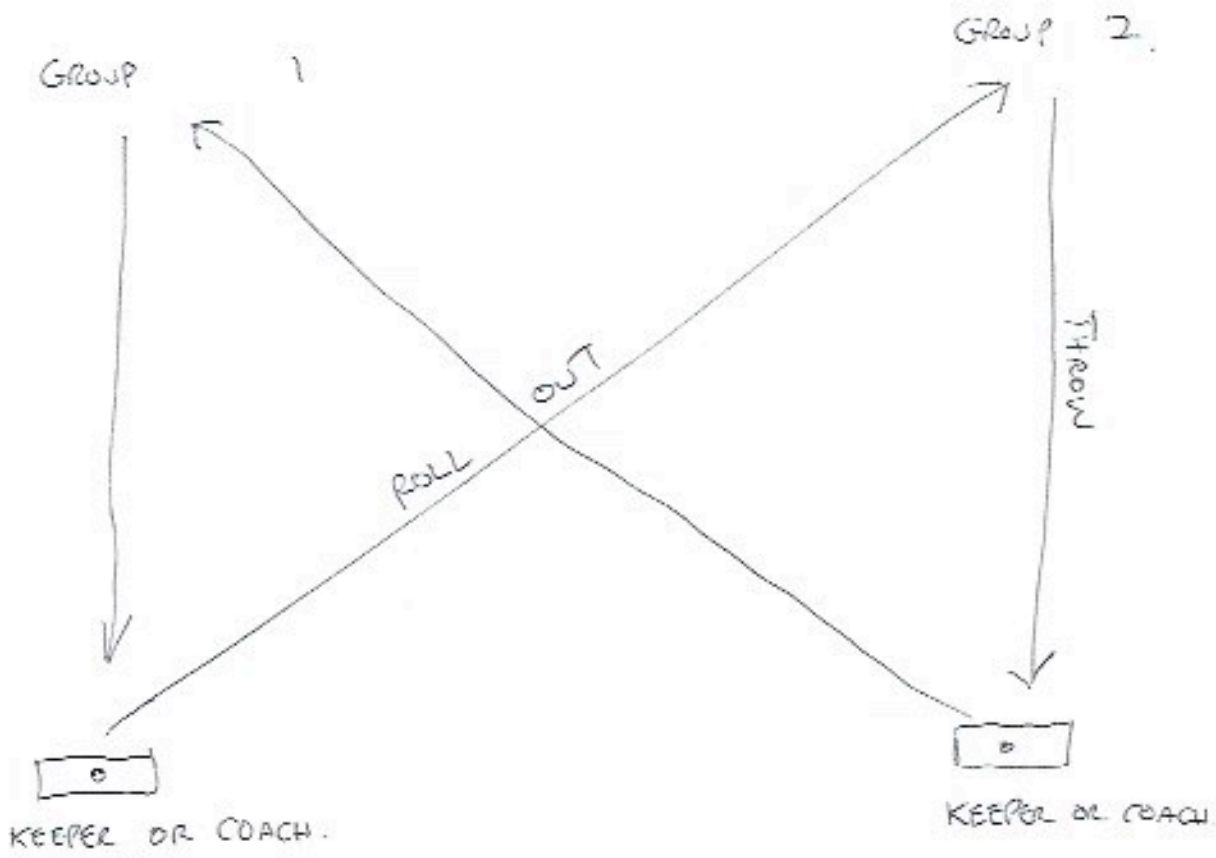
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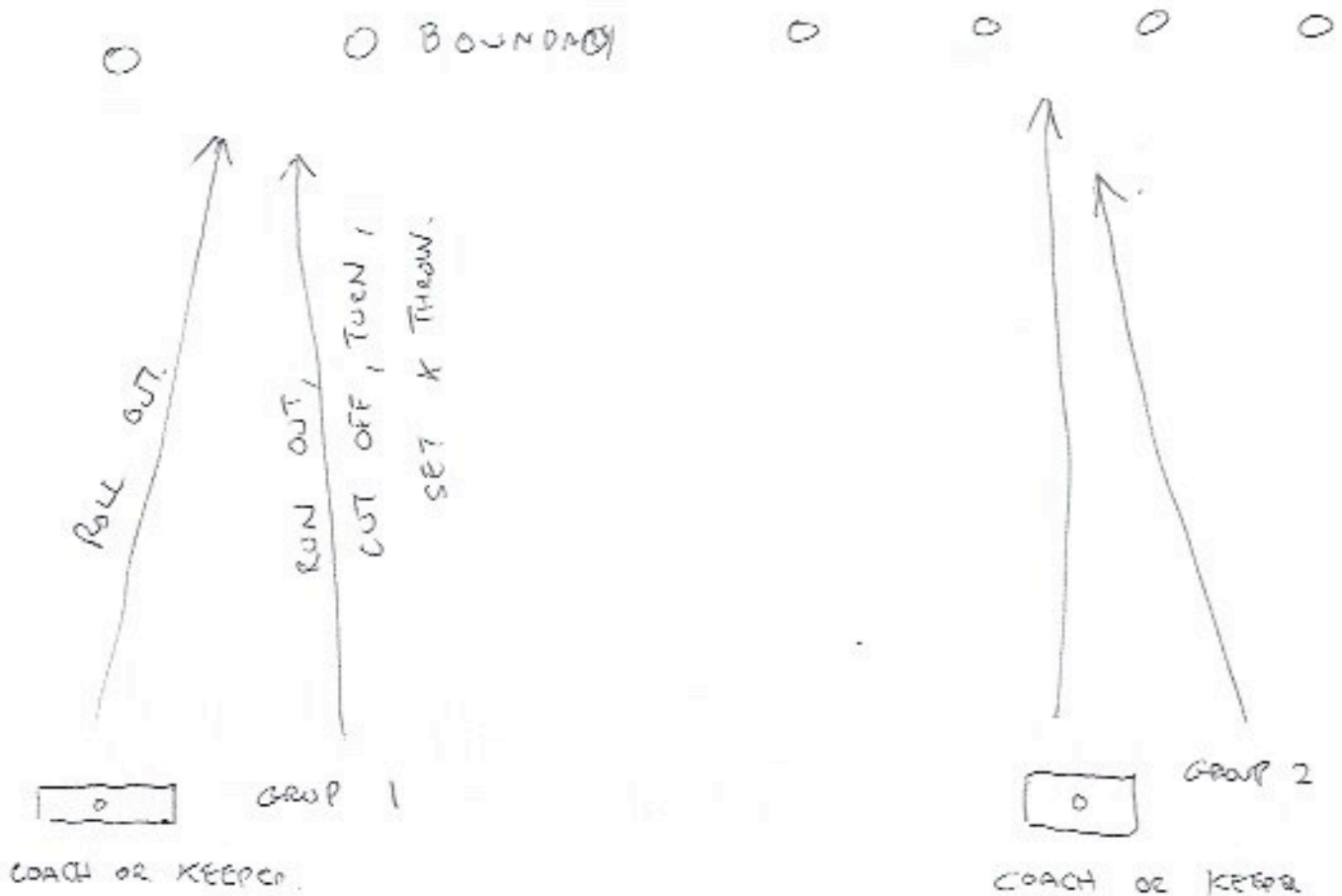


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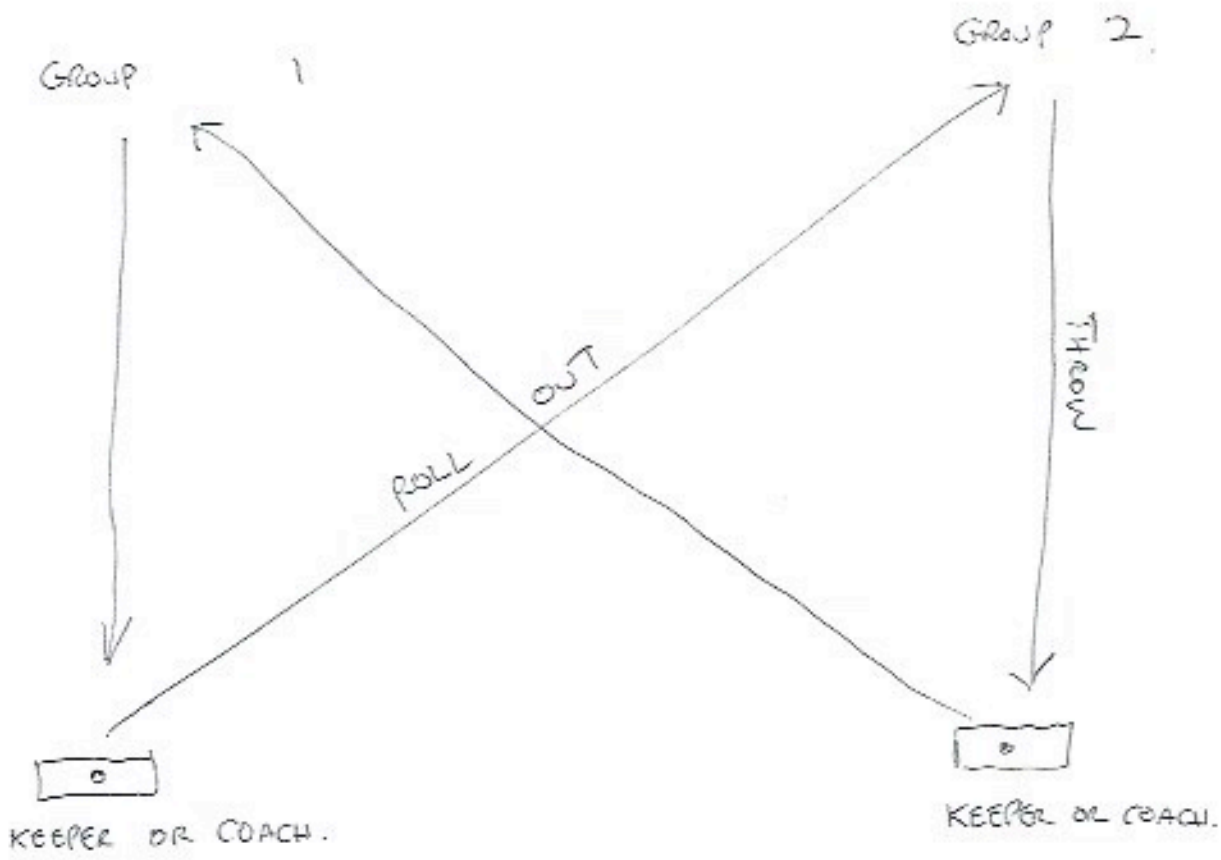


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